

The Concept of Meditation



Meditation is the practice of achieving, and balancing, the mental, physical, and emotional aspects of one's existence (every day life). A practice to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

Meditation is an exercise for your brain – a way to get brain gains – that is used to:

- Reduce, or eliminate feelings of sadness, stress, or worry
- Welcome the feeling of calm back into your mind and body
- Reduce, or eliminate symptoms of anxiety
- Refocus on your breathing
- Rest mind or to clear your head
- Organize, clear, or calmly sort through your thoughts
- Take a moment or a few minutes to check how the rest of your body is feeling
- Recognize what emotions you feel – are you happy, tired, sad, mad, bored, content, or excited??
- Take a moment of gratitude – what are you thankful for or happy about right now??
- Observe your thoughts or feelings without judgement
- Better understand your thoughts and feelings