

Mediation:

- Meditation is at the center of self-care and self-awareness. It is relaxed moment to moment awareness where healing can occur. This awareness helps you to identify the circumstances and conditions that cause you stress, which is the first step in managing stress. Being in the moment, here and now.
- Meditation: from Sanskrit and Greek root word as “medicine.”
 - Concentrative meditation: We concentrate on the breath and words like soft belly or any mantra. Includes prayer and visual meditations. Focused awareness.
 - Mindfulness meditation: Awareness of thoughts, feelings, and sensations as they arise without being focused on a particular object. You can do things fast (automatic) or slow (with awareness). Walking, cooking, washing dishes.
 - Expressive or active meditation: The oldest type-healers have done this around the world for thousands of years. Includes yoga, dancing, rapid breath work, whirling, and shaking. Quiet, awareness, and stillness come through and after great effort.
 - Research: effectiveness of meditation in lowering blood pressure, decreasing pain, decreasing frequency and intensity of asthma attacks, improving mood, decreasing anxiety.