



Marilyn Noonan
Certified Meditation Teacher
Certified Wellbeing Teacher
Certified Life Coach

What is Meditation?

- Journey from activity to silence
- A technique that allows us to settle into quieter and quieter levels of awareness until we experience the pure silence within
- The process of meditation will help facilitate the release of accumulated stress, tension, fatigue, and everything that prevents us from experiencing our essential nature
- Meditation restores the memory of who we really are, which is pure love, unbound bliss, and infinite possibilities
- Meditation reminds us that we are all one; each of us is a wave in the Ocean

What Happens When We Meditate

Dr Herbert Benson:

Pioneer in Mind Body Medicine



Relaxation Response

Counterpart to Fight or Flight Response

Helps decrease metabolism, lowering blood pressure, improving the heart rate, breathing and brain waves. Tension and tightness seep from your muscles as the body receives a quiet message to relax.

This is the body's natural ability to induce a deep state of Rest

(The Relaxation Response by Dr Herbert Benson 1975)

What Meditation is NOT:

Not a Philosophy

No Lifestyle Changes

No Change in Beliefs



Benefits of Meditation



Physical Benefits

Decreased Heart Rate
Normalization of Blood pressure
Deeper Breathing
Reduced Stress hormones
Strengthened Immunity
Decreased Inflammation in the Body
Increased levels of anti-aging Hormones
Helps to control Pain
Improves Sleep

Psychological Benefits

Reduce Stress
Enhanced Emotional Health
Lengthen Attention Span
Can Generate Kindness
Increased Creativity
Improve Relationship Satisfaction
Help With Addiction
Promotes Mental Clarity
Enhances Self-Control

MOST VALUABLE BENEFIT IS SELF AWARENESS

7 PILLARS OF WELLBEING

Sleep

Movement and Breath

Emotional Regulation

Nutrition

Relationships

Laughter

Meditation is the Base for all the other 6 Pillars and can enhance all these pillars with a regular practice

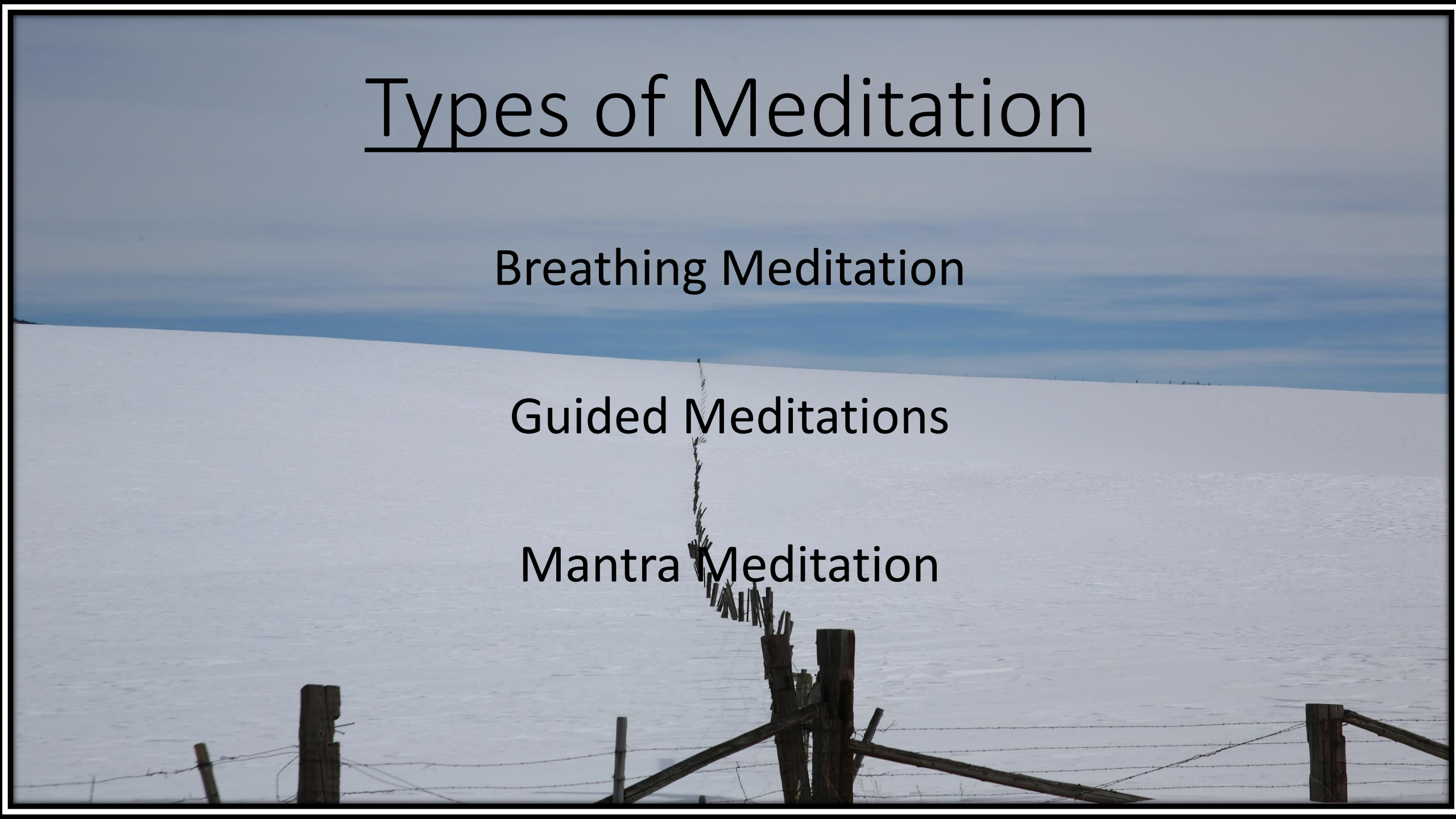


Types of Meditation

Breathing Meditation

Guided Meditations

Mantra Meditation



Mantra



A word or sound repeated to aid in the concentration
During Meditation



OM

The sound of the Universe

PROCESS OF MEDITATING

Sit comfortably

Relax your entire body

Close your eyes

Begin your mantra

Relax into your meditation

Take note of how you feel when you are finished

What to Expect During Meditation


While Meditating Don't Have any expectations, use the Mantra to keep your mind clear

Release any expectation you have for your Meditation, your experiences will change

Know the amount of time you are going to meditate and stick with it, use a timer

Begin your meditation by thinking of your Mantra, this will automaticall settle your mind

Don't Judge your meditations by the experience, wondering if it is working; look for changes in your life



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Thank you, Lets Meditate

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