

A vinyl record is spinning on a turntable, with the record's surface and the turntable's tonearm and stylus visible. The background is dark with numerous out-of-focus, warm-toned bokeh lights, creating a soft, atmospheric glow. The overall scene is dimly lit, emphasizing the textures of the vinyl and the mechanical parts of the turntable.

Meditation

Self help

Meditation

As we meet let us create an atmosphere of compassion, support and reflectfulness.

Please be considerate of others and remember what makes our school great as we practice care, kindness and understanding.

Please join your form tutor in a few moments of quiet and focus on the prayer.

My Daily Prayer

Today is my Day!

Today is the day I put aside all that worried or upset me yesterday.

Today is the day I say no to any thought, any feeling or any remembrance of past hurt or disappointment.

Today is the day I say yes to life!

Today is the day I see that I can do more, be more, **live more**.

Today is the day I know that neither my **happiness** nor **success** depend on any person, place, or thing.

Today is the day I see in myself all the qualities I need to be **happy**, to be fulfilled, to be successful in all that I undertake.

Today my world is fresh and new!

Today I am filled with **self confidence** with the assurance that I am the master of my life.

Today I set about to **accomplish Great Things**, to live up to the high expectations I have set for myself.

Today I will succeed for God is with me and His Spirit in me is my **inspiration** and my **capability**.

Today Is My Day!

And So It Is!

SHARE

Meditation

This week's PSHE resources are another example of responding to your ideas, views and wishes. *'You have spoken, we have listened'*.

Thank you so much to those who have already completed our whole school survey, so many fantastic opinions have been shared through this important work.

If you have yet to access the survey, please follow this link

<https://docs.google.com/forms/d/e/1FAIpQLSeu7tmL5PtgUdDRI0zk1twQBbbR1HzyBbhxODWSXlexC5-YEw/viewform>



Meditation

Q -What is meditation?

Some people have misconceptions or do not know enough about it to gain full advantage.

Q What does '**quieting the mind**' mean?

Q Discuss your interpretation of '**awakening the spirit**'.



Meditation

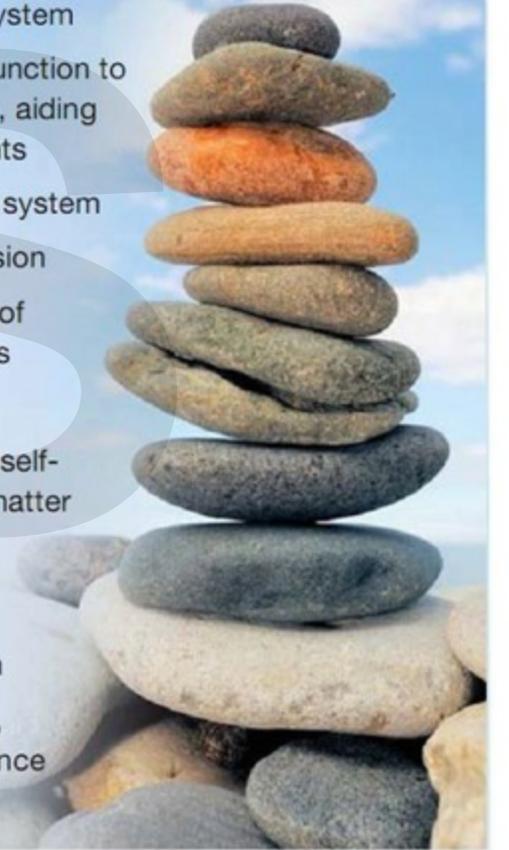
Look at all the benefits that meditation brings, what's not to like about it?

In our stressful, busy and at times confusing world why not try something a little different?

It doesn't cost anything; you do not need special equipment or a lot of time or travel.

Benefits of meditation

- Lowers blood pressure/slow down the cardiovascular system
- Restores balanced function to the digestive system, aiding absorption of nutrients
- Relaxes the nervous system
- Relieves muscle tension
- Diminishes intensity of headaches/migraines
- Relieves insomnia
- Frees the mind from self-doubt and internal chatter
- Releases fears
- Reduces anxiety
- Improves depression
- Generates optimism, self-esteem, confidence and motivation.



Meditation

So, let's start with the basics in terms of what you need to do. Look at the key but simple steps on the right.

Some of you may have 'dabbled' already or experienced the benefits of meditation.

- How to meditate- 5.50mins

https://youtu.be/mMMerxh_12U

Unfortunately, we will not have time during this session to fully experiment or practice but please revisit this presentation via <https://www.sjhs.org.uk/page/?title=PSHE&pid=95>

Beginners' Guide to Meditation

SPACE
Choose somewhere quiet where you won't be disturbed.
Remove distractions such as internet and TV.

POSTURE
Sit on the floor or on a straight backed chair.
The key is to be comfortable, you don't have to sit cross-legged! You can even lie down if you can stay awake.

BREATH
Take deep slow breaths, try to breathe into your belly.
Focus on where you feel the breath most. The feeling of air in your throat, your chest or your belly rising?

THOUGHTS
Your thoughts will wander, this is normal!
Try not to judge yourself or think you are 'doing it wrong'. Acknowledge the thought and bring your focus back to your breath.

TIME
Start small! Just 2 to 5 minutes is fine to start with.
You can increase the time with experience.

EASE BACK IN
Ease back into your day gently.
Open your eyes slowly, stretch, take a few deep breaths. Don't rush.

littleblogofpositivity.com

Meditation

Still not convinced of the benefits?

Still skeptical?

Still need more persuasion?

Let's listen to what others say.

- <https://youtu.be/IFf5q3TuuPA?list=RDCMUcm1PrIQ1VmHHXAc8UIZTS9Q> 10.10 mins



Meditation

Meditation is a universal spiritual tradition. We find it in all the great religious traditions of the human family. Meditation goes back to the very earliest intuitions about what lies deeper than the senses and rational mind.

At St Joseph's we draw on the wisdom of the Christian tradition and discover a simple form of meditation that was practiced in the early Church. Christian meditation is open to all – from any tradition or none.



Meditation

Stillness, Silence and Simplicity

Meditation is a journey to the center of our being, a journey of consciousness from the mind to the heart. By opening the door of our heart, we enter profound stillness, silence and simplicity.

We encounter these qualities from the very first time we sit down to meditate and as our journey deepens, we discover their profounder dimension.





Taking time to be
with God is the
best place to find
strength.

Meditation

Silence. Stillness. Simplicity:

The elements of meditation

Silence means letting go of thoughts.

Stillness means letting go of desire.

Simplicity means letting go of self-analysis. (Simple isn't easy)

Meditate twice a day every day. The daily practice may take some time to develop. Be patient. When you give up, start again. You will find that a weekly meditation group or a connection with friends can help you develop this discipline. It is a discipline rather than a technique. Experience is the teacher, and this allows the benefits and fruits of meditation to spread through your mind and all aspects of your life. John Main said that *'meditation verifies the truths of your faith in your own experience'*.

Meditation has the capacity to open the common ground between all cultures and faiths today.



MARANATHA!

Meditation

The Prayer of the Heart

Christian Meditation is a simple way where we silently and interiorly say a prayer word or mantra. The word we recommend is a sacred Christian word **Maranatha**. It is in Aramaic; the language Jesus spoke and means *Come Lord*. Some people choose a different word or a short phrase that resonates with them- hope, love, compassion.....

Meditation

In Christian spirituality this tradition of contemplation, the prayer of the heart or 'apophatic prayer', was not favoured until recently – especially in the Western Church.

In recent times there has been a change of Christian thought and prayer regarding how the Gospel integrates into our everyday lives.

Central to this process is the rediscovery of how to practice 'deep prayer': finding a practice of meditation in the Christian tradition.

Our meditation practice is derived from the Gospel teaching of Jesus and the advice of early Christian monks. The Desert Fathers and Mothers teach a Christian spirituality of powerful relevance for those today who want to live their discipleship to Jesus in a radical and transformative way.





Be Still...
and *know* that I am God
Psalm 46:10

Meditation

What are the elements of Christian Meditation?

Firstly, the faith with which you meditate – some sense of personal connection with Jesus.

Secondly, the historical scriptural and theological tradition in which we meditate.

Thirdly, the sense of community it leads to: *'when two or three pray together in my name, I am there among them.'*

Fourthly, the other means by which our spiritual life is nourished: the other enriching forms of prayer like scripture, sacraments and worship. Meditation does not replace other forms of prayer, quite the reverse, it revives their meaning.

Finally – but this is central to any understanding of meditation – we meditate in order to take the attention off ourselves. Jesus said, *'leave self behind'*.

Not surprisingly then, we find we become more loving people as a result of meditating.

We recognize this happening in all our relationships, in our work and in a deepening empathy and compassion for those in need.



Meditation

Sit down. Sit still with your back straight. Close your eyes lightly. Then interiorly, silently begin to recite a single word - a prayer word or mantra. We recommend the ancient Christian prayer-word "**Maranatha**". Say it as four equal syllables. Breathe normally and give your full attention to the word as you say it, silently, gently, faithfully and - above all - simply.

The important part of meditation is simplicity. Stay with the same word during the whole meditation and in each meditation day to day. Don't visualise but listen to the word, as you say it. Let go of all thoughts (even good thoughts), images and other words. Don't fight your distractions: let them go by saying your word faithfully, gently and attentively and returning to it as soon as you realise you have stopped saying or it or when your attention wanders.

Meditate twice a day, morning and evening, for between 20 and 30 minutes. It may take a time to develop this discipline, but it is well worth persevering and the support of friends and family are always helpful.

<https://www.catholiceducation.org.uk/schools/mental-health-resources>

Meditation

There are so many different types of meditation, the following slides give you a top 10 as a starting point.

Think about what you want to get out of your sessions- stress busters, relaxation, self-awareness, quiet time, time out, calmness, distraction, help with sleep, try something different, helping someone you love/care for.....

We do not have the time to practice all the following techniques so in your own time please explore the detail and links, try one or two but do not give up.



Meditation

Mindfulness Meditation

Mindfulness meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body.

Become aware of your breath, the sensation of air moving in and out of your body as you breathe. Feel your belly rise and fall and the air enter your nostrils and leave your mouth.

Pay attention to the way each breath changes and is different.

When thoughts come up in your mind, don't ignore or suppress them. Simply remain calm and use your breathing as an anchor.

<https://www.verywellmind.com/mindfulness-meditation-88369>



Meditation

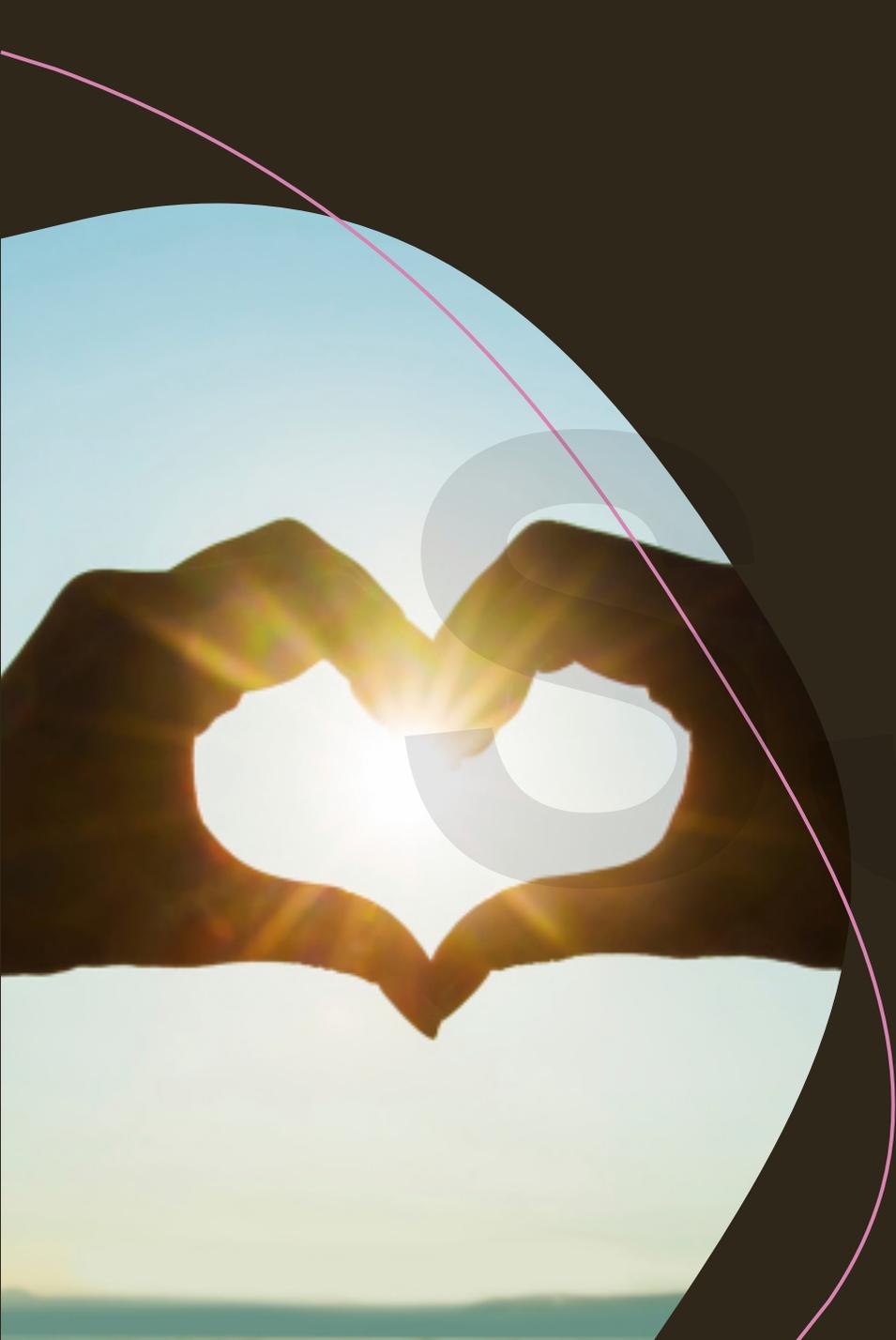
Chocolate Meditation- if you do not like chocolate then chose something you do enjoy.

Take a few deep breaths and work on un-tensing your muscles to relax your body. You want to start your chocolate meditation as physically relaxed as possible. Close your eyes, if you feel comfortable with it.

Smell, gaze, and nibble. After you smell the chocolate and enjoy the aroma, after you look at the chocolate and really take in how delicious it looks, you can finally take a small bite of your chocolate. Let it sit on your tongue and melt in your mouth. Notice the flavours from the chocolate, becoming completely absorbed in what you're experiencing *right now*. Continue your deep breathing and concentrate on the sensations in your mouth.

<https://www.verywellmind.com/practice-chocolate-meditation-3144784>





Meditation

Loving Kindness Meditation

During your meditation, you generate kind intentions toward certain targets including yourself and others.

Imagine feeling perfect love for yourself, thanking yourself for all that you are, knowing that you are just right—just as you are. Focus on this feeling of inner peace and imagine that you are breathing out tension and breathing in feelings of love.

Begin to shift your focus to loved ones in your life. Begin with someone who you are very close to, a parent, or a best friend. Feel your gratitude and love for them. Stay with that feeling.

Once you've held these feelings toward that person, bring other important people from your life into your awareness, one by one, and envision them with perfect wellness and inner peace. Then branch out to other friends, family members, neighbours, and acquaintances. You may even want to include groups of people around the world.

<https://www.verywellmind.com/how-to-practice-loving-kindness-meditation-3144786>

Meditation

Music Meditation

Using music as a focal point can help you to relax into meditation, can provide a present focus, and can create an enjoyable meditation experience.

This means finding music that you enjoy listening to—if you don't enjoy classical music then don't choose it. You should also look for music that has a slower tempo, and preferably without lyrics, which can be distracting and can engage your conscious mind—the part of your mind that we hope to slow down.

Music can be used to focus the mind, provide relaxation, minimise stress, give you positivity, provide uplift or build confidence.

<https://www.verywellmind.com/music-as-a-health-and-relaxation-aid-3145191>





Meditation

Bath/Shower Meditation

Being in a warm tub or shower brings a few unique benefits and can feel extremely soothing after a long, stressful day. Relaxing in a hot bath/shower can soothe tired muscles, provide a calming atmosphere, and allow a temporary feeling of escape from stressors.

As you run the bath, you may want to use bubble-bath or bath oils scented with lavender (shown to be relaxing), peppermint (if you want to feel more alert), or another scent that you really like. This way you can add another layer of stress relief with no additional effort.

Now just focus on the sensations you feel in your body—the warmth of the water on your skin, the pressure of the tub against your back, steam, bubbles, smells, even gentle music or candles.

<https://www.verywellmind.com/relieve-stress-with-a-bath-meditation-3144781>

Meditation

Body Scan Meditation

When stress strikes, it is common to carry stress in the form of tension in the body. We often feel this tension but fail to realize when we are experiencing it.

Physical tension can lead to increased emotional tension, creating a "feedback loop" of stress. The body scan meditation can help you to contact your physical tension and help you to release it at the same time.

Body scan meditation is a good way to release tension you might not even realize you're experiencing. Body scanning involves paying attention to parts of the body and bodily sensations in a gradual sequence from feet to head.

By mentally scanning yourself, you bring awareness to every single part of your body, noticing any aches, pains, tension, or general discomfort. The goal is not to relieve the pain completely, but to get to know it and learn from it so you can better manage it.

Notice how you feel and where you're holding your stress. If there's any tightness, pain, or pressure, continue to breathe into any tightness, pain, or pressure you're feeling. This can help you release tension in your body now and be more aware of it in the future so you can release it then, too.

<https://www.verywellmind.com/body-scan-meditation-why-and-how-3144782>





Meditation

Walking Meditation

Walking meditation provides the combined benefits of exercise and meditation and has the bonus of being easy to learn and practice, thereby making walking meditation a great technique for those new to meditation.

Many people prefer a slow pace to really savour each physical sensation involved, but a fast-paced walk can become rewarding as well. **There's no wrong way to do it.** As you walk, feel the weight of your body on the bottom of your feet. Feel your arms swinging with each stride, you can also focus on your breathing as you walk. Try to breathe in for two steps, and out for two or three. Focus on keeping your breathing and your steps coordinated.

As you get better with coordinating breathing and stepping, you may want to focus on the beauty that nature brings you on your walk or being with someone you care for.

<https://www.verywellmind.com/use-walking-meditation-for-stress-relief-3144792>

Meditation

Mantra Meditation

Studies have found that Mantra meditation has been linked with a decrease in intrusive thoughts, and an increase in meaning and quality of life. It has been linked to reduced stress, anxiety and anger.

Many people find that mantra meditation is simpler to master when they are starting out because it provides a focal point; some find it difficult to keep redirecting their thoughts to the present moment.

A mantra is a word or phrase that you repeat to yourself out loud or silently. It can be a more classically significant spiritual word like the Hindu, 'Aum,' (aka Om) or it can be a word or phrase like, 'Calm' or 'I am at peace.' The words or sounds you choose aren't important as long as they are simple and comfortable for you to repeat. Hope, love, strong, relax, focus may be other words you might chose. As you do so, try to focus only on the sound and feel of your mantra and nothing else. That's it. Just continue to repeat your mantra and focus on the sound and the way it feels to make the sound.

<https://www.verywellmind.com/use-mantra-meditation-for-stress-relief-3144787>



Meditation

Brief Meditation

Despite the many benefits of meditation, it can be an intimidating practice to begin. Perhaps surprisingly, many people don't try meditation because they believe it's difficult to practice or only effective with regular, lengthy sessions. Not true!

Just close your eyes and relax. Take a few deep breaths from your diaphragm and release the tension in your body. Focus on a five-count breath:

- Slowly inhale from the belly
 - Then into ribs
 - Then into chest
 - Up into crown of the head
- Then gently hold the breath for the fifth count

Reverse this process on the exhale for another count of five, exhaling from the crown, chest, ribs, belly, pausing on the last bit of breath out of the body, and then begin again.

<https://www.verywellmind.com/practice-5-minute-meditation-3144714>





Meditation

Aromatherapy Meditation

Aromatherapy has real benefits for stress relief—it can help you to feel energized, more relaxed, or more present in the moment.

Emerging research suggests certain scents can alter brain wave activity and decrease stress hormones in the body.

So, whether you enjoy candles, diffusers, or body products, consider incorporating some aromatherapy into your day.

<https://www.verywellmind.com/aromatherapy-for-panic-disorder-2584281>

<https://www.worldhealth.net/forum/topic/1038/>

Meditation

Additional information

Breathing techniques;

- <https://www.healthline.com/health/breathing-exercises-for-sleep#alternate-nasal-technique>

Body scan awareness;

- <https://www.verywellmind.com/body-scan-meditation-why-and-how-3144782>





Meditation

Breathing to reduce stress;

- <https://www.verywellmind.com/how-to-reduce-stress-with-breathing-exercises-3144508>

7 Best Meditation Apps;

- <https://www.verywellmind.com/best-meditation-apps-4767322>

23 Mental Health Apps;

- <https://www.verywellmind.com/best-mental-health-apps-4588479>



Meditation

Extra

Kobe Bryant and Phil Jackson- 2.26mins

- <https://youtu.be/E78y66GEPvs>

Jennifer Lopez- 2.49mins

- <https://youtu.be/N2IhljrlsEg>

Relaxng music ideas

- <https://youtu.be/L8czliiRazw>

Meditation

Effective stress relief ideas;

- <https://www.verywellmind.com/tips-to-reduce-stress-3145195>

Kobe Bryant on Meditation and Sleep;

- <https://youtu.be/VMoFTQWkl3E>

Meditation for beginners;

- <https://youtu.be/JslvBclVtDg>
- <https://youtu.be/CmhkmLFc74E>

