



Peachtree City Mindfulness & Meditation Group

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What is Meditation?

While there are several ways to meditate and many meditation techniques, at its foundation meditation is a contemplative practice for resting your mind and experiencing a state of consciousness that is different from your normal waking state.

What are the benefits of meditation?

Meditation is like a massage for your brain. Our brain is constantly at work, even during sleep, our brain is communicating with our autonomic nervous system in order to regulate our breathing, blood pressure, body temperature, and basic life supporting functions. During wakefulness, our brain is busy thinking—we average between 60,000 and 90,000 thoughts per day. Meditation provides the opportunity to relax your thinking and quiet your mind while in an awakened state.

Some describe meditation as an inner vacation where you achieve inner peace, stillness, and freedom from life's turmoil. While life's problems still exist, meditation helps us cultivate an awareness and openness to our experiences that

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allows us to be choose our actions rather than automatically reacting based on our previous experiences of behavior patterns.

While the physical benefits of meditation are well documented, including reduced stress, lower blood pressure, decreased pain, improved sleep, and improved memory, meditation is one of the most effective methods of increasing happiness, health, and well-being.

Is meditation a religious or spiritual practice?

While meditation is an ancient practice with its origins in Eastern philosophies, it is not assigned to any particular “religion,” but rather a technique used to bring about body-mind awareness. That being said, individual spiritual practices can be integrated into the practice based on personal preference.

How do I learn to meditate and how often should I do it?

Meditation is a practice, and to learn how to meditate, you simply begin meditating. There truly is no right or wrong. It is important to be gentle with yourself and avoid judging yourself or looking for signs of progress.

Just as there is no right or wrong way to meditate, there is no formula for how often or how long you should meditate. As with any discipline, the more you do it, the more proficient you will become. With meditation, the more you meditate, the more you will experience the benefits. For beginners, a good general guideline would be to begin by attempting to meditate 15 minutes per day and see where it leads you. If you stick with it, you will discover that the time you spend meditating will naturally increase, and you will find yourself looking forward to meditating every day.

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