

Appendix a – meditation worksheet

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Appendix A - Meditation Worksheet Veronica P. Sally-Garner PSY/211

ESSENTIALS OF PSYCHOLOGY Thursday, October 20, 2011 Instructor: Terry

Browning Appendix A Meditation Worksheet Directions: Locate two resources on the Internet that explain meditation techniques. Copy and paste the web address into the top of the matrix. After reviewing the website, provide a brief summary for each source. Below your summary, list two interesting facts you learned from each site. Try the techniques you located in your Internet search. Provide a brief description of what happened in your experience.

Be sure to answer the two questions below the matrix also. Web Address

(URL):| <http://bestmeditationtechniques.org/the-basics-of-meditation/>|

[http://www.mum.edu/meditation.html?gclid=CKOsutyS-](http://www.mum.edu/meditation.html?gclid=CKOsutyS-KsCFQ1U7Aod9HIUKw)

[KsCFQ1U7Aod9HIUKw](http://www.mum.edu/meditation.html?gclid=CKOsutyS-KsCFQ1U7Aod9HIUKw)| Summary of resource:| Things happen so quickly in this fast-paced world. Decisions are made without thought. This could cause stress to build and affect the way people deal with life. Everyone needs to stop and take a few minutes to calm down. So if life is stressing you out, it's time to slow down. Meditation can help relieve stress and worries.

The practice of meditation is a way to be still for a while and let our minds become focused until we become calm enough to deal with the daily pressures of life. | Meditation can mean different things to different people.

Meditation can be defined in three main types: focused attention-concentration, open monitoring-contemplation, and automatic self-transcending - the Transcendental Meditation Program. Transcendental Meditation also known as TM. TM is the most widely practiced, most researched, and most effective method of self-development meditation

<https://assignbuster.com/appendix-a-meditation-worksheet/>

technique. Two interesting facts: | 1. Meditation can improve Concentration. Two commonly used exercises are: Mantra - a phrase or a sound that is recited repeatedly Breathing - achieved by inhaling through the nose, letting the diaphragm (not the chest) expand and exhaling through the mouth 2. Breathing is an integral part of meditation. Proper breathing is required in many practices of meditation and is therefore an important tool to be possessed by people who wish to meditate. The practice of proper breathing while meditating slows down a person's heart rate which leads to a relaxed mood.

While this may sound easy, it can be quite challenging when done for the first time. | 1. Transcendental Meditation is the most popular technique. It is practiced by people of all ages, cultures, and religions. More than five million people worldwide practice this simple, natural technique. 2. People who practice Transcendental Meditation find themselves more alert, calmer, more energetic, dynamic, yet somehow wiser, as if you have a broader perspective on their daily activities and experiences. | What happened after you tried each technique? | After trying each technique one should feel relaxed and a sense of heightened awareness.

Meditation helps the mind become less distracted. | After trying Transcendental Meditation one should have more confidence and higher self esteem. | 1. Do you think meditation leads to heightened sensation and perception? Explain why or why not. -----
 Meditation can lead to heightened sensation and perception. Each is different but ----- complements each other. Sensation

is the process by which we sense through touch, smell,

----- sight, taste and smell.

Perception is our way of interpreting what these sensations mean and

----- how to make sense of it. 2. Have you

considered integrating meditation into your own lifestyle? If so, list one strategy for fitting meditation into your schedule. If not, explain why.

----- I have integrated meditation into my personal lifestyle with physical exercise. Physical

----- exercise promotes overall fitness, helps manage emotional stress and relieves tension.