



Techniques to Restore Well-Being and Improve Health

Meditation

What is meditation?

Four common elements:

1. _____
2. _____
3. _____
4. _____

Misperceptions:

Benefits of meditation:

Types of Meditation

- Guided meditation

- Mindfulness

- Qigong

- Tai Chi

- Yoga

- Transcendental meditation

- Walking meditation

- Lovingkindness meditation

Lovingkindness Meditation

“May I be filled with lovingkindness.

May I be safe from inner and outer dangers.

May I be well in body and mind.

May I be at ease and happy.” Jack Kornfield

“May you be filled with lovingkindness.

May you be safe from inner and outer dangers.

May you be well in body and mind.

May you be at ease and happy.” Jack Kornfield

Gratitude

- Joy

- Grace

- Love

Benefits of gratitude:

- Emotional

- Physical

- Social

Ways to express gratitude:

- Express appreciation

- Write letters of thanks

- Avoid judging/criticizing for a day

- Take time for gratitude moments

Gratitude Exercise

Write down three things for which you feel grateful or/and good things that happened to you thus far today.

1. _____
2. _____
3. _____

Forgiveness

Forgiveness Exercise (Based on Ho'oponopono, an ancient Hawaiian practice.)

1) Center yourself by taking several deep breaths and getting yourself into a comfortable position—close your eyes if you like.

2) Next, take a “personal inventory.” While doing this, the goal is to become aware without trying to judge or change it, just notice it and let it go. Be sure to take the time to focus on each area.

- Begin with your **BODY**: Start with the top of your head and work down to your lower body—notice if there are any sensations in your jaw, neck, arms, chest, abdomen, or legs—scan all the way down to your toes.
- Next, move on to your **EMOTIONS**: How are you feelings—anxious, happy, afraid, angry?

- Next, focus on the MIND: Notice if you have any thoughts preoccupying you—if you do, know that this is normal. Ask yourself: Am I open? Am I present? Am I fixated on certain thoughts?

3) Now, imagine light pouring through the top of your head, bathing each cell & surrounding your body—this will help to ground you.

4) Next, think of anyone who you feel has hurt you in the past or perhaps a way you have hurt someone else or something for which you would like to forgive yourself.

5) Picture the person, or yourself, or the situation in front of you and silently or out loud say the phrases below. Each phrase should be said multiples times with sincerity before you move to the next phrase. Surround the person in light as they walk away, (or if it is you, surround yourself with light.)

- **"I am sorry."**
- **"Please forgive me."**
- **"I love you."**

6) Finally give thanks to anyone you have visualized, thank yourself and take a few breaths and open your eyes and bring your attention back to your surroundings.