

# Different Types of Breathing Meditation and Mindfulness Support

“Experienced meditators agree; a daily meditation practice can have significant benefits for mental and physical health. But one thing they probably won’t agree on? The most effective types of meditation. That’s simply because it’s different for everyone. After all, there are literally hundreds of meditation techniques encompassing practices from different traditions, cultures, spiritual disciplines, and religions. There’s not a universally accepted “best” or “most effective” type; rather, it is our individual preference that helps us choose the one (or ones) that works best for us.”  
- Supplied by Headspace.com

There are many apps and websites designed to assist with meditation. We encourage you to take a look at [insighttimer.com](https://insighttimer.com), [headspace.com](https://headspace.com) or explore your app store on your mobile phone.

## Breathing Meditation

Also known as following the breath. Taking time to stop and simply focus on breathing in and breathing out. Allowing the sounds of the world to quietly drift past us as we sit in stillness. Acknowledging the images and thoughts we have and letting them fade out as we focus on our breathing. A simple and time-honoured tradition.

Scientific research supports the health benefits of breathing meditation, they are as follows:

- Reduces stress.
- Reduces anxiety.
- Can generate feelings of wellbeing to oneself and others.
- Enhances self awareness.
- Can be practised anywhere, anytime.
- Can have a positive physiological and mental effect on the mind and body.
- Can improve sleep.
- Can greatly assist in aiding any treatment being administered by a healthcare professional.

There are many other proven benefits to meditation this is just a small comprehensive list.



## Mindful Visualisation

Visualisation can involve picturing a calm and tranquil space to practice your breathing. It can also consist of following a guided meditation in which focus is placed on an outcome of some kind. Anything from attaining a sense of peace to overcoming an obstacle.

- Benefits of Visualisation include:
- Improved performance.
- Increased focus.
- Decreased levels of stress and anxiety.
- Insomnia relief.
- Boosted immunity.
- Alleviated migraines and chronic pain.
- Decreased depression.
- Boosted confidence.



## Walking Mindfully

from [mindful.org](https://mindful.org/daily-mindful-walking-practice/): [mindful.org/daily-mindful-walking-practice/](https://mindful.org/daily-mindful-walking-practice/)

During the day many of us are moving so fast, sometimes physically, but almost always mentally. Our neurons are firing in hyperspeed with so much to do and so much to pay attention to. We're all working so hard to get somewhere that we forget to be here.

Sometimes when I'm rushing, I'll notice that I'm "rushing home to relax." In that moment I become present and realize that I don't have to rush home to relax, I have arrived in the present moment and can choose to "be" different.

## **Mindfulness On-the-Go: Walking Meditation Practice**

from [mindful.org](https://mindful.org/no-time-for-mindfulness-try-this-on-the-go-walking-meditation/): [mindful.org/no-time-for-mindfulness-try-this-on-the-go-walking-meditation/](https://mindful.org/no-time-for-mindfulness-try-this-on-the-go-walking-meditation/)

### **1. Appreciate**

If you are fortunate enough to have the ability to walk, try and remember, it took you over a year to learn how to walk and these legs are often the unsung heroes that take you to and fro day in and day out. Thank your legs for all their efforts.

### **2. Ground**

Bring your attention to the sensations of your feet and legs as the heel touches the ground, then the base of the foot, then the toes, and then they lift. You can actually say to yourself, “heel, foot, toes, lift.” This is a way to connect to the action of walking in the present moment.

### **3. Come to Your Senses.**

Walk slightly slower and begin to open your awareness to all your senses, one by one. Sight, sound, taste, feeling, smell. See what is around you, listen to the sounds, taste the air or whatever is in your mouth, feel the warmth, coolness, or breeze on your cheeks, smell the air. Then stop for a moment and see if you can take in all of the senses.

### **4. Say a helpful phrase.**

Recite some sayings while taking a few steps. For example, take a few steps and during an in breath say to yourself, “Breathing in, I have arrived, breathing out, I am home” or “Breathing in, I calm my body, breathing out, I relax.” Or make up your own sayings.

You can do this while walking to work, in the hallways, running errands, or walking from the car to the door on the way home. Keep in mind this is a practice, so the more often you practice it, the easier and more natural it will feel.

