

Meditation

- Focusing attention on an image of thought with the goal of clearing one's mind and producing inner peace
- Narrow attention to just one thing (word, sound, object) long enough that you stop thinking about anything
- Produce a sense of relaxation
- Characterized by inner peace and tranquility

You need:

1. Quiet environment
 2. Comfortable position
 3. Something to focus on (word to repeat, sound, object)
 4. Passive attitude
- If attention begins to wander there is a natural tendency to try to refocus it but don't, if there is a distraction make no effort to get rid of it—just let it fall away on its own

Types:

- Zen – focuses on breathing, each breath in and out
- Transcendental – focus on a MANTRA (soothing word or phrase) i.e. Om, Om, Om

Why:

- Increase in awareness and understanding of themselves and surroundings
- Decrease stress and anxiety
- Aids in performance
- Treat drug abuse

Effects:

- Decrease in breathing, heart rate, anxiety, blood pressure, muscle tension, oxygen consumption, stress
- Increase in self-esteem, mental health