

Types of Meditation Practices and Benefits

Type of meditation	Examples	Benefits and comments
Concentrating on a word, thought or image.	Mantra meditation. Transcendental meditation, mandala based meditation and chanting.	I'm a long time <i>mantra</i> meditator. It can be done anywhere, anytime. No music or recordings needed after you learn . It is surprisingly effective. I often do it before I go to sleep as it is a great way to slow down the millions of thoughts I can have. Mantra meditation resources available on iTunes or Insight Timer App or for the <i>Vedic Mantra Meditation</i> I've used for 40 + years - http://www.awakeningnetwork.net/shop/contents/en-uk/d6.html Mantras can also be sung – eg Hari Krishna chant or Om Mani Padmi Hum. Check out Deva Premal, Wah! or Krishna Das as some of the many awesome singers on iTunes/YouTube.
Breath or body scan sensation based meditation.	Breath focussed meditation. Yoga Nidra type meditation (body scan).	Breath awareness meditations can be of any duration from 30 seconds up. Research suggests that breathing meditations reduce anxiety and increase concentration and emotional flexibility. Yoga Nidra practices (body scan) are best listened to whilst you lay down but breath awareness can be anytime/anywhere. Many breath focus meditations are available on Insight Timer App; YouTube, Google and http://www.awakeningnetwork.net/shop/contents/en-uk/d6.html
Biofeedback based meditation.	HeartMath and similar devices	HeartMath uses an app (Inner Balance) and a small device attached to your phone / iPad/device and your ear/finger to measure and show you changes in your heart rate variability as you meditate. It 'diagnoses and treats where you are 'at' to bring positive change. HeartMath has a deep evidence base. 5 minutes x 2 per day has lasting benefits. Portable and easy. I have been doing this for 5 minutes every morning for three years. I love that the app shows me how my biology has changed. Devices available via me \$160+ wired and \$200+ wire free. (+ post and gst) Email margo@margofield.com.au or more info at www.heartmath.org
Kundalini and energy system meditation.	Kundalini meditation can include Chakra based meditation, combinations of yoga, specific breathing and mantra meditation.	Dynamic, energising and balancing practices. Generally, they take more time than some of the other options – eg 10 – 40 minutes. They are an important ingredient in the suite of meditations I do in my life. Chakra based meditation (focus on subtle energy centres in the body is balancing and energising. Dr Joe Dispenza (Blessing of the Energy Centres) ; Kelly Howell (Awakening Kundalini) Harijiwan Khalsa(Kundalini Meditation) and many others provide options on iTunes or google and YouTube.
Movement based meditation.	Yoga, tai chi, qi gong, mindful based walking meditations.	Great way to settle a restless system. Either restless from stuck emotions or a sedentary day. I love doing yoga for its mindful connection to my body. Walking meditation combines mindfulness with physical activity. Google for more information and check out local community offerings and online.

Loving kindness, compassion meditations	Meditations to invoke compassion, kindness forgiveness & gratitude. Includes Buddhist Metta or Tonglen.	These meditations can be beautiful and enriching. They aim to increase compassion. NB: I personally avoid these practices when I am especially angry as I prefer to actively deal with the anger first and then move into Tonglen or similar practices. Otherwise you are trying to paste over the top of difficult emotions – best to deal with them (see me for emotional management help!) Tara Brach has many great free meditations including a great Tonglen practice. https://www.tarabrach.com/guided-meditation-compassion-practice-tonglen/
Guided meditations	This category covers a broad range of styles and topics including 'go to sleep' deep relaxation, fantasy style offerings.	There are many varieties - you will need to find some that you especially like for different situations. I personally use an App called <i>Insight Timer</i> which has a vast repertoire of options, many of which are free. Check out Insight Timer App and have fun exploring. By the way Insight Timer App has many free options as well. Or https://www.tarabrach.com/guided-meditations/
Dynamic breathing	Usually includes eg 10 minutes of deep, fast, intense, breathing.	These types of breathing patterns cleanse and re set your body and mind. Fast and furious style but will possibly alarm people if you do this in public. Osho, Dr Joe Dispenza and many others provide options on iTunes or google and YouTube. Also check out the Alive Breathing meditation available on iTunes (Ken Mellor) or http://www.awakeningnetwork.net/shop/contents/en-uk/d6.html
Mindfulness meditation	Focusing your mind on your emotions, thoughts, and sensations in the present moment. It can involve breath awareness practices,	Mindfulness can be generalised into daily life by maintaining a moment-by-moment awareness of thoughts, feelings, bodily sensations, and surrounding environment. It also must involve acceptance, ie pay attention to your thoughts and feelings without judging them—without believing, for instance, that there's a "right" or "wrong" way to think or feel in a given moment. When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future A good thing to do... even for moments each day. It can involve breath awareness practices & muscle/ body relaxation. It has its roots in Buddhism. Popularised via Jon Kabat-Zinn and his Mindfulness-Based Stress Reduction (MBSR) program. Type in Mindfulness and see heaps of resources!

MARGO FIELD | Overcome Overwhelm - Unsticking You
+61 407 700 353 | margo@margofield.com.au
[LinkedIn](#) | [Facebook](#) | [Website](#)

