

# Mindful Meditation

**With Mindful Meditation, you learn how to get a calm, focused, and harmonious mind and state of being. In this calmness or harmony is a more natural way of being that can help to reduce pain and discomfort.**

1. It is important to create the right environment for Mindful Meditation. If possible find a place in your home that is quiet, where you will not be disturbed; a place that can be your healing place.
2. Sit or lie down with your back straight but not stiff. Be sure you are comfortable. If you're lying down, put something under your head if you need it so your head is not tilted up or down.
3. You can start this process by first doing the Deep Breathing Method, or by becoming aware of your breathing. Feel the breath come in and out. Let your belly expand as you breathe in. You can use the instructions on the back of this page to learn how to breathe more deeply.
4. Become aware of your thoughts. Watch as they come and go. Observe your thoughts as if you were an outside observer. Notice the speed of your thoughts. Notice what the thoughts are about.
5. Now start to let each of your thoughts float away. Don't ignore them, judge them, or try to stop them, but each time a thought comes up just let it go as if it could just float away.
6. As you let each of your thoughts float away, let your mind become peaceful and empty of thoughts. Just feel your breathing.
7. Don't worry that thoughts keep coming into your mind, this will happen. Just gently, lovingly send them away.
8. Allow yourself to remain calm like this for at least 10 to 20 minutes. If this process is difficult for you, start with less minutes and build up.



# Deep Breathing Method

**Deep breathing can help with chronic pain, stress, muscle tension, anxiety, sleep disorders, and other conditions like high blood pressure. It can help to bring a Relaxation Response in your body.**

1. Find a quiet place to sit or lie down.
2. If you are sitting, try not to slouch but make sure you are comfortable. You can use cushions or back rests to help you sit more easily. If you are lying down, place a pillow under your head if you need to. Your face should be parallel to the ceiling and not tilted up or down.
3. Close your eyes.
4. Feel your breath as it comes in through your nose and fills your lungs and then goes back out.
5. Put one hand on your lower belly. Be sure your arm is relaxed and your elbow is resting on the floor or a pillow.
6. As you breathe in (inhale) slowly:
  - let your belly expand like you have a balloon in your belly that expands forward, sideways, backward, upward and downward
  - as your belly expands, feel your lungs fill with air
  - breathe in slowly like this for 4 to 10 counts.
7. As you breathe out (exhale) let your belly relax. Gently let the air in your lungs come out. This should take at least 4 to 10 counts too.
9. As you breathe like this, don't think about other things. Just think about your breathing. If you have other thoughts come up, just gently send them away.
9. Continue to breathe in and out as described in steps 6 and 7 for at least 10 to 20 minutes.
10. You can do the Tense & Relax Method after this deep breathing for more relaxation. Ask your health care provider for a handout on Tense & Relax or other relaxation methods.

