



DAY IN DAY OUT

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

FIVE TYPES OF MEDITATION

Since the beginning of time, every culture has included some form of meditation as an important part of life. We often think of Asia as the birthplace of meditation, but a closer look reveals that the practice of “quieting the mind” is known throughout the world as a practice carried out in order to achieve inner peace. While many associate meditation with religion, it is also considered a practice that does not require any connection to a religious group. Meditation is simply the ability to “quiet the mind” from both outside noise and inside chatter. It is an opportunity to gain clarity in every part of your life. While meditation has great value, you should not use it as a form of escape or a way to hide from your thoughts or feelings. Meditation is a way to feel more connected to others, rather than cut off from them.

Just as there are different forms of exercises to train and relax the body, there are different ways to train and relax the mind. There are many ways to meditate depending on what you are personally trying to achieve. All of the tools you will need to meditate rest squarely on your shoulders. There are five common and simple types of meditation.

1 Mindfulness Meditation: This form of meditation simply requires that you be fully present with each of your activities.

Rather than allowing your mind to bounce from thought to thought during the day, take the time to be mindful of what you do or think during daily activities.

This type of meditation can be done while you are walking to your car, washing the dishes, typing on your computer, or any other type of daily activity. Often with everyday activities we start and finish almost automatically, not even remembering the in-between of what we just did. Being mindful and present is about being there for the in-between. As you drive home from work, take in your surroundings, be mindful of how you drive, shift gears, how the car sounds, or the noises around you. Being present and mindful on your drive home will not only make you a more alert driver, but you will find yourself arriving at home with a clearer memory of the in-between.

2 Insightfulness Meditation: This form of meditation allows you to clear your mind so that you open the way for new ideas and thoughts. Although all meditation should offer insights, this type suggests the idea that you have wisdom within you and you need only take the time to tap into it.

Have you ever had a moment where you came up with a brilliant idea or plan, seemingly out of nowhere? Insightfulness meditation clears the way for those brilliant ideas. With this type of meditation you make the effort to clear your mind of all other thoughts and allow yourself to be

open for new ideas. Your new idea does not have to be one that will change the world, but it might be one that makes a small difference in your life, or helps you solve a problem you have been dealing with for awhile.

3 Loving-Kindness Meditation: This form of meditation allows you to develop positive emotions and release negative ones. An individual repeats silent mental phrases directing feelings of love toward a loved one, toward themselves, toward a person they might not know, toward someone who has harmed them, and lastly, towards everyone.

Reciting a phrase like: I will be kind enough to take the time to listen to

1. *Myself*
2. *A loved one (e.g. my wife/husband, child or friend)*
3. *A person I do not know well (e.g. someone at work you might not have talked to before)*
4. *Someone who has done me harm (e.g. someone you might have had a disagreement with)*
5. *Anyone that I meet (e.g. a store clerk)*

Using positive phrases and words during a few minutes of meditation might be a way of calming yourself, a way to let off steam, and could go a long way in relieving stress.

4 Exclusive Meditation: Busy lives often mean busy minds. People's minds race from thought to thought in a fraction of a second. Exclusive meditation allows you to take time out to focus on and explore only one thought or idea at a time.

This type of meditation is quite similar to mindfulness meditation, but in this case you have one set idea or thought that you wish to focus on or explore. This can be thought of as brainstorming with yourself. Maybe you have a project to work on at home, school or work. Try concentrating on one thought, idea or small part of the project you are working on. Allow yourself to focus and explore that idea or thought; you might very well amaze yourself with the results of concentrated focus.

5 Inclusive Meditation: This form of meditation allows you to look within at all of your thoughts and emotions without passing judgment on yourself or what you are feeling.

It is impossible to count, describe or remember the amount of feelings and emotions individuals go through on a day-to-day basis. People often feel guilty or ashamed about feelings of anger, jealousy, fear or sadness. Inclusive meditation is about taking a few minutes a day to allow yourself to feel what you might normally consider good, bad, or ugly feelings. In this case, however, you try not to pass judgment on yourself but just allow yourself to feel.

Meditation And Fatigue

Practicing the five types of meditation can greatly assist you in overcoming fatigue. Indeed, much fatigue and duress is caused by an inability to quiet the mind and the body. By practicing these types of meditation, you will not only be more relaxed, but you will be more alert as well.





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A HEALTHY RECIPE BY

RICHARD COLLINS, MD

30-Minute CHILI



Measure: Ingredients:

- 3 Tbsp. frozen apple juice concentrate
- 1 medium yellow onion, chopped
- 2 tsp. chili powder
- 1 tsp. dried oregano
- ½ tsp. cinnamon
- 1 Tbsp. cocoa powder
- 1 Tbsp. tomato paste
- 1 jalapeño, chopped
- 1 lb. lean ground turkey or buffalo or 4 chopped spicy black bean burgers
- 1 12 oz. bottle Mexican-style beer (for veggie-style, use 1½ bottles)
- 1 14½ oz. can whole, peeled, fire-roasted tomatoes
- 1 15½ oz. can kidney beans, rinsed and drained

Preparation:

In a large heavy skillet on medium heat, add the frozen apple juice concentrate and onions. Sauté until onions begin to brown, about 5 minutes. Add the garlic, chili powder, oregano, cinnamon, cocoa powder, tomato paste and jalapeño. Cook for 1 minute more. Add the ground meat and sauté until thoroughly cooked, approximately 4-5 minutes. For vegetarian-style, add the chopped spicy bean burgers and simmer for 1 minute. Add the beer. Simmer for 5 minutes to reduce liquid, concentrating flavors. Add the tomatoes, breaking up the larger pieces, and beans. Bring to a boil and simmer uncovered for 10 minutes. Serve hot with garnish.

Garnish options: chopped green onions, grated cheddar cheese, fat-free sour cream, baked tortilla chips (partially broken).

Number of Servings: 4

Nutrition Analysis: *Calories 447, Fat 15g (Sat. 4g), Cholesterol 84mg, Protein 32g, Sodium 1,083mg, Carbohydrates 44g*

Pumpkin Seed Brittle

Ingredients

- ½ cup green, hulled pumpkin seeds or unsalted dry roasted soy nuts
- ½ cup Splenda Granular
- 2 Tbsp. dried cranberries (optional)

Directions

Place pumpkin seeds and Splenda in a small nonstick sauté pan. Heat over medium-high heat, stirring constantly until Splenda has crystallized. Remove from heat. If adding cranberries, continue stirring and add the cranberries. Pour mixture onto a nonstick oil-sprayed cookie sheet. Cool. Break into bite-sized pieces. Serve.

Nutrition

Calories: 189, Total Fat: 8g, Cholesterol 0mg, Sodium 3mg, Carbohydrate 27g, Protein 4g

Servings

4



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