

## Benefits of Meditation

- ✿ Improving physical and mental health
- ✿ Being more hopeful and less fearful
- ✿ Enhancing creativity
- ✿ Centering and quieting of mind and body
- ✿ Clearing away confusion in order to focus on what is important
- ✿ Deepening your connection with the Spirit



### For More Information

Call HopeWorks at  
(860) 561-1175, ext. 703  
or email us at  
hopeworks@snet.net  
or  
www.beliefnet.org

## Simple Breath Meditation

- ✿ Sit in a relaxed position.
- ✿ Be aware of the chair or floor under you.
- ✿ Close your eyes.
- ✿ Follow your breath as it enters and exits your lungs.
- ✿ Pay attention to your breath; breathe deeply and steadily.
- ✿ Count ten breaths, staying focused on full and relaxed breathing:  
1 - breathe in, 2 - breathe out  
3 - in, 4 - out, 5 - in, 6 - out  
7 - in, 8 - out, 9 - in, 10 - out
- ✿ Gently open your eyes and celebrate.

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# The Gentle Gifts of Meditation

*A calm mind is not disturbed by the waves of thoughts.*

Remez Sasson  
Author



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*Providing hope and help to young people and their families through counseling and*

## Why Meditate?

Meditation is a practice of healthy self-care. It has been proven to counteract the ravages of stress on both body and mind by slowing body rhythms and deepening breathing. People who meditate sleep better and have greater control over their responses to daily challenges.



An important way to maintain contact with a sense of the Spirit is through meditative activities.

Mediation can be an opening up to a Divine Presence through focused awareness.

✿ Practice daily ✿

## Some Meditative Activities

- ✿ Praying
- ✿ Practicing the Simple Breath Meditation described on the back panel
- ✿ Practicing yoga
- ✿ Experiencing nature
- ✿ Being alone with your thoughts
- ✿ Exercise such as walking, swimming, and jogging
- ✿ Discovering personal truth through writing
- ✿ Reading for inspiration
- ✿ Practicing or appreciating the arts



## What Do You Find Meditative?

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Look at your list and ask yourself:

- ✿ Do I usually feel energized and renewed afterwards?
- ✿ Do I feel hopeful and peaceful?
- ✿ If I skip a day, do I miss it?

If what you are doing isn't working, try something else. For more meditation ideas, you can take a meditation course, talk to your clergy person or go online to [www.beliefnet.org](http://www.beliefnet.org).

Set aside a quiet time and place to meditate daily. You will be renewed and refreshed!