

Meditation and Relaxation

Learn how to meditate and relax in your daily life

Before you begin

Create a special, quiet and comfortable space for your meditation and relaxation. Go there with respect and feel refreshed by its peaceful and healing qualities.

It can be helpful to do a little stretching, yoga or t'ai chi first. This will release any tension and help focus your attention.

Sit in a comfortable position, with your spine straight and your body relaxed. Your eyes can be gently closed or softly open.

You may notice some strange feelings as you begin to relax: a sense of tingling, mental pictures, sounds or jerking of the body. This means you are letting go of holding patterns. Let them happen and continue to release without distracting your attention. As your stress drains away, you will feel clearer and better able to deal with daily life.

Find a balance between being too alert, which creates tension in your mind and body, and being too relaxed, which leads to heaviness, dullness and sleep. The goal is for your mind to be alert, your body to be relaxed and for you to feel ready for the next steps.

Stay relaxed, but don't *try* too hard — that only makes it more difficult. Be open to what might happen, and don't judge whether it is good or bad. By opening yourself to meditation, you can become more aware and realize your potential.



Time to begin

Take a moment to focus on why you are choosing to relax (this is called your intention):

- To decrease pain?
- To feel more relaxed?
- To get more energy?
- To feel peaceful?

When you know your intentions, you can clear a path for them to happen in real life. Think about your intention, and feel as if it is already happening.

Choose something to concentrate on. You can count your breath or say a word like “relax” over and over (called a mantra) or another word or sound as you exhale.

(Continued on back)

Meditation and Relaxation

Be aware of the moments when your attention wanders or fades. If it does, bring your attention back to your breathing and to your main focus.

Start off meditating for 15 to 20 minutes each time and then increase that time as you feel necessary.

As you learn how to relax, carry this feeling with you throughout the rest of the day.

Remember the positive feelings of clarity, comfort and energy.

When you are done

Share the positive thoughts and feelings you received from your meditation with others (this is called your dedication). Send your good feelings of light, warmth and love to family, friends or people you don't know. Picture that each person gets what they need the most.

Hold on to your intention and carry this awareness with you through the rest of your daily activities (this is called application). As you go through your day, take a moment to feel the peaceful, comfortable and calm feelings that come from your relaxation.

Have fun! Enjoy your practice. Smile or keep an inner smile during your meditation to keep it from getting too hard or serious.



Websites

[www.people.cornell.edu/pages/amt58/
medlist.html](http://www.people.cornell.edu/pages/amt58/medlist.html)

www.drwaynedyer.com/

www.joanborysenko.com/html/meditation.html

TO LEARN MORE

- Adolescent Medicine (206) 987-2028
- Adolescent Medicine Nursing Line (206) 987-3005
- Your Child's Health-Care Provider

Children's will make this information available in alternate formats upon request. Please call the Family Resource Center at (206) 987-2201.

This handout has been reviewed by clinical staff at Children's Hospital. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's health-care provider.