



Meditation & Mindfulness

Focused Mind Practices

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Research consistently demonstrates the effectiveness of **meditation and mindfulness** in improving emotional regulation, focus, physical health, and overall well-being. Yet for many, **getting started** can feel confusing or overwhelming.

This guide offers a starting point—a **variety of accessible practice types**—to help you begin exploring what resonates with you.

Mindfulness is not about doing it “right.” It’s about returning, again and again, to presence.

Reminders as You Begin

- **This is a practice**, not performance. Like any meaningful relationship, it develops over time.
 - Some days will feel easier than others. This is normal.
 - You can benefit from as little as **1 minute a day**. Gradually build up to **13–15 minutes** or more as it feels right for you.
 - Be patient with yourself. There is no finish line—only presence, growth, and awareness.
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Types to Explore

Here are several common meditation and mindfulness styles. Use this list as a **launching pad** to further research or explore techniques that interest you.

Transcendental Meditation

- Focus: Repeating a personal **mantra** (a word, sound, or phrase)
- Purpose: Helps settle the mind by using repetition to reduce distraction

Mindfulness Meditation

- Focus: **Breath awareness** as the anchor to the present moment
- Purpose: Builds attention, reduces stress, and increases presence

Walking Meditation

- Focus: **Movement** as mindfulness—often done in silence while walking a path or labyrinth
- Purpose: Cultivates awareness through intentional, mindful steps

Open Monitoring

- Focus: No specific point of focus; awareness of **thoughts, sounds, and sensations** as they arise
- Purpose: Encourages non-attachment and deep awareness of the present

Focused Point Meditation

- Focus: Gazing at a **single object** (e.g., candle flame, symbol, or image)
- Purpose: Strengthens concentration and trains the mind to stay steady

Loving-Kindness Meditation (Metta)

- Focus: Cultivating feelings of **compassion and love**, first toward yourself and then outward to others
- Purpose: Enhances empathy, emotional healing, and interpersonal connection

Devotional Meditation

- Focus: Directed toward a **spiritual being, higher power**, or field of reverence
- Purpose: Deepens personal faith, surrender, or gratitude

Self-Inquiry (Atma Vichara)

- Focus: Repeated questioning of the self with prompts like **“Who am I?”**
- Purpose: Cultivates deeper self-awareness and challenges ego-based thinking

Steps to Try

1. **Choose one** style that stands out to you.
2. **Research simple how-to guides or videos** on the method. (See below)
3. Set a **timer for 1–3 minutes** and try it out today.
4. Journal afterward: *How did that feel? What did I notice?*

Considerations for Sustainable Practice

- Use an app (e.g., Insight Timer, Calm, Headspace) to support structure and consistency.

- Set a daily reminder or pair your practice with a habit (e.g., after brushing your teeth).
 - Find a quiet space, but remember: *you don't need perfect conditions to begin.*
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Resources

- Link: [About Mindfulness](#)
- Link: [1 Minute Mindfulness](#)
- Link: [5 Minute Mindfulness](#)
- Link: [10 Minute Mindfulness](#)
- Link: [Loving Kindness](#)