

A person is shown in silhouette, sitting in a meditative lotus position on a beach. The person's reflection is visible in the shallow water in the foreground. The background features a sunset or sunrise over the ocean, with a sky filled with soft, colorful clouds in shades of purple, pink, and orange. The overall mood is peaceful and serene.

Techniques for Less Stress

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Why Meditation?

Meditation is a valuable tool to quiet the mind and decrease the “mind chatter”. By quieting the mind there will be a sense of inner peace and relaxation which will then increase the ability to concentrate and focus.

With a peaceful mind one makes fewer mistakes, makes better judgments and decisions, and becomes more patient and tolerant. This of course improves one's relationships with family, friends, neighbors and colleagues.

Regular practice of meditation enhances the sense of happiness and contentment. Bringing about more positive feelings will decrease the number of worries, anxieties, fears and a decrease of negative thinking.

Much of the stress and tension we normally experience comes from our mind, and many problems, including ill health, are brought about or aggravated by stress and tension. This stress and tension can be reduced by regular meditation. When the mind is at peace, many problems just disappear, and others are more easily dealt with.

In time, one can see changes in the behavior and attitude and manner of thinking. One learns to react more constructively, patiently and calmly to the various situations of daily life, from dealing with people to dealing with problems, tasks or goals.

The benefits of meditation manifest on the physical, emotional, mental and spiritual levels. Regular daily practice is recommended to attain the desired results. Starting at a few minutes each day and gradually increasing up to 15 to 20 minutes or longer.



Meditation Benefits:

There is evidence of the many rewards of regular meditation. Following is a list of **some** benefits:



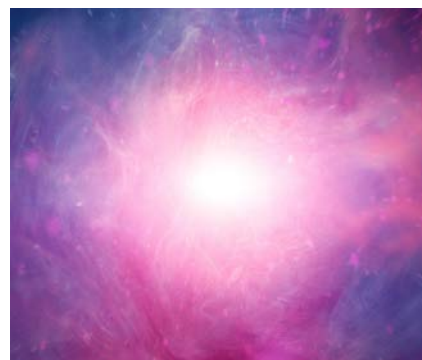
Physical:

- Deeper Level of relaxation
- Deep rest accompanied by decreased metabolic rate and lower heart rate
- Decreased high blood pressure
- Improved flow of air to the lungs
- Increased levels of energy
- Decreased muscle tension
- More easily falling asleep and sleeping soundly
- Improved state of the immune system



Mental & Emotional:

- Decrease in restless thinking
- Increased ability to stay calm in every situation
- Greater creativity
- Decreased anxiety
- Decreased depression
- Decreased nervousness, irritability and moodiness
- Enhancement of self-confidence
- Improved concentration
- Improved learning ability and memory
- Increased feelings of vitality
- Enhanced feelings of happiness
- More emotional stability



Spiritual:

- Developed intuition
- Peace of mind
- Emotional and mental detachment
- The ability to look within, beyond the body, mind and personality
- Discovery of one's true being
- Attaining self-realization and spiritual awakening



There are several different meditation techniques and ways to experience the present moment more often. The "Sharing Tips & Techniques for Less Stress" video will give you the opportunity to get a sense of which techniques feel good to you. This section is provided for you to take some notes as you follow along with the video or use this space for journaling about your experiences with each designated technique.

Focus on the Breath

The lungs need to be exercised. So, if you have been a “shallow” breather for a while then this technique is an excellent way to train your body to breathe deeper.

Breathe in for a count of 6; hold for a count of 4; breathe out for a count of 6

With time, you can increase the count numbers (ex. in for 8; hold for 6; out for 8)

The deeper the breath the more oxygen and relaxation you are gifting your body.



Notes:

Listening

Go outside, close your eyes and listen. The key here is to listen without judgement.

Hear the loud truck or motorcycle; hear the birds chirp; hear the leaves rustling. Really tune into the sounds that are around you.

Notes:



Verbal Sounds

The most common sound for meditation is “Om”. “Om” is the Sanskrit word that translates as “Source”, “Supreme”, Divine Presence and Power that is the Uni-verse; it is the sound of all creation. When chanted it actually sounds like “aum”. The technique is to inhale and then allow the sound of “aum” to be drawn out on the exhale (ex. "aaaaaaaaauuuuuuuuummmm")



Notes:



Guided Meditations

This technique is by way of another person guiding you through a relaxation process and/or a visualization.



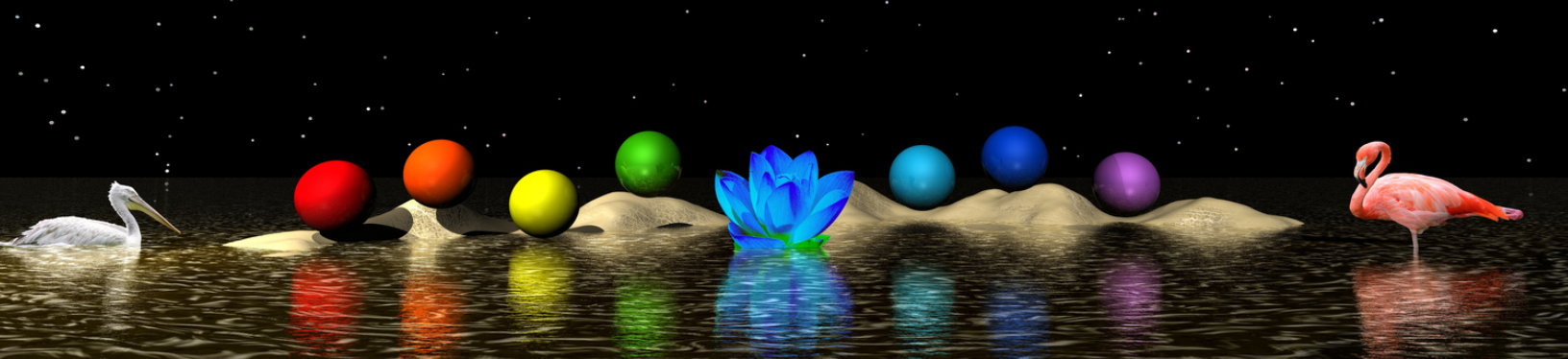
Notes:

Use Colors

Similar to the “Use Key Words” technique—you can use colors instead. Think of one or two colors (ex. green and pink); inhale green and then exhale pink. You can go a step further by using visualization and “seeing” the first color entering and circulating through the body and then the second color being sent from you out into your surroundings. You can also focus on the color(s) of the chakras:



- Red = root chakra located at the base of the spine
- Orange = sacral chakra located approximately 2 inches below the belly button
- Yellow = solar plexus located at the stomach area
- Green = heart chakra located at the center of the chest
- Blue = throat chakra located between the collar bone and the chin
- Indigo = third eye chakra located between the eyebrows
- Violet = crown chakra located just above the crown of the head



Notes:

Coloring

Get you some crayons, coloring pens or markers and a coloring book. Just being in a creative mode of some sort has meditative benefits (ex. painting, pottery, bead work, cross-stitching, etc.).



Notes:



Activities

This is a process to help you be fully present in the activity that you are doing and have awareness of what is around you. This process also teaches you to be in gratitude for what you have.

Examples:



- As you are out on a walk you can do any one of or combination of - focusing on your breath, counting, an affirmation, colors, key words, listening to the sounds around you or tuning in and noticing how your body feels as you walk.
- For gratitude: when doing the dishes, be aware of the dish cloth, dishes, water, bubbles, etc; also, express gratitude that you had food to eat; shared a meal with someone; have water to do the dishes, to drink, to water the plants, to shower, to wash your clothes; there's cupboards to store the dishes and food; you have a house where the cupboards are: and the list goes on and on!

Notes:



Candle Gazing

Light a candle (be safe and cautious when having an open flame and hot wax!); then keep your focus and attention on the flame. You may want to be in a dimly lit room. Here are some suggestions for the color of candle to use:



WHITE: Represents spirituality, peace, purity and power; used to connect with the spiritual realm; and also amplifies the effects of any other candle.

PINK: Represents self-love, romantic love, emotional healing, friendship, nurturing; it opens the heart for forgiveness.

YELLOW: Represents intelligence, learning, reason, focus, memory, joy, comfort and hope; it can be used to awaken greater confidence and optimism.

GREEN: Represents nature, physical healing, money, abundance, fertility, growth and improving your energy.

BLUE: Represents communication, traveling, inspiration, calming, creativity, spiritual awakening and increase your intuition.

PURPLE: Represents psychic abilities, wisdom, spiritual enlightenment and hidden knowledge.

ORANGE: Represents business, success, justice, opportunity, celebration, ambition; awakens joy and wisdom; and help you be grounded in the physical world.

Notes:

Food

This is an experience to be fully present with your food. You will create a story of how you ended up with the food and then have an observation of the senses of touch, smell, taste and the sensation of swallowing it. Cold or room temperature food recommended!



Notes:



Words of Encouragement

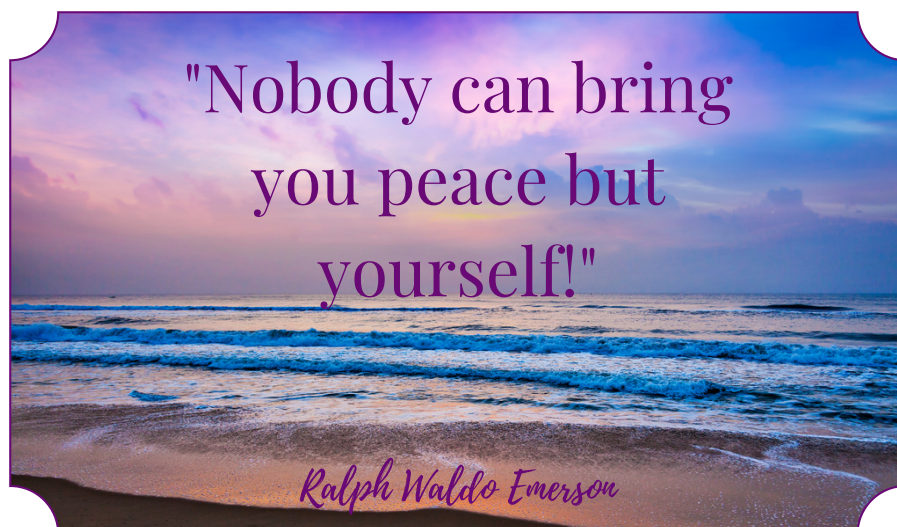
You may be an experienced meditator and just wanted some new insight on the meditation techniques offered. Congratulations to you for practicing!!!

If you are new to meditation - BE EASY WITH YOURSELF!!!! Because it is something new - you MUST practice - just like learning to walk, read and write or ride a bike. It takes consistency and patience. As mentioned before, start with maybe 5 minutes and then start increasing the amount of time.

Speaking of time - if you have only a few minutes to meditate or you have an appointment to be at - then set a timer, this way your mind won't be busy thinking more about what time it is.

There may be circumstances when you may decide to use, let's say, the "Colors" technique and you may experience some struggle with keeping your focus - well, then, you have options - 1) change the technique or 2) walk away and come back to it later. You see, when there is resistance to meditating then it is more likely that you will give up and not do it at all. Have some grace for yourself!!

This is about YOUR journey with YOU!!!



About Amie

Amie Wade is a Certified Life Coach; Certified Mindy, Body, Spirit Practitioner; Reiki Master/Teacher; Certified Angel Card Reader; Certified 200-hour yoga teacher; and author. She has a background of over 20 years of office managerial and administration work.

Her childhood stories consist of abandonment, mental and emotional abuse, and molestation, which was a contributing factor of having suicidal thoughts almost daily. She chose to use alcohol as a means of coping with her unhealthy emotions and a way to be able to relax and have fun.

With the information she gained from taking the certification courses, reading, and listening to a multitude of spiritual teachers and influencers, she learned to change her perspective about her life experiences and released her addiction.

While working fulltime in the corporate world, Amie dabbled in coaching for 15 years with her Reiki clients and in the classes and workshops that she facilitated. She decided that her desire and lifelong mission is to help guide others in feeling empowered as they navigate their emotional healing journey with the intention of being confident in living a spiritual-based life with a powerful sense of self-love and therefore established her business as Amie Wade – Emotional Resiliency Coach, LLC.

She is an author and has been a guest on multiple podcasts and guest speaker at Soroptimist International of Kingman.



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