

Mindfulness Meditation Podcasts

Meditation has been practiced throughout recorded history and in virtually every human culture and tradition. Meditation has also been shown to help reduce stress and pain, and to help in the healing process.

Meditation Podcasts

Three meditation podcasts have been recorded for you. The first is called *An Introduction to Mindfulness Meditation*. The introduction podcast is a discussion about the practice of mindfulness. Following the introduction, there are two practice meditation podcasts for beginners with a 20-minute and a five-minute version. The 20-minute meditation gives a full set of instructions and serves as an introduction to the five-minute abbreviated version. Feel free to use either of these meditations to guide you in beginning your meditation practice. Please use them as often as you would like.

Mindfulness Meditation

Mindfulness meditation involves being alert and relaxed in the same moment. We wait, watch and acknowledge whatever happens, whether pleasant or unpleasant, with kindness and judgment-free awareness. Like learning any new skill, learning mindfulness meditation takes practice. By practicing regularly, we learn that we can be mindful in everyday life, moment to moment.

Meditation Posture

Mindfulness meditation can be practiced sitting down, lying down, walking or standing. The most important instruction for meditation is to be attentive and alert to what is arising and passing in your mind and your body, moment to moment. It is important to be comfortable, so choose a posture that feels right for you. This

posture may be different at different times, so listen to your body. Following are some suggestions for specific postures you may choose.

Sitting Meditation:

There is no “perfect” posture for sitting meditation. The best posture for you can only be sensed by you. How your posture looks to others is not important. From the outside it may not look “right” to others. That’s okay. Our sitting posture is influenced by the unique life experiences each of us have had. Trauma, chronic or acute illness, lifestyle choices, and genetics are only a few of many factors that contribute to the posture we take when practicing meditation. The five-minute and 20-minute meditation podcasts are designed to be used while practicing sitting meditation.

- Sit in a chair with your feet flat on the floor and close your eyes
- Bring your torso into a comfortable, upright and balanced position

Lying Down Meditation:

If you practice mindfulness meditation while lying down, you may want to open your eyes so that you remain alert. Many people are comfortable lying completely flat on their back, while others like a pillow beneath their head or knees to increase comfort.

Walking Meditation:

For some people, meditating while walking — called “walking meditation” — is very helpful. If you choose to practice slow walking meditation, keep your eyes open and focused on the ground about six feet in front of you. Focus attention on the sensations as each foot is placed, moved and lifted from the ground. Make sure you are in a safe and quiet place.

If you choose to walk faster, focus attention on natural movements of your arms and legs as you walk. Let your eyes be softly focused in front of you so that you are fully aware of your surroundings. Allow your body and mind to be relaxed and quiet.

No matter what posture you choose, you can still benefit from meditation. We hope you find the meditation podcast series useful and informative.



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