



MEDITATION FOR TEENS

Bring calm to your inner chaos
Your built-in pause button



INTRODUCTION TO MEDITATION

What image do you see when you read or hear the word 'meditation'?

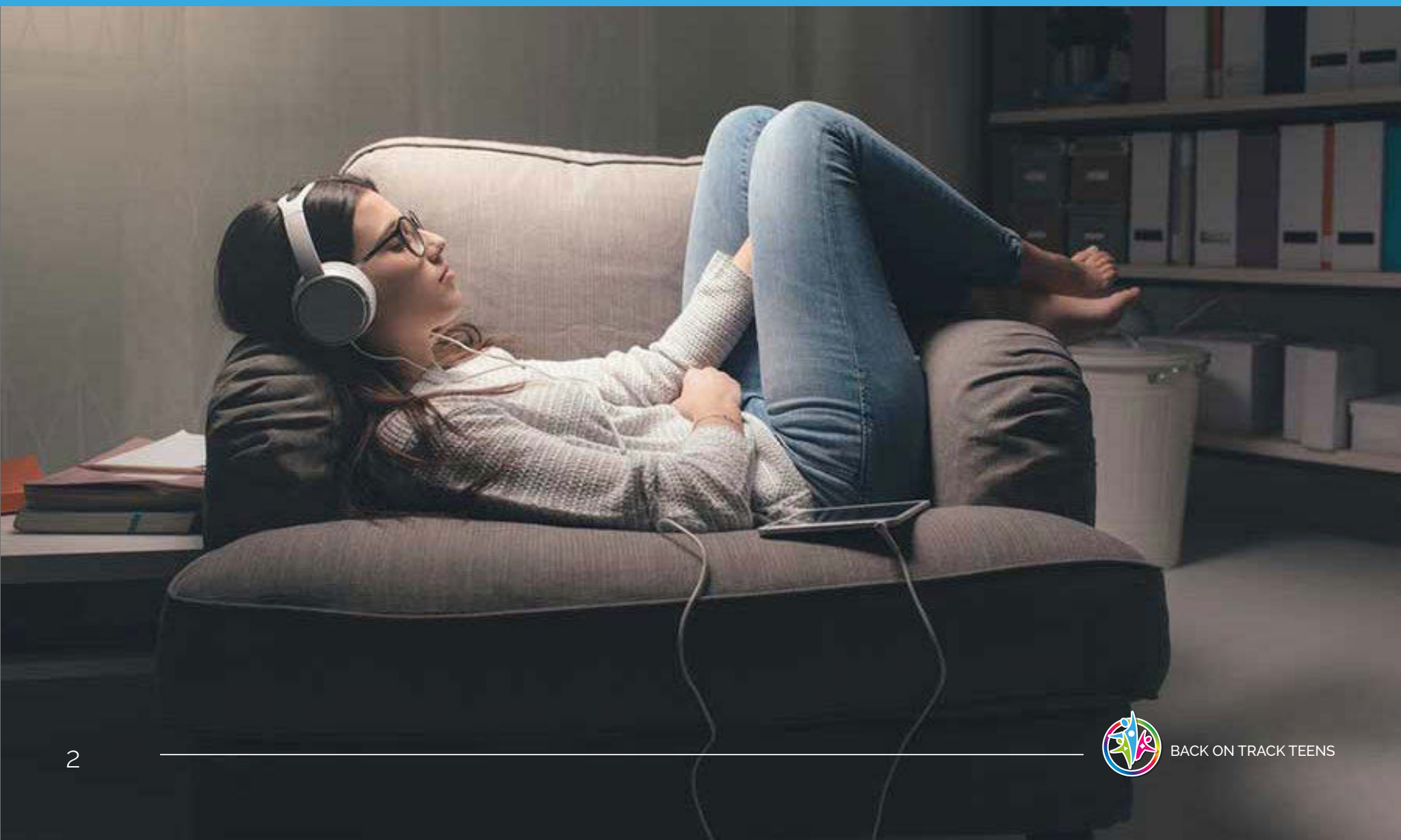
Do you visualise a monk sitting for hours, crossed leg and upturned palms in the lotus position? Or do you see someone practicing yoga on a beach with a colourful sunset backdrop?

There are a lot of misconceptions about meditation. The main one being that it is an activity where you 'zone out' but really, it's more about having the ability to switch off your mind whilst still being aware of your surroundings.

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Meditation means dissolving the invisible walls that unawareness has built.

Sadhguru



WHAT IS MEDITATION?

Some of the earliest written records of meditation such as **Dhyana in Buddhism** come from Vedantism Hindu traditions around 1500 years before Christ. Religiously speaking, meditation has been practiced for 1000s of years, but since the 19th century it's become more widespread and is now commonly practiced in both private life and in business life – and you don't have to have religious beliefs to practise it and gain benefits.

The original Latin meaning of meditation is to 'think deeply about something'. The modern approach to meditation is to focus your mind and give your attention to only one thing for a period of time while focusing on deep breathing, relaxing music, sounds, stories or by repeating a positive mantra (a statement or string of positive words).

WHY IS MEDITATION GOOD FOR YOUR WELLBEING?

Meditation helps to switch off your thoughts by enabling you to tune into your unconscious mind. It's not about sleep but rather the

practise is extremely calming and helps you to think deeply in a relaxed state.

The process is used to reduce mental stress, anxiety, depression and to combat physical pain. 1000s of people who practise mediation endorse the benefits of increased peace, a positive mindset, self-belief, confidence, clarity, improvements in physical

and mental wellbeing and even achievements.

Scientific research has countless studies that show the positive effects of meditation on human health, psychological, neurological and cardiovascular systems.

Think 'fitness routine' and 'weight training' for your mind.



WHAT ARE THE KEY BENEFITS?

From a purely physiological point of view, the benefits are numerous including:

- ✓ Lower blood pressure
- ✓ Reduced stress
- ✓ Calmer thinking through deep breathing encouraging more oxygen to flow to the brain
- ✓ Reduced build-up of toxins
- ✓ Removal of carbon dioxide
- ✓ Boosted immune system
- ✓ Increased sense of wellbeing
- ✓ Enhanced healthy neurotransmitters – healing for both your mind and body

These benefits result in a healthier body and stronger mind because you are in tune with your thoughts, feelings, emotions and subsequent actions.

HOW CAN TEENAGERS BENEFIT FROM MEDITATION?

Better awareness of your innermost thoughts helps to build resilience against stressful events and encourages you to be more present in the moment.

Practising meditation gives you the ability to think about situations positively without dwelling on negative past experiences or future uncertainties. Furthermore, you become proactive rather than reactive in your decisions and responses.

It's a win-win situation that will do you proud when revising or sitting exams, considering career pathways or further education, or dealing with peer pressure, comparison to others and body image.



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Meditation means the recognition or the discovery of one's own true self.

Sri Chinmoy

HOW MEDITATION CAN HELP

How often do you get distracted by your chattering inner voice? It can be annoying because often it's challenging, unhelpful and a big distraction.



Meditation can quieten this voice so that you can concentrate, feel more in control and make better judgement calls.

WHAT TEENS NEED TO KNOW ABOUT MEDITATION

Anyone can practise meditation, even children, and it is especially good for teenagers.

Meditation is especially good for teens because, as a teenager, there are so many changes in life – your body, your education, your career, your relationships.

There are several ways to meditate (find options listed on the next page). Explore a few of these options to find one that you're comfortable with to suit your routine. You'll see it as a chore if not. Aim for at least 20 minutes practising meditation in order to feel the benefits.

Find a quiet, personal space. Your bedroom might be a good choice as it's a private space (providing you don't share with siblings) or a quiet woodland area or meadow if it's warm outside. Again, try a few options to see what works best for you.

HOW PARENTS CAN USE MEDITATION TO HELP THEIR TEENS

Parents, teachers or mentors help to hold teens accountable for building good habits and can enthusiastically encourage these positive activities. Seeing the emotional stress of a child (no matter what their age is) can be traumatic for parents too, so meditation is good for everyone involved.

If you are a parent reading this eBook, suggesting meditation as a solution to help manage anxiety, anger, sadness and low feelings of self-belief might be just what your teen is looking for.

WAYS MEDITATION FOR CHILDREN CAN SUPPORT EDUCATION

Studying for exams, learning new material, choosing subjects to help identify future career prospects, anxiety around presenting in front of classmates, being asked questions on the spot.

There is so much going on during a child's education journey and development into adulthood. Discovering easy to learn ways to chill out, that help to focus the mind and lessen worry and anxiety is powerful.

CONSIDER THESE WAYS TO INTRODUCE MEDITATION INTO YOUR LIFE

No thought meditation

This is exactly as it sounds - relax and think of nothing. Just be. This can be challenging for any length of time if your inner voice is a real talker but try to focus on one object such as a candle or picture to keep it at bay.

Mantra meditation

Pick a meaningful phrase and repeat it over and over and in different ways, emphasising certain words. Find an exercise for mantra meditation on the resources page of this eBook.

Breathe meditation

Again, this is exactly as it sounds. Concentrate and follow your breathing, taking deep breaths in and out. Hold your breath in for a few seconds and count the seconds if it helps you to focus.



Sound meditation

Relax by listening to chill-out music designed specifically to aid meditation as you focus on a topic or challenge. Some examples are listed on the resources page of this eBook.

Visualisation meditation

Picture the past, present or imagine the future. Concentrate your efforts on letting pains go or making a dream a reality. Remember, what you think about, you will develop emotions around and your subsequent actions will be affected by them.

Gratitude meditation

Deeply contemplate something you feel truly grateful for. Feel and visualise it and be thankful. This can be someone in your life, an act of kindness towards you or simply that you are thankful for being alive, having certain abilities or qualities.

Guided meditation

A trained professional will talk you through meditation practise and help you to focus on your breathing technique, visualisation and gratitude. Some guided practices are available in the resources section.

WHEN MEDITATION CAN HELP PEOPLE IN THE WORKPLACE

This eBook considers the benefits of meditation for teenagers but the activity is also extremely beneficial for people in the workplace.

Meditation can change your state of mind to focus on the task in hand. People often become more productive, better communicators and more supportive in their workplace roles by meditating regularly.

Set the day up to succeed and develop a winning attitude with meditation practises in the morning or create a calming end to the day. Meditation is especially beneficial if you're super busy because of its grounding effects and self-reflection benefits.

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Quiet the mind
and your soul
will speak.

Anonymous





HOW MEDITATION HELPED SARAH

A number of years ago a young lady named Sarah attended one of my Back on Track Teens residential courses. At the end of each evening, all participants would get comfortable, either sitting or lying down and close their eyes. They would enjoy a 20-minute guided meditation session as a treat to reflect on the wonderful things they had experienced during the day.

On the final day, the meditation was a little longer and included something uniquely special to each participant - only they would know what.

Sarah contacted me many years after she attended the course to share that she still had the CD. Still to this day, every time Sarah felt a little down or worried or lonely, she would put her earphones in, go to her room to lie down and play the meditation to transport herself back to her wonderful memories. Each time Sarah rose from her meditation she was replenished, re-energised and ready to face the world head on.

Teepju

REAL RESULTS FROM MEDITATION TECHNIQUES

EXPERIENCE THE BENEFITS OF MEDITATION

A great way to ease yourself into meditating regularly is to practise being mindful throughout your day. The two activities are similar in creating a calmness in your mind and easing negative thoughts and feelings – but with a subtle difference.



TRY THESE MINDFULNESS EXERCISES FOR TEENS

You may still be thinking how best to practise mindfulness, so let's have a look at some easy exercises.



REALLY FEEL YOUR DRINK

Take a gulp of your drink and hold it in your mouth. Notice the temperature or texture of the liquid and if it's a fizzy drink, notice the bubbles popping. Notice the flavour – is it sweet or tangy, strong or weak? Swish the liquid around your mouth and notice how it feels as you swallow, trickling down your throat and into your stomach. If your belly is empty, you'll probably feel the sensation of the liquid's journey all the way down!



REALLY FEEL YOUR HAND

Look at your hand and be curious. What colour is your palm? Notice the lines on your palm and how some are deeper or longer than others. Consider the lines where your fingers and thumb bend and the lines where your hand joins your wrist. Turn your hand over. What colour is the back of your hand? Notice the difference in the number of lines on the back of your hand compared to the palm of your hand, fingers and thumb. Notice your nails and your cuticles.



TRY MINDFUL DANCING

Now for something a little more fun because motion creates emotion. Motion creates emotion. By using your body to create mindful distraction you can change your thoughts and state of mind to end up feeling great. Find a piece of music you love that almost involuntarily makes you want to move and sing and dance (like no-one is looking).

Find a space that you feel comfortable in such as your room, or outside, and turn up the volume. Pop on your headphones if other people are around (so no-one shouts about it) and focus on the beat, rhythm and melody of the music and move your body! Feel in flow with the music and notice how you feel. Notice your thoughts, emotions and how your body feels. Really connect.



OTHER ACTIVITIES ENCOURAGING MINDFULNESS FOR TEENS

If the above activities don't float your boat, try baking a cake, colouring in, solving a jigsaw or drawing something around you to ease into a mindful state of being.

When you're outside, listen to the sound of the birds chirping, water

flowing, the soft jingle of church bells or the whistle of the wind through trees.

When you have a shower, notice the sound of the water, the feel of the hot droplets falling on your skin or the smell of the shower

gel. Next time you sit on your bed, notice how the mattress feels underneath you, the texture of the duvet or blanket or the smell of the washing powder.

Mindfulness is all about noticing the little things in the moment.

MEDITATION RESOURCES FOR TEENAGERS

Use the resources below to help you learn more about meditation and mindfulness techniques.



GUIDED MEDITATION RECORDINGS FOR TEENS

These four guided meditations have been recorded by a professional and created especially for children, teenagers and young people. You will find options with and without music, so try them all and settle on the ones that work best for you.

[Breath meditation](#)

[Guided meditation to release stress and anxiety](#)

[Guided meditation for teens to escape to your safe place](#)

[Guided meditation to help you drift effortlessly off to sleep](#)



LISTEN TO OUR PRACTICAL PODCAST THE SPARK TO YOUR SUCCESS

The Spark to Your Success podcast for teenagers and the young at heart releases a new episode every week, packed full of hints, tips and easy ways to maximise your life in a positive and healthy way.

>> Subscribe to the [Spark to Your Success](#)



READ MORE ABOUT MEDITATION IN OUR BACK ON TRACK TEENS BLOG

If reading is more your thing, absorb the Back on Track Teens blog series, which covers a whole host of ideas, exercises, guidance and real-life success stories where people have overcome dark periods in their life.

>> Read the [Back on Track Teens blog](#)



DISCOVER MORE IN THE SPARK TO YOUR SUCCESS BOOK SERIES

Feeling pressure as a teenager can be overwhelming because you encounter many obstacles for the first time. Learn powerful techniques to make you feel awesome and uncover proven ways to overcome challenges successfully. Grab opportunities when they present themselves by understanding what's going on in your head and learning how to find your fuel and your flow.

This book is for teenagers who want to enjoy life to its absolute fullest, so come on – dive in!

>> [Order your signed copy](#)



MORE MEDITATION AND MINDFULNESS RESOURCES

Check out international meditation gurus [Deepak Chakra](#), the late [Dr Wayne Dyer](#) and [Dr Joe Dispenza](#) for more advanced ways to meditate. Browse our online shop to explore some of the games and resources available to help you grow as a person. Remember, everyone is unique. That's what makes you the real you.

>> Browse the [Ignition! shop online](#)



LEARN MORE ABOUT YOURSELF

Please do share your thoughts and ask questions within our social media community.

[Instagram](#)

[Facebook](#)

[Twitter](#)

Everyone is here to help each other and build resilience together to help you become the very best version of your authentic self.

“

If every 8-year-old in the world is taught meditation, we will eliminate violence from the world within one generation.

Dalai Lama



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YOU DON'T HAVE TO BE A SQUARE PEG IN A ROUND HOLE

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