



*** Rugged** HUMAN

MEDITATION

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INTRODUCTION

“IF YOU ARE DISTRESSED BY ANYTHING EXTERNAL, THE PAIN IS NOT DUE TO THE THING ITSELF, BUT TO YOUR ESTIMATE OF IT; AND THIS YOU HAVE THE POWER TO REVOKE AT ANY MOMENT.”

– MARCUS AURELIUS, MEDITATIONS

Marcus Aurelius in his composition, *Meditations*, noted that if you are distressed by something external the pain is not due to the external thing but to your estimate of it and that means you have the power to alleviate that pain at any time when you look inward.

WHAT IS MEDITATION?

Meditation is a type of practice, a technique where you train your brain to focus on a particular object or activity. This is, both something we do naturally day in and day out and something we have to train to do just like going the gym or building muscles.

What many people don't know is that meditation is a form of cognitive defusion.

WHAT IS COGNITIVE DEFUSION?

Defusion is a skill or technique that is primarily used to *detach, separate, or get some distance from* our thoughts and emotions. Please note that when we use the word 'thought' it also encompasses other internal experiences such as beliefs, attitudes, assumptions, memories, etc.

Cognitive defusion is a form of meditation or mental practice where you distance yourself from your thoughts, mentally. Defusion helps us to control ourselves when we want to do something that we know we should not do.

For example:

When somebody cuts you off while you are driving, you become angry irritated. Maybe you even think of driving up to them and telling them off at the next stop light.

BUT YOU DON'T.

Those thoughts are not turned into action. Instead, like most people, you accept that these things happen and you go about the rest of your drive.

We practice cognitive defusion in a positive way as well.

For example:

You just received such exciting news that you are bursting to share it with someone. But you don't call a friend who just received devastating news about something very bad.

BUT YOU DON'T.

You are practicing cognitive defusion. This is a key to mindfulness and being aware of your own thoughts. This is a large part of meditation.

The reason this cognitive defusion is so crucial to meditation is that you don't ignore thoughts good or

bad, you don't pretend they aren't there or assume they will just go away if you think the “right” way.

You don't assume good or bad thoughts will just go away if you think in a different way. The goal with meditation is to control when you have thoughts and to exercise control over thoughts that crop up during activities in which they are inappropriate.

DIFFERENT TYPES OF MEDITATION

MINDFULNESS MEDITATION

Mindfulness meditation, sometimes shortened to just “mindfulness”, is separating yourself from your thoughts such that you recognize when they pass through your mind and allow them to continue onward instead of fixating on them or allowing them to control your emotion. This is like watching yourself as if you were an actor in a play. It allows you to see your thoughts in a more objective manner and gives you more perspective.

MOVEMENT MEDITATION

Movement meditation applies the same principles but applies them while doing physical exercise.

MANTRA MEDITATION

Mantra Meditation, focuses on a word or phrase repeated to bring a state of mindfulness. You can learn more about Mantra here, in the Rugged Human Quick Guide To Mantras.

LOVING-KINDNESS MEDITATION

Loving kindness meditation, is where you use substitution of emotion. You start by focusing on the feeling that you have for someone or something you love very much. You then concentrate on that emotion and you transfer it to a negative emotion.

This form of meditation is very helpful when you are thinking about forgiveness whether it is of another person or yourself. You can practice a free guided meditation from Rugged Human here, to explore this type of meditation personally.

VISUALIZATION MEDITATION

Visualization is when you create a picture, circumstance or outcome in your mind. This is a key ingredient to manifestation and other types of mental repetition to train your mind to think in a certain direction.

BODY SCAN MEDITATION

This type of meditation is a great way to focus on healing your body. Body scan meditation is when you focus on moving your attention across the different parts of your body. This methodical focus helps you to isolate your physical body and relax in a systematic way. For more information or to get a Body Healing Guided Meditation click [here](#) to get the Rugged Human guided meditation bundles.

HOW TO START

Getting started is simple. Meditation doesn't require a large amount of time or take years studying in a monastery in the Himalayas.

While Buddhist monks meditate for hours and hours, you simply need to find a quiet place for a few minutes.

Simply sitting and meditating for even 5 minutes everyday reaps great rewards.

BENEFITS OF MEDITATION

Regardless of the type you use, meditation has been shown to:

- Reduce blood pressure
- Lower anxiety
- Ease physical pain
- Decrease depression symptoms
- Aid insomnia and improve sleep

Remember you are the only thing that you can change. Your feelings, are all based on how you perceive the world around you and your response to it.

Meditation and its many forms can give you a more focused level of control and help you achieve whatever level of acceptance, gratitude, or happiness that you prefer.

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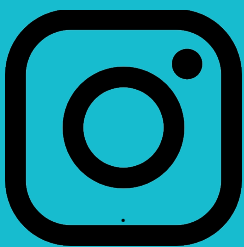
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ULTIMATE LIFE TRACKER

Mastering your life across mind, body and spirit in ONE place!



WHOLE FITNESS

Mastering your body, metabolic shifting, exercise, food and habits.



ESSENTIAL MEDITATIONS

Guided, Fear, Principles, Healing, Compassion, Forgiveness.