

your guide to... **SUCCESSFUL** **MEDITATION &** *Mindfulness*

ABOUT DR. ROME WALTER

Dr. Rome Walter sees patients at our Murrieta office off Cal Oaks Road. Dr. Rome believes strongly in a holistic approach to medicine, resorting to medications only when necessary. Dr. Rome began meditating and practicing mindfulness for his own personal health and has experienced the positive impact it has had in his own life. "Meditation is such a powerful tool that not enough people take advantage of. It has been clinically proven to reduce stress, lower blood pressure, create personal awareness, and so much more."



HEALTH BENEFITS

Meditating regularly has many science-based benefits for those who practice. Try the various tips we lay out here for better meditation practices and overall better health benefits.

STRESS RELIEF

Stress is one of the most common reasons people try meditation. Research has shown that meditation may also improve symptoms of stress-related conditions, including irritable bowel syndrome, post-traumatic stress disorder and fibromyalgia.¹

CONTROLS ANXIETY

Less stress translates to less anxiety. It also reduces symptoms of anxiety disorders, such as phobias, social anxiety, paranoid thoughts, obsessive-compulsive behaviors and panic attacks

CAN HELP FIGHT ADDICTIONS

The mental discipline you can develop through meditation may help you break dependencies by increasing your self-control and awareness of triggers for addictive behaviors.² Research has shown that meditation may help people learn to redirect their attention, increase their willpower, control their emotions and impulses and increase their understanding of the causes behind their addictive behaviors.³

IMPROVES SLEEP

In a study comparing one group of people who practiced meditation while the other group didn't, participants who meditated fell asleep sooner and stayed asleep longer, compared to those who didn't meditate. Becoming skilled in meditation may help you control or redirect the racing or "runaway" thoughts that often lead to insomnia. Additionally, it can help relax your body, releasing tension and placing you in a peaceful state in which you're more likely to fall asleep.



HELPFUL STEPS TO TAKE.

Now that you have seen some of the great health benefits to practicing meditation, we have laid out some tips to getting started for yourself.

1. SIT OR LIE COMFORTABLY

This can be done anywhere, however I recommend starting out in a quiet, peaceful space. It is not required, but I also suggest getting a comfortable cushion to sit on if you are able to sit on the floor.

2. CLOSE YOUR EYES

Closing your eyes is a very important aspect to meditation. By closing your eyes, you are eliminating countless distractions that could be going on around you. You can even use an eye mask to help block out your surroundings.

3. BREATHE NATURALLY

Focus your attention on your breath and on how your body moves with each breath. Observe your chest, shoulders, ribs, stomach. Simply focus your attention on your breath without changing its pace.

In the beginning, do not be discouraged by a wandering mind. It takes time and practice to be able to meditate for long periods of time. You are still benefiting from the practice regardless by slowing down in the day and resting.



TYPES OF MEDITATION

CONCENTRATION MEDITATION

Concentration meditation involves focusing on a single point. This could entail following the breath, repeating a single word or mantra, staring at a candle flame, listening to a repetitive gong, or counting beads on a mala. Since focusing the mind is challenging, a beginner might meditate for only a few minutes and then work up to longer durations.

In this form of meditation, you simply refocus your awareness on the chosen object of attention each time you notice your mind wandering. Rather than pursuing random thoughts, you simply let them go. Through this process, your ability to concentrate improves.⁴

MINDFULNESS MEDITATION

Mindfulness meditation encourages the practitioner to observe wandering thoughts as they drift through the mind. The intention is not to get involved with the thoughts or to judge them, but simply to be aware of each mental note as it arises.

Through mindfulness meditation, you can see how your thoughts and feelings tend to move in particular patterns. Over time, you can become more aware of the human tendency to quickly judge an experience as good or bad, pleasant or unpleasant. With practice, an inner balance develops.

In some schools of meditation, students practice a combination of concentration and mindfulness. Many disciplines call for stillness — to a greater or lesser degree, depending on the teacher.⁵

OTHER TECHNIQUES

There are various other meditation techniques. For example, a daily meditation practice among Buddhist monks focuses directly on the cultivation of compassion. This involves envisioning negative events and recasting them in a positive light by transforming them through compassion. There are also moving meditation techniques, such as tai chi, qigong, and walking meditation.⁶

READY TO SEE DR. ROME WALTER IN CLINIC?

If you have **PPO Insurance:**

1. Call and schedule an appointment any time! (951) 225-6802.

If you have **HMO Insurance:**

1. Locate your insurance card and call the service phone number on the back.
2. Ask the representative if your insurance plan is contracted with **REGAL MEDICAL GROUP.**
3. If they are **NOT** with Regal Medical Group, call us directly at **(951) 225-6807.** We can still help!
4. If they **ARE** contracted with Regal Medical Group, request to change your primary care physician to Dr. Rome Walter. They will send you an updated insurance card in the mail.

HAVING TROUBLE SWITCHING ?

If you are having trouble making the switch, please call us directly and we can help. We will call the insurance company with you to make sure everything is correct!

(951) 225-6807

DID YOU KNOW?

You do **NOT** have to wait until Open Enrollment to switch Doctors! You can call your insurance and switch today.

Murrieta

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SOURCES

1-3: <https://www.healthline.com/nutrition/12-benefits-of-meditation#section1>

4-6: <https://www.gaiam.com/blogs/discover/meditation-101-techniques-benefits-and-a-beginner-s-how-to>