

3 Major Subtypes of Meditation

Samatha - Focused Attention *(concentrative)*

Focused Attention is a type of meditation where one focuses on an a single stimulus. Through this singular focus, one is able to quiet the mind and take a break from inner dialogue.

- Focus on a specific stimulus (breathing, external object, sensation, etc.)
- When mind wanders, redirecting thoughts to stimulus without judgment
- Allow judgments to pass
 - ✓ Increased focus
 - ✓ Decreased anxiety
 - ✓ Decreased stress

Vipassana - Open Monitoring *(receptive or mindfulness)*

Open Monitoring is a type of meditation that has no singular focus. Rather this meditation fosters being present with non reactive awareness and meta-cognitive monitoring.

- Notice sensations, distractions and thoughts without judgment.
- Guide yourself to the present moment
- Open self to new perceptions and experiences.
 - ✓ improved mood
 - ✓ increases creativity & idea generation
 - ✓ decreased stress

Metta Bhavana - Loving Kindness *(compassion)*

Loving Kindness is a type of meditation that focuses on compassion and love for self, friends, family, strangers and enemies. This meditation aims to develop one's ability to have compassion.

- Focus on self or other person
- Foster compassion through reflection, visualization or auditory senses
- When feeling of compassion arises, focus only on the feeling
 - ✓ increase in empathy and compassion
 - ✓ improved mood
 - ✓ decreased stress