

Mindfulness Meditation The Relaxing Way To Stop Smoking

Stephen Frost August 06, 2013



Mindful Meditation The Easy Way To Quit Smoking

Mindfulness meditation is commonly used for stress relief. Researchers though have discovered that smokers who meditate mindfully reduce their smoking by 60 percent.

FOR IMMEDIATE RELEASE (Newswire.net -- August 6th, 2013) Mindfulness meditation has been shown to massively help people with stopping smoking. A new study published online in the Early Edition of the Proceedings of the National

Academy of Sciences and compiled by Yi-Yuan Tang from Texas Tech University in Lubbock along with Michael I. Posner professor emeritus of psychology from University of Oregon, has shown that people practising IBMT, or mindful meditation, can reduce their smoking by 60%.

IBMT or Integrative Body-Mind Training is one of the names for mindfulness meditation. In short the practitioner goes through a state of letting go of things within their mind. As such making it an incredibly good form of stress relief. IBMT relates also to vipassana meditation, indeed mindful meditating and vipassana are very closely related. Both following a process of the person involved becoming aware of their body and letting go of thoughts in their mind. As such creating a deeply relaxing state, something which many smokers seek through their smoking activity.

When commenting on the study and the longevity of the results Posner had this to say "We cannot say how long the effect of reduced smoking will last,". Following which he continued "This is an early finding, but an encouraging one. It may be that for the reduction or quitting to have a lasting effect, smokers will need to continue to practice meditation for a longer time period."

In that most people who smoke do so to relax this is hardly surprising. Indeed for anyone seeking stress relief, whilst practising introspection they achieve relaxation. Though if they stop stress levels will rise. The trick is being able to enjoy this activity each day, even for just a few minutes.

For those wishing to learn how to meditate mindfully there is help at hand. Via meditationmp3.net there are [excellent guided meditation](#) tracks including a [good mindfulness meditation](#) and a quality vipassana meditation track too. As such enabling anyone to achieve similar results to those achieved in the study themselves, though without need for a personal meditation coach. So for those wanting to stop smoking easily they can start doing mindful meditation with help from meditationmp3.net.

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