

SMT Is The Buzzy New Trend Overtaking Mindfulness

And the benefits are endless. - by Pauline McKinnon



Experts agree that meditation brings a range of good outcomes; reduction of nervous tension, anxiety, depression and the stress reaction, assistance with pain management, regulation of blood pressure and increased immune function, to name but a few. While the list of benefits is long and well researched, for some reason meditation hasn't become a mainstream topic until recent times.

Today, there are many forms of it, with mindfulness, a derivative of Buddhism, perhaps the most well-known. However, within all traditional meditative practices, there are techniques to be learnt and followed. Some involve the use of the cognitive mind, placing purpose upon personal or spiritual growth and the aim of wellbeing, while others may include movement, chanting or mastering particular physical postures.

Stillness Meditation Therapy, (or SMT), is different.

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It's a Western style of meditation, free of the constraints of technique. It's aimed solely at achieving peace of mind and wellness by relieving anxiety, tension and pain through *effortless mental rest*. Stillness of mind means the experience of "atavistic regression" ... that is, a state of *being* that doesn't involve the intellect.

In addition, it means resting without focus or trying to achieve any outcome or insight. This stillness is significant as it leads to a complete absence of disturbance and a point where the mind does not register discomfort, emotion or reactivity of any kind. It is this natural, clinical approach that sets SMT apart from other types of meditation.

It also offers another unique feature: it is experienced with the assistance of a specialist teacher who is suitably trained to include a distinctive style of therapeutic touch to be brought in to the meditative experience. The presence of such a professional ensures that people are supported on their journey towards better health.



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With so many people affected by stress, busy schedules, trauma, upset, challenges and other difficulties, it is easy to see why Stillness Meditation is becoming recognised as the 'go to' form of meditation. Whether you're looking to reduce anxiety or simply improve the quality of your life SMT provides a safe, therapeutic method that is long proven to produce good results.

*Pauline McKinnon is a best-selling author, internationally known for her signature book, *In Stillness Conquer Fear*. She is a practising psychotherapist and the Founding Director of the Stillness Meditation Therapy Centre in Melbourne.*