

A Simple way to start meditate

Do you have trouble focusing? Do you lie in bed at night, thoughts running through your head at a seemingly unstoppable pace? Do you wish there was something you could do to quiet your mind, bring you peace, and help you feel more connected to the world around you?

You should try meditation!

There are so many things in life that are out of our control. Because, most likely, you will never be able to completely rid yourself of external stress, you would benefit from learning to internally calm and control your reactions to stress.

Usually, we try to solve the problem of a “mind gone wild” by distracting ourselves. We turn on the TV, we grab dinner with friends, or we listen to music. We even check our emails and our text messages.

We’re generally desperate not to be left alone with our own thoughts because we often have no idea what to do with them! Luckily, there are several types of mediation that can help you learn to quiet, comfort, control, and love your own mind.

Different ways to meditate:

Guided meditation

Mantra meditation

Mindfulness meditation

Qi Gong, Tai chi and yoga just to mention a few.

Meditation Benefits Your Experience

Meditation allows you to focus, allowing you to accomplish your tasks in a better method as well as faster.

Meditation allows you to improve your level of stress. By reducing stress, you will make better decisions and fully handle problems effectively.

Meditation allows you to communicate more effectively, through more defined words that ultimately lead you to a better realm.

Meditation allows you to improve your health including helps to improve heart conditions, cancer risks, high blood pressure and plenty of other conditions. By lowering stress levels on the body, you can heal faster and more effectively from any of these experiences.

Meditation allows you to be a better friend and family member. Through the dedication of those around you, you all can become enlightened and therefore on a higher realm of being.

Meditation promotes health of the mind, too. By allowing your mind to enter this improved state, you can create for yourself an amazing of being, which allows you to think clearer. It helps to keep your mind sharp.

Meditation allows you to become the real you, the one that you want to be, rather than the person that is held captive by the world around them. If you meditate, you can learn quite a bit about yourself as well as the world around you!

There are many more benefits to meditation. For each person, this experience is going to be quite unique. If you wish to find out what it can offer you, you must learn to meditate. There is nothing negative that can come of meditation and what's more there is quite a bit of good that can come out from it.

Meditation In A Simple Form First

A simple meditation can start like this.

Find a location that's quiet and where you know you won't be bothered. You are looking for ten to twenty minutes of undisturbed meditation here. Turn off all telephones and anything else that could become a distraction.

Now, sit comfortably and quietly. Keep your back in a position with your spine vertically aligned. Remember that posture is something that you need to make happen.

Commit to what you are doing right now. That means not allowing distraction to play a role now. Commit to not being interrupted by anything happening in the world around you. Most importantly, remove anything from the room or from your line of view that could be a potential distraction. Commit to performing meditation.

Select a word that fits into your natural belief system. For example, use love, peace or others. If you are religious, select a word or a short phrase that signifies what you believe. Hallelujah or Om make good choices. Close your eyes once you've selected the right word. Closing your eyes helps you to enter into relaxation.

Now, we'll go through the body and relax each of the muscles in it. Start with your toes. Consciously think to yourself that your toes should relax and feel them relax. Next, move to your feet, your legs and so on. You want to allow each of your muscles to relax. Make sure to include your neck, your jaw, your pelvis, back, your arms, fingers and hands, and shoulders. As this happens, feel the tension leave your body.

Continue to breathe through the process in deep, long breathes and repeat your meditation word over and over again. Breathe in, say your word, breathe out, and repeat. You don't need to say the word out loud, but rather mentally pronounce it.

If any thoughts come into your mind while you are sitting, relaxing, let them go out simply by telling yourself 'oh well'. Most people will have trouble with this at first, so don't worry about how well you are doing. Just let go of those words the best that you can. Keep repeating your meditation word, too.

Keep this going for ten minutes at least and strive for twenty. Don't use any alarm to warn you, just open your eyes for a moment to check.

Sit and relax for several minutes once you've come out of your meditation. Keep your eyes closed for a couple of minutes before opening them. Don't stand up just yet. Allow yourself time to come back into reality before doing so.

You should try to do this simple meditation at least once a day but two or more times per day really can have a positive effect on your daily stresses. Many people find that this simple meditation works well before they get their day started, when they are fully rested and before they have eaten breakfast.

When you have practiced this type of mediation for several days or even longer, you should learn the benefits of meditation and what it can offer. If you don't feel any different, you may not be following each step appropriately. You need to focus on relaxation not on whether or not meditation is going to heal all of you.

The Extraordinary Benefits of Meditation

Meditation is not a new concept. In fact many cultures around the world practice some form of meditation. There are many fundamental differences in how it is performed, but the basic concepts behind meditation are shared by the different religions and cultures. The principles that they follow are all founded on spiritual development. The methods vary but there is no denying the fact that universally, meditation is beneficial to human health and well-being. It is also beneficial for the mind and spirit. In this age of computers, social media, and numerous conflicts affecting millions of lives, meditation has become the refuge of people seeking peace of mind and rest from the fast-paced life that they lead. It is also considered a source of strength.

A practice that dates thousands of years

It is important for modern practitioners of meditation to understand how extremely old the practice is. This will help in understanding the whole practice better. Meditation is not only been in existence for hundreds of years, but it spans millennia. There is evidence that even prehistoric cultures engaged in meditation, though they might have called it something else. Wall art from the Indus Valley dating as old as 5,000 BCE depict figures seated in postures suggesting meditation. The eyes of the figures are narrowed although not closed completely, which suggest a state of consciousness that modern practitioners seek to attain. The cave wall figures are seated on the ground with both legs crossed, and both hands resting on the knees, which is the usual posture of a person meditating.

The primary tenets of meditation were developed in the East and because it was deeply ingrained in their culture when it was still in infancy, Eastern philosophies are characterized strongly by a spiritual perspective. From Eastern cultures, the practice trickled into the West. It was not difficult for Western societies to realize that meditation can help them achieve personal goals in life, and so they embraced it.

Mental and physical benefits from meditative practice

There are many positive effects of meditation, including increased alertness, focus, and concentration. These qualities contribute to better memory and reasoning. Meditation can also contribute to deep concentration. Learning ability is also increased, as well as intelligence. Moreover, many people who practice meditation regularly find their creativity welling up. People who meditate have a broader understanding of the world and have the ability to make better decisions. With these changes in a person's mindset, he or she can be active participants in relationships that are more nurturing—both romantic and platonic. Some universities today offer meditation classes to help their students in their studies.

It is also common for people who meditate to experience immediate physical benefits such as lowering of muscle tension and pain. According to research, there are a lot of symptoms that are reduced because of meditation. When a person experiences less discomfort, irritability and moodiness are reduced as well. A person thinks more clearly, is a better co-worker, friend, and lover, and becomes an even more productive member of society. There

are some communities around the world that advocates meditation to their members.

Spiritual benefits from meditative practice

People who lead stressful and hectic lives need to learn how to be still. This state of detachment and non-attachment eventually leads to spiritual awakening. As a consequence, a person attains detachment from thinking and has increased reliance on the faculty of knowing without exercising judgment. Because of the widening of perspective, it is easier to feel compassion for others.

There is no doubt meditation has benefits that can improve people not just mentally but physically as well.

Meditation is the Solution to Modern-Day Stress-Related Problems

For thousands of years, religious leaders, priests, and monks have used meditation as they search for salvation, revelation, and enlightenment. Now, ordinary people who want to attain inner peace can utilize the same principles and through meditation be better equipped to deal with the everyday stresses they face. There are many benefits of meditation and it includes the removal of stress from the body. This is the reason why a lot of people are considering this practice.

The original purpose of meditation, when it was solely practiced for religion related tradition, was to facilitate the attainment of a deeper spiritual state as well as an understanding of the mysteries of faith. Today, meditation is a scientifically proven method of inducing mind and body relaxation, benefiting people of all ages and cultural affiliation.

How regular meditation helps

Meditation is a means of attaining calm and tranquility. There are so many meditation techniques available to people who want to de-stress and relax. Anyone who knows what to do to meditate can perform meditation anytime and anywhere. These days, you can meditate while participating in a meeting, going out for a walk, waiting in line or riding the subway. There are also classes specifically for the purpose of teaching people how to mediate the right way. It involves breathing exercises and proper posture.

One of the ways that meditation benefits practitioners is the way that it produces a deep state of relaxation, which enables the person to focus and attend to one thought or object. With the different techniques of meditative practice available to everyone, it is now possible to eliminate chaotic thoughts and the usual mind clutter that leads to frustration and confusion. The mind is often crowded by nagging worries and negative emotions, which affect a person's judgment. It also involves problems the world has offer. Meditation succeeds where other approaches fails. Since it has been introduced to the West, meditative practices have benefited millions of people who lead happier lives because they are better equipped to deal with any challenge they encounter.

The anti-stress antidote

When the human body is subjected to either psychological or physical stresses, there are physical changes that occur that negatively impact the body. The fight-or-flight response kicks in. This is the body's way of preparing the person to "survive" the situation. This physiologic response can be harmful when the stress is applied continuously, like what happens to people who live a stressful lifestyle. It is therefore not surprising that the incidence of heart disease, hypertension, and other diseases due in part to stress is increasing in modern society.

Western medicine is successful in alleviating these conditions and improving quality of life, but only to a certain degree. Moreover, some people are looking for other ways, or

alternative approaches to help them deal with stress and make themselves much more capable of dealing with any situation that arises without kicking into high gear all the time.

Scientific studies have shown that meditation has the opposite effect as the fight-or-flight response. Based on research, the following are the physiological effects of meditation: lowered muscle tension, decrease in blood pressure, heart rate, and respiratory rate, as well as lowered oxygen consumption. These effects are proven to be very good for the body. These are the immediate psychological benefits of practicing meditation regularly. Based on this data, meditation may well be the “de-stressing agent” that people are looking for. Practicing meditation is therefore an effective approach to promoting emotional balance as well as overall good health. Experts today recommend it as a way to deal with stress and to lessen the symptoms of some body ailments.

Leading a Stress-Free Life with Daily Meditation

Practitioners of Hinduism and Buddhism practiced meditation in order to attain a higher spiritual state. Aside from these two major religions, there are others that incorporate meditation to their teaching. The basic tenets of these religions specify meditative practice as an important component of the daily exercise of faith and devotion to their gods and deities. Meditation is both a means of honoring the traditions of the religion and a way to better oneself, particularly in terms of controlling the impulses and patterns that lead to negative and unproductive habits. It is also something that can be able to control the thoughts of one person. Thus it is being used today as means to cure impending mental issues.

Meditation may mean two different things to two people, depending on where and how they learned to meditate. Meanwhile, the primary purpose of meditation is shared by the many different approaches, and that is attaining a higher level of consciousness. This altered state is a means of transforming and changing the mind such that it becomes calm and focused all the time.

Ways to meditate

Meditation is easier said than done. There are some who devote their time to studying this practice. Still, many of the techniques require very little in terms of materials and resources. For instance, in techniques that is aimed at focusing one's attention, the only requirement is a quiet place and an object that the person can pay attention to. The latter may even not be necessary if the practitioner chooses to focus instead on a mantra or his own breathing pattern.

There are two other important elements of meditation, and these are universal requirements no matter which technique is to be performed. First of all, the setting must be as quiet as possible, especially for those who are just starting out. A quiet setting does not only refer to the ambient noise, but also to a lack of distractions such as modern gadgets, television, and reading materials. In terms of body position, the familiar lotus position, which requires that person be comfortably seated, is the most popular body posture that is associated with meditation. However, meditation may also be performed while lying down in supine or even when walking. As a person develops skill in entering the meditative state, he or she can meditate while on the move or in noisy and highly stressful environments. Practicing meditation regularly allows a person to "escape" the chaos of traffic, a long line at the grocery store, or an all-day meeting. The key to meditation is for the person to find a level of physical comfort which allows him to direct his mind toward the task at hand.

Meditation and breathing

Breathing plays an important role in meditative practice. In fact, mastering a specific breathing pattern is central to the correct performance of many meditation techniques. The objective of the slow, deep, and diaphragmatic breathing pattern that is taught to meditation novices is to improve breathing efficiency by promoting the use of the

diaphragm. The diaphragm is the primary muscle of respiration and using it is the most effective way to breathe, bringing an adequate amount of oxygen to all the cells of the body. This part of meditation is said to heal. Most people are unaware that their breathing pattern is not relaxed and efficient. Instead of the diaphragm, they are mostly using muscles of the shoulders, neck, ribs to breathe, which are accessory muscles of respiration. The process is not that hard to master. There are classes that are being offered that can help in mastering the proper techniques of breathing.

I hope you found these tips on meditation helpful, and I sincerely hope you will try and incorporate the practice into your daily routine. You should start feeling the benefits in no time!

For more information on how meditation can help improve your health, your self-esteem, and your general awareness of the world around you, be sure to check out my newsletter!