



MEDITATION

FOR RELAXATION

LEARN ALL ABOUT BECOMING MORE RELAXED THROUGH MEDITATION

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Introductory

Mediation activities and their daily practice is not a new thing as it also belongs to our ancestors.

People of old times were very well aware of meditation art and its advantages. Now-a-days, individuals like to include meditation as an indispensable part of their lives to bring an immense distinction in their lifestyle an attitude.

The process of mediation includes numerous postures and steps. Most commonly used of these postures are as under.

1. Cross Legged Posture
2. Seated posture
3. Kneeling posture
4. Corpse posture
5. Hand gesture

At present, the most recent technological advancements are considered as the best way of introducing techniques of meditation to people across the globe. Generally, Meditation CD is considered as the best way in this regard. Meditation plays a vital role in the lives of a lot of people with an aim of cultivating pleasure and internal peace.

These are two most important parts of a person's internal nature. But, the impending barriers in human nervous systems results in deprivation of getting such things.

Therefore, it is required to perform any of the meditation activities on daily basis. It will help in the removal of these hindrances in your nervous system. Yoga practices also enhance your capabilities to cope with stressful situations of your life. Quietness of your internal nature can only be attained with the aid of proper enlightenment and nourishment.

The meditation CD is a good source, which can offer proper guidance to perform different meditation activities. Orientation is the most important and vital aspect of all kinds of meditations. In fact, if you understand the

philosophy behind the meditation then you can get maximum benefits out of it.

Meditation is basically a simple process of conscious relaxation. It is a combination of processes and postures, which involves human brain to achieve state of pleasure and tranquility.

Concentration is the backbone of all meditation techniques. Free your mind of all thoughts and try to get rid of all sorts of distractions to fall in the deep meditation state.

Numerous health specialists revealed that patients of stress and anxiety do not need drugs for curing purposes. They can easily overcome such problems by bringing into play any of the best suitable meditation technique. The meditation has been proven as successful cure from years to reduce depression and anxiety. It is also the best solution to prevent you from panic attacks.

Meditation is nothing but an enjoyment of flow of positive energy in your body. So, you can do meditation by just feeling relaxed by lying on floor. All you need is that your back should be in comfortable mode. Conventional styles of meditation like prayers are the most excellent ways to bring your brain in an ideally relaxed state.

Now, you can get all-inclusive information about meditation, its techniques and performing facts in CD format. You can get these CDs from your nearby market. However, Meditation CDs are now extensively available on internet. Just search out the most reliable website offering CDs with absolute information about meditation exercises.

Chapter 1: Meditation Exercises for Relaxation

After a full hectic day scheduled with meeting deadlines, documents preparation and attending meetings etc. you will have a strong desire of being relaxed. Numerous ways are now available to relax yourself. The most effective and easy of these ways is meditation.

How will a person do it? Possibly he has already listened to other people discussing about meditation processes. In contrast to your thinking that it is hard and difficult to perform meditation; it is quite an easy job. The idea of meditation revolves around the bringing of your thoughts at a focal point (any relaxing item) over a persistent time period.

Your mind will become able to rest in this way and your stressful thoughts will definitely be diverted somewhere else. Your body and brain will surely build up their strength and become relaxed through meditation. The contaminant build ups of your body will also be cleared away.

You will become aware of that during meditation your breathing slows down and blood pressure is also reduced. Moreover, it also brings following results and keeps you more focused in daily routine.

- Muscles relaxation
- Reduction in nervousness and irritability
- Eradication of nerve-racking thoughts
- Elimination of lactic acid
- Clearance of way of thinking
- Decrease in headaches and anxiety

Focusing on one thing is the real essence of all meditation activities. It is the most active procedure contrasting that of hypnosis. All mental faculties of a person must concentrate on the subject of meditation. Approximately 30 minutes are required to accomplish any of the meditation's activity and you will surely be in comfortable situation. Choose the meditation posture according to your comfort.

Breathing, sound, imagery or any object can be your point of meditation. The most important thing of consideration in any meditation activity is focusing. Distractions may result due to external thoughts and you have to struggle hard to get rid of them. This problem is mostly observed in beginners experiencing difficulty in composing their wandering thoughts. Only practice can make you perfect in practicing meditation and you will feel improvement soon.

Some of the most commonly used Meditation Exercises for relaxation and to get rid of stress.

1. Tense Relax:

Clench the fists and pull your forearms against your upper arms firmly. Keep all your muscles tight including leg muscles and jaws. Now breathe deeply for at least 5 seconds and then relax your body at once. You will feel the tension releasing sensations.

2. Heaviness/ Warmth:

This can be done by feeling heaviness and warmth in your feet and legs. You can do so by imagining that you are wearing lead boots. In this technique you are required to feel warmth and heaviness spreading in your body.

3. Ideal Relaxation:

In this meditation exercise you have to close your eyes and build up a supreme relaxation spot in your mind. Select a place and furnish it according to your personal style. Now imagine you are going there after wearing comfortable clothes. Create a mellow sense of being at your relaxation place.

Chapter 2: Meditation Techniques

Our soul, just like our body, needs food to grow and perform efficiently. We try to get our hands on every possible luxury of life so that we can lead a comfortable life.

But besides the availability of several material resources we constantly face cacophony because we fail to pay proper attention to our soul which results in dissatisfaction and frustration. Meditation teaches us to strike a balance between our internal powers and external environment. A person practicing mediation is in a strong position to control his thoughts and emotions to use them positively for his wellbeing.

Though meditation is a healing process of internal structure but it's not something that must be postponed until one observes the signs of aggravation and agitation in him. You can devote a certain part of the day for this spiritual exercise.

Meditation reveals the strengths and weaknesses of your inner being and introduces you to a mechanism that can bring peace to your fast-paced life. Confusion and uncertainty about your own self and regarding fellow beings diminish, which can practically help you to maintain social contacts more confidently.

On contrary to the general perception that people hold regarding the complexity of meditation, beginning is fairly easy. In this era of urgency and rush, you have to find time for your inner self. To empower your awareness and realization capability, you can initiate this soothing process easily.

You'll notice a revolutionized life once you get to know the power of meditation and the way it can enlighten your intricate problems.

You don't have to join a healing center for this. Try this at home and reap the benefits of self-realization. Find a corner in your house where you can sit peacefully and will not be distracted by noise or any other activity. If you have a large sofa or a chair where you can sit at ease with legs crossed, sit

there in a comfy posture. Otherwise sit on carpet. Try to forget every appointment and engagement that you have for the upcoming days.

You have to disconnect yourself from the outer world in order to listen to your soul. Close your eyes and all other receivers that can possibly distract you. The moment you close your eyes, you move one step closer to your inner self. When you save your energy, and dedicate it solely to meditation, a new sense of unveiling your deep-down realities surrenders you. Focus on what your soul shows you.

Try to bring peace in yourself. Examine your thoughts that come through your mind and pay attention to internal mental activities. Thoughts that were pushed to subconscious begin to clarify and more explicable.

You must indulge your thoughts into some kind of rhyme. A Sanskrit verse is suggested 'amaram hum madhuram hum' which reinforces bliss and immortality.

After this spiritual process, don't spring to world abruptly rather make a slow end. Touch your face with your hands to provide warmth. Make meditation an integral part of your routine and try it twice a day, especially at the beginning and ending of the day.

Chapter 3: Meditation Postures Leading to Success

Mediation and its daily practice is a centuries old phenomenon. People of ancient times were also known about mediation and its advantages.

Today, people love to incorporate meditation as an essential part of their lives to bring a great difference in their attitude and lifestyle. The procedure of mediation involves various postures and steps. Following are the most common postures which are considered as daily guide to success.

1. Cross Legged Posture:

Most of the spiritual customs and rituals as well as meditation instructors suggest a number of physical postures for mediation. Cross legged is one of the most popular postures, which is in fact a lotus position. In this posture spinal cord should be straight.

Slouching is not allowed in the majority of meditative positions. The reason behind is that when a person sits by keeping spinal cord straight, it enhances the good circulation of spiritual energy- a life force.

2. Seated posture:

In this posture meditator needs to sit on chair with bare feet. In traditional Christianity, a meditator can sit on stool instead of chair. On the other hand, a meditator bemoaning to Theravada Buddhism can walk in mindfulness. Walking meditation of religious people is termed as bas-relief in Sukhothai (Thailand).

In this posture the meditator is required to sit by keeping his back straight to hold spine, and thighs parallel to the ground you are sitting on. There should be no inclination in head alignment. Meditator's hands should rest on arm's chair comfortably or on his knees in case of floor sitting.

3. Kneeling posture:

In this posture meditator kneels on floor with his buttocks relaxing on his heels and toes. Hands will rest on his thighs.

4. Corpse posture:

This is a lying down style posture. In yoga this position is called as savasna. Technique of this posture is that the meditator has to rest on carpet by keeping his legs relaxed plus straight. However, it is a less commonly used posture because there are chances that meditators' may fall asleep. It is due to the resemblance of corpse posture with natural sleeping position. So, this posture usually used to reduce stress instead of meditation purposes.

5. Hand gestures:

Hand gestures and incorporating mudras have a theological importance behind them. These gestures affect meditator's consciousness according to Yogic philosophy. The position of Buddhist's hand is the best example.

In addition, there are numerous still repetitive activities which incorporation with each other brings outstanding meditative results in performer's life. These activities include deep breathing, chanting and humming.

The time interval and frequency vary according to different meditation techniques. Lifetime meditation generally belongs to the religious people like monks, nuns etc. On the other hand, 20 to 30 minutes is widely accepted time span for mediation.

This duration may increase for the experienced meditators as process continues. Instructions and advices of a Spiritual teacher are required to get the maximum advantages of meditation.

Most of meditation methods need practice on routine basis. Determination and acceptance are required to get successful results from meditation. This will aid you in extended hours of meditation.

Chapter 4: Meditation and Visualization

Today, a wide range of types and techniques of meditation are available to keep people relax and stress-free.

A lot of people are now gradually realizing the significance of meditation activities in their daily life. Even doctors are now going to accept it as a good way for the treatment of certain health disorders such as depression.

Meditation activities are considered an art, which is frequently admired by people. A hell of practice can make you perfect in this art. You will be considered as a real master of meditation through patience and practice. You have to become a master of visualization art if you really want to bring perfection in the art of meditation.

Visualization is an art commonly used by more or less every person. However, this art is mostly marked within the children. Technique of visualization is less used by a person as he grows up. Generally, kids are full of wild visualizations and imaginations.

Though you are ignorant of it but in reality, you also utilize visualization art to some extent. You just need to enhance your ability of visualization to perform meditation successfully.

Mediation very often brings into play the visualization art. Actually, majority of meditation exercises involves visualization inclusively. Therefore, you must be a master of this particular art before making concentration on any of the complicated meditation activities.

Some people are of the view that visualization art can easily be mastered and it is true to some extent. In contrast, some individuals need a real struggle to learn this art. Practice is the only thing through which you can master the visualization art. You should always be ready and determined to allow your imaginations go.

You can perform a very simple exercise to become perfect in visualization art. All you have to do is just pick any of the objects in your house and place it on a table with no other thing on it. Now, look at the object with full concentration and make an effort to absorb all particular details and

memorize them if feasible. After this close your eyes and try to imagine the same object in your mind. Now make notice of details you remembered about the object and those you forgot. Also, notice your feelings about the exercise either you feel enjoyment or get stressed.

Now, pay attention to a new object after clearing the details of the previous one. Repeat the same procedure and again ask same questions to yourself. Always pay close concentration to all the relevant information about an object. After completion you realize that there were few gaps while recalling the object's details, which were filled by your imaginative power.

Visualization art is quite stressful for beginners but they need not to be worried about it as it is considered as normal sign. These stressful feelings will soon die out and you can perform visualization related exercises with full ease.

So, just keep on doing good practice and do not ever think to leave it just because of few difficulties.

Chapter 5: Chakras System as Healing Meditation

Awareness, balanced thinking and wellbeing are the results whenever body, spirit and mind works in full harmony.

In actuality, nothing can overcome the sensation of being healthy on all levels. Now-a-days, this can be accomplished by using healing meditation technique.

Healing meditation is performed by the reprogramming of negative human thoughts that results in illness. This reprogramming converts negative thoughts into the positive desires to achieve good health.

Human perception of different images does not matter in actual. The majority of people see themselves by means of the eyes of their brains. On the other hand, some can only imagine of the current processes occurring within their body.

Few are capable of accepting the fact that anything they imagine is also happening to them in actual. In spite of any of these categories a person belongs, he can actively contribute in healing process. This is the most significant thing one can do.

Chakra System is one of the easiest forms of healing meditation. It brings quite profound effects on a person's health. The chakras of a patient have core importance in the due course of healing process. A human body has seven key chakras (Chakra System) and several other less important minor chakras.

These chakras are basically the energy centers or points in which energy flows. In fact, these are energy junctions of a human body. These centers are energetic links to your spiritual concentration and natural consciousness. The energetic operations of chakras can heal your body parts, mind, emotions and potentially spirit.

A particular chakra or an essential energy point has a unique character, which corresponds to the distinct part of your body. These energy centers

resemble to the whirlpools of energy where every vortex lie within your body from the spinal cord (energy center) rising toward your head.

Following are some guidelines for using the Chakras System as Healing Meditation:

1. Chakra suggests sitting in straight posture just like other positions of meditation. Place your feet with uncrossed legs flat on floor. Rest your hands on the lap in a way that your palms remain exposed.
2. You can surround yourself with the white or sapphire blue light to activate your chakra system. You can also get assistance of meditation guides or practitioners during the process.
3. Chakra plates are the basic cabinets of chakra center. Each plate has a diameter of 6 inches.
4. You should start with the Root Chakra's cabinet and remove Plate. Check out if there is any breakage or discoloration. This plate should be of striking bright red color similar to the chakra's color.
5. Repair the cracks if you can or dispose it otherwise. Introduce a new plate and make it shiny before putting in the cabinet. Carry on the process until all the Chakras come to an end.

Healing meditation through chakra system can bring a good change your condition. However, successful results can be obtained through regular practice. In this way, you can get true healing by means of Chakra System.

Chapter 6: Control Yourself Through Meditation

In hustle and bustle of life, our mind and body exhaust and resign to daily pressure and stress we face.

Physical illnesses may be treated with medicines but soul, which controls our morale, motivation and happiness, cannot be cured with scientific measures. To evaluate your emotions and bring harmony to feelings, you must practice meditation along with other tasks of your life.

It relaxes your nerves and muscles and brings peace to your inner structure, which allows greater efficiency in other activities.

Although it's an intangible mechanism, still there is some themes that are followed for each distinct technique of meditation. It starts with understanding your own self, the pattern of nature and how both work coherently to bring peace. So instead of beginning the meditation practices randomly, read about the philosophy and underlying rules of that particular activity.

Once you start believing in unseen structures, you get to step closer to the higher purpose of life. This allows you to stay composed regardless of present condition of your life. Meditation enhances control over feelings and allows you to utilize them for your greater benefit.

The moment you become aware of your inner personality traits, you can behave in a more optimistic and constructive manner thus nurturing your social relationships. When your mind becomes healthy, it casts positive impacts on your body and you feel active and competent than before.

God has created this universe maintaining a perfect balance in everything. All-natural elements have energy in them that keeps them functional. A human body also has energy reservoirs but we consume a large amount in carrying out our daily activities.

Moreover, our speedy life spoils our peace of mind hinders us from understanding the spiritual details of our own self.

The meditation process requires that you focus your energy and attention to one place and then use it as your power to overshadow your fears and disruption. The division of your mental capability renders disruption and personality disorders followed by pessimistic thoughts that ruin your career. The tenure of meditation process depends on the nature of spiritual ailment.

It can help you control your blood pressure and lessen your anxiety. You can also cure your immune system, which also help you to maintain resistance against drugs and other addictions.

Through this self-evaluation process you can quantify your intangible feelings and get aware of the root cause of any disorder. Diagnosis then gives way to healing and cure the soul that ultimately strengthens your personality.

By getting aware of your inner powers and how these can contribute to the well-being of the society, you are in a better position to achieve your goals. In ups and downs of life you often come across such situations where you lose hope or temper and are inclined toward bad ways.

At these crucial moments, it is imperative that you are clear about your vision of life and can cope with emotional disasters in a more rational manner. Meditation teaches you how to grow poise and calm in your mind to counter-attack such optimistic in life.

Chapter 7: Yoga Meditation

Yoga plays an important role in uniting your mind with your soul.

People think that there is gap between your actual body and your spiritual body and this is only because of lack of physical activities. You take unhealthy diet in your daily routine than it will affect your body condition.

If you will observe the different branches of meditation then you must read about hatha yoga. It is form of meditation which you will perform with the help of breathing. It will help you not only in relaxing the body but also your mind and breathe.

If you will perform hatha yoga regularly once in a day then you feel yourself more relaxed for more than four or five hours because it also gives you peace of mind and soul. If you want to perform meditation then do hatha yoga because it is great form of meditation for getting your life more pleasant and comfortable.

If we compare asanas with other form of meditation then it seems completely different. It is a type of exercise which is performs with fast movement under a certain amount of strain. It helps you in speeding up your breath which increases the blood circulation in your body and throws away your energies because of body exertion.

After accelerating your breath, it will build up your muscular parts which shows that energy movies from your muscles after the activation of your nerves of body and glands.

It is very different and useful exercise if you perform it regularly with proper protocols. If you study so many books on yoga then you come to know that asana is a way of getting comfort and steadiness. And if you open the dictionary and read the literal meaning of asana then it will resemble with its working. Asana is a source of getting extreme comfort without any difficulty.

If you want cleansing with the help of yoga then you should do neti. It is type of yoga known as neti nasal cleansing. Neti nasal cleansing is very simple technique which is remedy of so many diseases. It is very powerful procedure through which you can get rid of asthma and chronic sinusitis.

You can also avoid different types of allergies with the help of neti. If you have fever and have problem in your respiratory system then Neti nasal cleansing is the best solution of your disease.

If you will study the survey of United State then you will come to know that more than 40 million people are suffering of sinusitis. They think that use of antibiotics is not a good solution of sinusitis. As you all know that neti nasal cleansing is best solution for all respiration diseases and it is natural process which helps you a lot.

If you don't like smoking and wants to get rid of this habit and do neti. It is excellent solution for quitting smoking. In this process your tendency of breathing through mouth reduces and your nose is re-sensitized. Neti helps you in teaching you mind and you can quit your old and worst habit. Yoga meditation is very good way of achieving good physical and mental health.

Chapter 8: Walking Meditation for Health

People think that meditation is always performing in close room where no one can disturb them.

They think that they are sitting alone in that room and just concentrate and focusing without any physical movement. They imagine the thinks by closing their eyes in silence and relax their body only their mind will work. No physical movement during meditation just sits and performs this process.

If we define meditation then it is a skill or art which helps you in exploring yourself. By the help of meditation process you will discover yourself. It is a method of finding out yourself and many realities of your life. It is very excellent art and you must know how you will perform meditation.

When you are planning for meditation then you need discipline and full mind concentration. If you are thinking that you will learn the process of meditation from any book or website and when you will perform this then you will get 100 percent results.

But it takes some time for getting better results. Basically, it is a process of modifying your consciousness. There are specific set of rules and procedures which are defined for performing meditation. The success of your meditation totally depends on the way and the rules you will follow for meditation.

There are different type procedures for performing meditation. Walking meditation is considered one of the old and traditional procedures. It is different from the regular meditation. If you look at different forms of meditation then you know that in most of them there is no physical activity. In walking meditation, you just need to move and walk.

In this type of meditation, you make yourself active. As you know that meditation is the process of concentration and focusing so you just need to walk and engage your mind in order to get positive results. Another benefit of walking meditation is that it is physical activity which you perform daily and it helps you in improving your health.

For walking meditation, you have no need to find out separate and quite room just go out and start your walking meditation. If you are think that you

cannot do walking meditation in crowded or noisy place then it is wrong. Meditation experts recommended these types of places because you can better access the process of meditation. Another important thing in meditation is you just concentrate and focused and don't allow the people and outer world to disturb you and scatter your mind.

When you are walking then you are watching the people walking around you and hear the people talking about different things but you just concentrate.

Basically, the purpose of walking meditation is creating a balance between your inner world and your outer world at same time. Walking meditation give you a true sense of awareness. In this meditation you will not only discover yourself but you are also connected with your outside world.

When you will achieve this then you will get the answers of your questions. By this process you will solve so many problems and complexities of your life.

Chapter 9: Food for Soul Meditation

People, who understand the importance of self-control and inner peace, must be aware of the benefits of meditation.

This self-realization process allows you to reveal your mental strengths and weaknesses and can only be completed successfully in a quiet environment. People who practice meditation usually devote a place in their houses to this practice.

However, to reach higher levels of tranquility you may need to go to an exceedingly serene place. Such places are called retreat areas and you can find a number of such peace centers where you can unleash your potentials to greater extends.

An example of such meditation center is Institute for Internal Transformation, which is located in San Francisco, California. It offers a great number of meditation techniques that heal the soul and reinforce the need to focus. Patients here are recovered through spiritual treatments and lead a better life after a series of sessions.

Through inhaling and exhaling processes, making specific postures of body and conducting mental therapies, mental and physical stress is relieved. People also visit this center for catharsis that guides them regarding the rationale and purpose of life. You'll definitely find mental peace and serenity after spiritual treatment here. Harmonized behavior is reinforced through "Qigong" education.

To leverage the healing power of nature, a mediation center was established in Big Sur California, which is called Esalen Institute. It was built in late 70's and is a perfect place for mastering meditation techniques. Calm, quiet and serene environment ensure that you don't face distraction or disruption during your self-realization process.

You can come to Esalen Institute anytime you want and can experience spiritual healing at Esalen Center. This institute also conducts a number of workshops to emphasize the importance of self-awareness and personal harmony. Natural atmosphere and peaceful surroundings support the focus of attention.

Another retreat center 'Circles of Air and Stones' operates in Vermont, California where the visual sense is used to gain control over thoughts. People who participate in "vision quests" are asked to stay alone for four days and pay attention to the inner soul for exposure.

Another major meditation technique practiced here is called Adventures of the Spirit and teaches a person to stay composed by taking control of his emotions.

Ananda Meditation center is located at Nevada City, California, where your spiritual problems are diagnosed, which are then treated to strengthen your personality. 'Kriya Yoga Meditation' is a deliberation process followed at Ananda that enforces the need to realize God.

Other activity includes 'Ashram Program' that nurtures the soul by living in an environment ideal for the spirit. Here you can have personal consultation with a spiritual guide and can release stress through body massage or living in isolation.

If you wish to seek private support and guidance regarding meditation, Saratoga Springs can be a great place for you. It is situated at Upper Lake, California and empowers individuals and augments extraordinary spiritual powers.

The meditation program includes a number of sessions that enhances moral structure of humans. Although meditation can be carried out daily at house but to further strengthen self-control, you must visit such retreat centers once in a while.