

Things To Know About Meditation That Might Help You

Meditation is defined as a continuous and profound contemplation or musing on a subject or series of subjects of a deep or abstruse nature. Meditation generally involves where one consciously discounts wandering thoughts and fantasies, and calmly focus the mind, while controlling the breath, and sensory awareness.

Meditation is easy to do and can give you an instant feeling of calmness and relaxation. Most meditation techniques are simple and very effective and only take you a few minutes to learn and will help you relax away from the stresses of everyday life.

There is one meditation technique anyone can do, and by doing it, one's life forces itself to come under control; one's senses turn off, and the mind becomes quiet. Then the peace and realization that comes from true meditation comes to the practitioner.

What is the name of this meditation, and how is it done? Even spoken over and over, the syllables merge...so one is saying Sohamsoham...I am He, He am I...it is a prayer and a meditation mantra which are spiritually charged word or series of words used as a meditation theme.

One feels close to one's intuition, and one feels as if the world of material things is less important due to its overbearing insignificance when compared to the bliss one feels in meditation.

You must be comfortable, so sit on a chair or on the floor with a soft mat or carpet underneath you. Sit up straight with your spine in a line...do not slouch.

When you feel completely relaxed, command your mind to be silent, your emotions to be still, keeping your body as relaxed as possible.

As you do this meditation, actually imagine the air entering your nose and traveling all the way down into your lungs. This is one So.

As you exhale, you can imagine the air traveling out of the lungs, up to the nose and out of your body. This is one Ham.

Beginners in this meditation usually silently say the word So with each inhalation and the word Ham with each exhalation. Continue in this way, as long as you are comfortable, but no less than 5 minutes, and no longer than 20 minutes until the meditation feels natural to go longer.

This meditation technique is simple and very effective and only a few minutes to learn and will help you relax away from the stresses of everyday life. Learn as much as you can about meditation so you too can start feeling better.

About the Author

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