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Learn To Meditate

By Jamie Lynn Stout

In today's hectic world, learning to meditate can bring a sense of calm and inner satisfaction. The practice of meditation is a gateway into your inner consciousness, resulting in an enhanced awareness of your own existence and your overall relationship to the cosmos.

Whether you are looking to answer the age-old question, "Who am I and why am I here?" or simply to implement simple relaxation techniques meditation may just be the answer for you.

Although there are hundreds of established techniques how to meditate is really up to the individual. You can pick and choose amongst different schools of thought and find a technique that best suits your personality. However, although meditation has many different cultural contexts, there are certain general facets which transcend the bounds of any one specific culture.

According to Eastern philosophy, to meditate means to think on the eternal, or rather to expand your consciousness until you are at one with the cosmos as a whole. Transcendental emotions like grief, euphoria or even love can fade away, but the universe is forever. Eventually, with practice, learning to meditate can bring you in closer attunement with the very root and purpose of existence itself.

Even if you are not interested in the metaphysical implications of meditation, meditating has undeniable health benefits. Learning to meditate can have positive effects on stress induced illness such as heart disease and high blood pressure. In conjunction with traditional Western approaches to medicine, meditation can target the root causes behind stress-based conditions by calming and clearing the mind.

There are many relaxation techniques meditation incorporates. You can meditate sitting, standing or lying down, in a chair or on the floor. Learning how to meditate is not difficult. There are numerous programs online that can teach you the basics and help to get you started. These programs can guide you each step of the meditation process, provide tips on appropriate posture and teach you how to create the ideal setting for your meditation session.

<http://www.meditation-techniques-and-alternative-healing.com>

Jamie Lynn has dedicated herself to teaching others the Power of Meditation and other alternative health/healing tips and techniques for the mind, body and spirit!

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5 Tips For Successful Meditation

By Mike Garrett

Meditation is an art that takes a certain degree of consistency, but almost anyone can find time to meditate, no matter how busy your days may be. Meditation takes little to no preparation time if you follow a few rules, so in less than a half hour, you can meditate and continue on with your normal daily schedule. Remember, meditation is all about being relaxed.

First, find a convenient and appropriate place and time for meditation. Many people choose to participate in a class or meditate with a more experienced person (commonly known as a guru). However, if this is not possible, you can still meditate and achieve great results. The place you select for meditation should be away from wherever you typically do your work—i.e., don't meditate at your desk if you can help it. Also avoid any areas that are noisy or otherwise distracting. Not all outside distractions can be cut from your life, but try to keep them to a minimum.

Most people agree that the best time of day to meditate is in the morning, before you begin the rest of your daily routine. At this point in your day, the hustle and bustle of life has yet to begin, and therefore you can more easily concentrate. However, other people choose to meditate in the middle of the day—this relieves some stress already building and helps you continue through the rest of the day. Others prefer the evening or directly before bedtime in order to release stress and sleep better. Whatever time you choose, try to be consistent every day.

It is important to be comfortable when you meditate, but not sleepy. Therefore, avoid meditating after large meals. It is also, on the other hand, detrimental to try to meditate when you are hungry. This can be very distracting, which is counterproductive to the goals of meditation. Meditating on an empty stomach is difficult and frustrating as well, especially for beginners. The most important thing is to know your own body—for example, if you usually have to use the restroom after drinking and eating, this is not a good time to begin meditating.

Being comfortable also means ensuring that your space has proper lighting and heating. Harsh florescent lights can make you strain your eyes, even when closed. The best meditation spaces allow sunlight, controlled by blinds, into the area. Be sure that you won't be too warm or too cold, which can be as distracting as being hungry. Your body temperature may drop slightly as you meditate such as happens when you are sleeping, so be sure to account for this. Many people like to keep slippers close at hand to put on during meditation if needed.

Dress comfortably—you need no special outfit. If you decide to meditate mid-day, you may want to remove uncomfortable articles of clothing, such as pantyhose or ties, but it is unnecessary to completely change your outfit if you do not have time. As long as you are comfortable, meditation will

be effective, because overall, that is what meditation as all about—being comfortable. By practicing meditation, you can be comfortable with yourself, your life, and the world around you every day.

Mike Garrett has an interest in Speed Meditation. For further information on Speed Meditation please visit

<http://www.speedmeditation.com/meditation.html>

or

<http://www.speedmeditation.com/blog/2006/10/03/5-tips-for-successful-meditation/>



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