

Meditation with background music?

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By Werner Boersch

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Most people find it difficult, by exercising meditation, to focus and to empty totally their minds. There is a technique to eliminate that problem.

Start with choosing a certain daytime to your convenience to do your every day meditation.

Over time, it will become your most pleasant time of your day, you'll awaiting it from day to day. It will become your most intimate time during your day and a secret place to retire to.

You can meditate how long you ever like and have time to. It can be during the daytime or also in evening (but attention – do not fall asleep). Do it for 10 minutes or for ten hours, it's by you.

You can do it sitting in a comfortable cheer or lay down supine.

Your position should be comfortable enough to permit you a complete relaxation.

During your meditation, you should be all over relaxed and not force any muscles of your body. Before you start relax a little, calm down from stress and try to eliminate any thinking about whatever, even not about the thinking itself.

Focus your attention onto your breathing, follow your respiration with your thoughts, feel how the air goes in and out through your nose and brings a stream of energy to you. (Never breath through your mouth!) Imagine your breathing as a stream of pure energy coming in to you.

Pay attention for your neck, often it will be forced without you're conscious and feel it. Try avoiding that because it brings you to headaches.

Your respiration should be like that what you've learned from the yoga positions, meaning the complete yoga respiration.

(See <http://www.meditationsession.com/exercises.html>)

Again, think anything, try to empty your mind completely.

If you should find that difficult to do, let your thoughts simple flow without paying any attention to them, the mind is like an old wife that never will stop and shut up with the words, let them flow.

A little trick can help stopping your mind from thinking; try to turn your closed eyes up right to the middle of your front between your eyes brown.

There is following the Indian tradition your third eye and in fact you'll perceive there during deeper

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meditation states all of your existence or being.

During deeper meditation states you perceived being is not anymore in your body, your body presence will fade away and you'll feel your existence and your being only there – on the third eyes dimension. Don't scare about any strange sensations or feelings like some warm stream along you spinal column or shiver or else.

You don't have to fear nothing, nothing can happen to you.

You have full control of yourself even if you do not perceive your body anymore, you can wake up whenever you want, in every instant.

You are the master of yourself.

With more practice, you'll start to perceive different colours – choose one of them as your favoured one to concentrate on the next times.

Let yourself slip into this colours till you're one with the colour itself.

That can you make happen with every image you like and get during your meditation; it can be a flower, the sun, the sea or water generally, it can be love, it can be friendship, it can be whatever you choose and focus on.

In this way you can even program your meditation to concentrate to one purpose only to stronger your behaviour.

Of course, you should choose only themes that are noble like altruism, love and so on.

Don't choose themes that are not noble they can drive to bad experiences.

In any case surrender yourself do never combat any impression or imagine you get during your meditation, be conscious that nothing can happen to you, you are the master of your meditation.

By using the holosync meditation music technique (see on <http://www.meditationsession.com>) all the process will be guided from the music itself and it will be very easy for you to entry in deep meditation states.

Use the meditation music technique to ease and make deeper and faster your meditation and get real great results.

With meditation you can grow yourself and model your character and your way of life.

The power is inside yourself, use it to make more out of your life.

To be continued – to get the newest updates go to <http://www.meditationsession.com>

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Guided Meditation To Make You Whole

By Carl Walker

Guided meditation is a form of stress relief that is conducive to relaxing the whole body, in part by finding a way of peaceful and calming relaxation from within the body. Guided meditation may utilize soothing photographs or scenarios to enhance the ability of the mind to relax and guide the body to a point of relaxation so that the person in meditation can find a true sense of inner peace. Quite often, guided meditation will be accompanied by soft music or sounds of nature.

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One of the keys to successfully having a session of Guided meditation is finding an area where the one meditating will be free of distractions. Any outside interference will prevent proper concentration and make the attempts at guided meditation futile and perhaps even frustrating, further aggravating the problem seeking to be solved by the very use of guided meditation.

After finding a suitable location for guided meditation, other factors need to be taken into consideration. Some practitioners of guided meditation feel that visual stimuli can be used to help achieve a sense of inner peace and help to achieve true relaxation. Still other practitioners of guided meditation feel that any outside visual simulation will detract from the mind's ability to properly focus on the body and the results of the guided meditation will be hindered or even reversed.

The same can be said for audio stimulation during sessions of guided meditation. While some individuals believe that soothing sound effects or even quiet music is conducive to the guided meditation, still others believe that it is only a hindrance and will do nothing more than create a harmful atmosphere for the practitioner of such guided meditation.

The basic concept of guided meditation is to relax. This is done by taking oneself on a guided tour of sorts through their own body. In the practice of guided meditation, it is normal to find a focus point in the body and begin there, someplace that is easy to relax. While staying focused on the body and in particular the muscles, the practitioner of guided meditation attempts to relax the muscles of the body. Allowing the body to completely relax allows the practitioner of guided meditation to next completely relax the mind.

When the mind and body are completely relaxed, the person can begin to concentrate on focusing his thoughts and ideas during the guided meditation. When using guided meditation, thoughts are usually thought to be transcendent and more in focus allowing the practitioner to perform better in all aspects of life. Whether or not guided meditation is right for a person is not only dependent on spiritual beliefs. Anyone contemplating the benefits of guided meditation must be seeking to improve themselves as a whole as well.

Free Self Improvement

examines all aspects of self improvement:

hypnosis, meditation, motivation, personal development, stress reduction.

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