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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Simple Exercises for Meditation & Relaxation**

**By Universal Psychic Guild**

**Simple Exercises for Meditation & Relaxation by Universal Psychic Guild**

Modern city living piles on the stress in every conceivable way, with the fast pace of living we all have, stress slowly builds up creating headaches, stiffness in the neck and back, high blood pressure, indigestion and so on.

Physical stress will leave the body uptight and tense, diminishing the appetite and the ability to sleep.

Mental stress is much more serious, for when we are mentally stressed, the adrenal glands are activated and adrenalin is pumped into our body, giving us continuous energy. Unfortunately overworking the adrenal glands due to constant mental pressure will, in the long run, create a serious break down in your physical and mental health.

The following exercises aim to relax any physical tension and stress, they are simple exercises to do and will relax and calm you .

\* First get your self comfortable, select something to lay on, make sure it is not too soft or hard, roll up three towels, place one under your knees, the small of your back, make sure it is not too high and that it does not create an arch in your back, although it must give you support, and the last towel is placed under your neck.

\* Make sure the room is quiet and warm, your clothes must be loose and comfortable.

Now, take a deep breathe and while holding the breathe in, tense every muscle in your body as hard and tight as you can, increase the tension as much as you can, then breathing out, relax totally. Wait a few seconds, and repeat the process, focus on the words Let go, Relax. Do this up to four times.

You will feel your body sag as the tension releases, there will be a pleasant sensation of tiredness.

\* Next, you may wish to do this to each part of your body, start with your feet, squeeze and relax working up your body next do your calves, thighs, buttocks, hips , stomach, shoulders, hands, arms and neck, squeeze each part several times tightly on the in breathe , hold , then relax on the out breathe.

## Simple Exercises for Meditation & Relaxation

This technique relaxes muscles, increase blood and lymph flow and brings a general well-being to the physical body.

Once you have achieved this relax physical state, then it is time to help unwind on a mental level, the following is a simple meditation that you may wish to follow.

- \* Make sure your clothes are loose and comfortable.
- \* The room is quite and dim, with no draughts to distract you.
- \* Sit in a straight-backed chair or lay on the bed and for two minutes, relax yourself and breath slowly and deeply.
- \* Close your eyes,
  
- \* Choose a word, for example peaceful, then breathing in deeply through your nose, focus on (peace), then slowly breathing out through your mouth, focus on (ful)
- \* Continue this for several minutes or for as long as you wish,

You will find that when you have completed the exercises, that you will be totally relaxed and balanced, if practiced regularly you will note an improvement in you general well-being and ability to cope with any stress in your life.

For more information on Meditation & Relaxation and other areas of metaphysical spirituality, visit <http://www.PsychicGuild.com>

The Universal Psychic Guild is a world wide organisation dedicated to assisting people grow spiritually and offers information on a whole range of free spiritual topics <http://www.PsychicGuild.com>

### **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.

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

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any outside visual stimulation 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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