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100% Effective Natural Hormone Treatment
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Use Meditation To Relieve Stress

By Chris Impeterelli

Meditation is a form of alternative medicine that promotes relaxing and mental calmness through the use of controlling or suspending thoughts for a certain period of time. Since meditation involves physical and mental relaxation, it's a great way to relieve stress.

When some people hear about meditation as a way to relieve stress, they laugh and think it's a bunch of baloney. They think that meditation is not a viable solution to eliminating stress. But research has shown that meditation works and is a practical technique for stress management.

The most notable research on meditation's usefulness in relieving stress was done in 1968 by Dr. Herbert Benson of Harvard University. He conducted a series of experiments on popular meditation techniques and published his findings in the book "The Relaxation Response." He discovered that meditation has a "real effect on reducing stress and controlling the fight-or-flight response." Dr. Benson wrote that meditation increased the skin's resistance to damage or infections, slowed the heartbeat and breathing rate, and reduced oxygen consumption.

Meditation is all about consciously relaxing your mind and body for a period of time. Meditation means that you need to focus inwardly so that your mind is basically so busy concentrating on breathing and body form that there's no time to think about the events that are causing you stress.

The act of meditation is actually quite simple to do. Meditation does not require you to be a mystic or to be very spiritual. Meditation is something that anyone can do almost anywhere.

When you prepare yourself for meditation, be sure to set aside a certain amount of time where you're guaranteed not to be interrupted. Meditation doesn't require hours of practicing at a time for it to be effective in reducing stress. Practicing meditation in ten- or twenty-minute time slots is definitely good enough.

Effective meditation requires that you're in a comfortable, quiet environment. This means that when you practice meditation, you should make sure that you're wearing comfortable, unrestrictive clothing. The atmosphere temperature (whether you're indoors or outdoors) should also be comfortable for you

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in order to make your meditation session as stress fighting as possible.

Stress-relieving meditation is all about concentration. Once you're fully comfortable (you can sit or lie down) close your eyes. Focus your attention of your breathing throughout your entire meditation session. Count your breaths. You can even say the numbers out loud to discourage your mind from wandering to other thoughts.

Another way to control wandering thoughts when you're in a meditation session is to use imagery. Imagery is very popular in meditation. All you have to with imagery is focus on something you consider refreshing or pleasant. Music is also a popular way to help mind concentration during meditation. You can do a monologue hum. Or you can use some soothing music that features plenty of nature sounds.

The key to meditation is mind control. When you learn to control your mind, you can control your

thoughts, and you'll be able to better control the functions of your muscles. Sometimes it takes a bit of time to learn not to let your mind wander to other thoughts while you're in a meditation session. But once you've mastered meditation, you'll discover you'll be able to do it almost anywhere to relax when you're feeling overwhelmed with stress.

Meditation Hub is an information site that contains articles, a directory and other Meditation Resources. It can be found at:

<http://www.meditationhub.com>

Better Breathing Equals Less Stress

By Stephen White

Meditation is one of the best, and quite natural, ways to relieve stress. If you like, you can accompany this with breathing techniques as well. This will help you to achieve a sense of serenity but it can take quite a lot of time before you are able to zone out easily.

1. Meditation

When meditating, it is generally best to find a nice quiet, comfortable space to meditate. Buddhists use meditation to reach a state of enlightenment and many Jewish prayers are meditative in nature. Even many Christian religions utilize forms of meditation, such as the use of rosary beads n Catholicism. Meditation does not, Of course, have to be about a spiritual or religious journey. Meditation is even used in professional medical communities.

2. Natural Stress Relief

Meditation is natural stress relief at its best. There are no strict rules regarding body positioning when meditating, but most people who use meditation as a form of natural stress relief prefer to do so in the

lotus position. The lotus position involves sitting with the legs crossed while keeping the back straight and the shoulders level. Yet other practitioners prefer to sit comfortably, but with the legs uncrossed. No matter the general position chosen when using meditation for natural stress relief, it is best to keep the spine straight throughout the meditation process. This position encourages circulation and makes it easier to breathe in the deep, slow fashion that is often necessary for meditation.

3. Block Out Negative Thoughts

After finding a quiet place to perform meditation, and after assuming a position that is comfortable, it is time to begin this process of natural stress relief. Some people prefer to remain quiet while meditating. Still others close their eyes and hum or make other repetitive noises to help clear their minds and to block out thoughts and outside noises.

4. Imaging Techniques

In fact, meditation is used often in hospitals with patients suffering from chronic or terminal illness to reduce stress. This is especially important because stress has been shown to contribute to poor health. A 1999 report by neurophysiologist Dr. James Austin from the University of Colorado stated that meditation actually reprograms brain circuitry. His findings were later confirmed using imaging techniques that view electrical activity in the brain.

5. Breathing Techniques

If you plan on breathing easier, you will want to organize your thoughts before you begin. One popular method is to focus on each individual part of the body. Give your self permission to relax until your entire body is relaxed. At the same time, this method calls for taking a few deep breaths. These are called cleansing breaths because they help clear the mind and bring a little extra oxygen into the blood. The best masters of meditation are able to hold their breath for several minutes from strength of will

alone.

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