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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!**

**What is Meditation?**

**By Robert Elias Najemy**

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What is Meditation?

Robert Elias Najemy

Meditation can be described in hundreds of ways. Here we will give some brief explanations about this so-extremely-important aspect of human harmony, health and spiritual evolution.

Three Aspects of Meditation

1. The first step is relaxation or surrendering of the body and mind so that the mind is not cluttered with various unrelated and disturbing thoughts.
2. The second is concentration on a limited area of mental focus so as to begin to be able to control and direct the mind towards the chosen "object" of concentration. Thus, if I have chosen to concentrate on Christ, the concept of love or the energy in my heart center, my mind will not wonder from that point of focus to various other unrelated thoughts concerning my daily life, needs, desires, the future and the past.
3. The third stage is the eventual transcendence of the mind, thoughts and all identification with the body and personality. We then enter into a state of super-mental union with divine consciousness.

These three aspects, RELAXATION, CONCENTRATION and TRANSCENDENCE constitute the basis of most meditation techniques.

What is Meditation Like?

Meditation could be considered any process or abstinence of process, which brings the mind into a state of contact with the inner self, so that a sense of inner peace and fulfillment ensue.

## What is Meditation?

Ordinarily, our minds are constantly preoccupied with feelings, ideas, thoughts, sounds, sights, tastes and sensual experiences. We are focused on working, talking, thinking, analyzing, watching, worrying, solving, studying, dreaming and so on. We are like ships being tossed around by the waves of circumstances, external inputs and our subconscious programming.

One moment we are happy, elated over a success, a new purchase or an affirming exchange with a loved one. In the next moment sadness flows through us – we are tired, depressed with life, bored with work, confined by our family, devastated by the heat, frustrated with ourselves, angry at others, or bitter about the hardships which life has put upon us. Life is an incessant flow of moods, thoughts and perceptions.

Now the object of your consciousness is what you are reading. And in-between the lines it moves to

the life experiences, which are stimulated by the associations brought forth by these words. Then the past memories become your object of consciousness.

Meditation is a process in which we let go of these disturbances and allow ourselves to sink into ourselves and experience the center of our being, where there is a constant sense of peace and feelings of security and love for ourselves and all others.

This becomes a source of energy, security, self-worth, freedom, strength and peace with which we can deal with our daily lives. We have so much to gain by dedicating 20 minutes at least once but better twice daily for this contact.

We will obtain greater clarity, health, harmony, happiness, intuition, understanding, creativity and problem solving ability.

The meditative process climaxes in the transcendence of the ego and the mind itself, ending in a state of contact with higher levels of awareness or, eventually, pure consciousness without an object of perception.

If we care for our bodies and minds and they will care for us.

For details concerning how to meditate, study the abundance of material on this subject at <http://www.HolisticHarmony.com/research/meditation.html>

Or download the free ebook – The Art of Meditation at:  
<http://www.HolisticHarmony.com/members/download/books/meditation/>

(Adapted from the forthcoming "The Art of Meditation" by Robert Elias Najemy. His book "The Psychology of Happiness" (ISBN 0-9710116-0-5) is available at <http://www.amazon.com> and <http://www.HolisticHarmony.com>. His writings can be viewed at <http://www.HolisticHarmony.com> where you can also download FREE articles and e-books.

Robert Elias Najemy is the author of over 600 articles, 400 lecture cassettes on Human Harmony and

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20 books, which have sold over 100,000 copies. He is the Founder and director of the Center for Harmonious Living in Greece with 3700 members. His book *The Psychology of Happiness*; ISBN 0-9710116-0-5 is available at [www.amazon.com](http://www.amazon.com) and <http://www.HolisticHarmony.com>. where you can view and download FREE articles and e-books.

### **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 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.

## What is Meditation?

Free Self Improvement

examines all aspects of self improvement:

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



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