

Deliberate Discovery



Meditation Basics



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MEDITATION BASICS

Have you ever heard of meditation before? More than likely, you have. You have probably also heard at least five different explanations of what meditation actually is.

This can make things quite confusing for some people, especially those brand new to meditation. The last thing you want when you are trying to learn something new, especially something that can change your life in many positive ways, is to become confused or be misinformed.

For this reason, I thought it would be a good idea to publish a short series describing meditation in different levels. This is the first part of the series so the information will be a little basic at the moment. However, as we get deeper into the series we will also dive deeper into meditation.



LET'S GET STARTED BY GOING OVER WHAT EXACTLY MEDITATION IS.

In all honesty, meditation can have many different definitions. However, each one of these definitions has one thing in common. The main goal of a meditative state is to create a thoughtless mind and to be completely calm.

This feeling of calm and the fact that you are thoughtless allows you to decompress all of the things you experience on a daily basis. It also allows you to connect with your higher-self as well as strengthen your spirituality, mental capacity and better your life as a whole.

Meditation has been practiced for a very long time. In fact, people in ancient Asian cultures saw meditation as an essential part of life. These days, meditation is becoming increasingly popular. It seems as if the almost forgotten about art is beginning to make its way back on to the scenes.

However, many of the techniques that are used today to meditate greatly differ from those used in ancient times. This is not to say that they are not as effective as more traditional techniques. They are just simpler and a bit more convenient to use thanks to modern technology and people doing countless hours of research.

This causes there to be a bit of disagreement amongst a few people. The reason for this is the fact that some people think that more modernized meditation techniques are not really meditation at all. This actually brings me to my next point.

ARE MORE MODERNIZED MEDITATION TECHNIQUES STILL CONSIDERED TO BE FORMS OF MEDITATION?

In my opinion, as well as the majority of those who practice meditation, yes.

There is no need to bicker back and forth about what “real” meditation is. While it may be true that meditation may have been practiced in different ways in previous times that does not mean that those are the only techniques that can be considered “real” meditative exercises.

As mentioned earlier, meditation is used to create a calm self, connect with the higher-self and strengthen our spiritual connections as well as a long list of other blessings. How you best achieve a meditative state will vary from person to person. What really matters is that you find a way that works for you and not what others consider to be “real” meditation.



WHAT TYPES OF MEDITATION ARE THERE?

There is of course the more traditional form of meditation which requires a large amount of discipline and self-control. However, there are other types of meditation that may be a bit easier for a beginner to use.

One example would be guided audio meditations. These types of meditations are extremely effective as well as very simple to use. You literally throw on a pair of headphones, begin playing the meditation sessions and let the audio meditation do the rest.

There are also visualization meditation exercises. These exercises take meditation and combine it with visualization which creates an unbelievably powerful meditation experience.

Some people prefer meditation exercises that involve focusing on a single object until they are brought into the “now”.

There are many other meditation techniques as well. In fact, there are meditation techniques that even incorporate the use of affirmations. As mentioned earlier, how you achieve your meditative state is not what matters. What is important is that you find a way in which you can achieve this mental state.

There are a lot of stereotypes that follow around arts such as meditation. This causes a lot of people to choose not to give meditation a try because they hear too many of these stereotypes and form the misconception that meditation may be unsafe. This brings me on to my next point.

IS MEDITATION SAFE?



Meditation is very safe. In fact, many people with issues such as anxiety disorder, chronic pain and even depression turn to meditation as an alternative to prescribed medications.

Have you ever read the list of side-effects that come with prescribed medicine?

More often than not the side-effects are worse than the problem that is being treated in the first place!

People without illnesses or disorders can also use meditation as a safe and natural way to improve many aspects of their lives. As mentioned earlier, meditation improves our mental capacity. Believe it or not, meditation has also been found to have positive effects on the heart.

Not only is meditation safe, it has the potential to improve your life as well as your health.

CAN ANYONE MEDITATE OR ARE THERE CERTAIN REQUIREMENTS?

The only real requirement that there is to meditate is the willingness to do so and the patience to make it happen.

However, there are some basic things that you should keep in consideration. First of all, meditation requires breathing control. For this reason it may be a good idea if you begin practicing breathing exercises. This will make things a bit easier for you during your first meditation session.

As well, some types of meditation require you sit in certain poses and keep your body in specific postures. While this may not seem like it would make much of a difference, it is actually highly important! For this reason you may want to consider practicing a few meditation poses. This will help you get an idea of the different types of positions and movements meditation require.



SO TO WRAP THINGS UP.....

If improved mental capacity, connection with your higher-self, natural relief from many mental as well as physical issues sounds like something you may be interested in, meditation is likely a great option for you.

If you are feeling a little skeptical of meditation, you may want to consider speaking to someone who practices it. I am more than sure that they will have nothing but good things to say about it.

I'm sure that you are becoming more than just a little interested in meditation but are still left with a few questions. If this is the case I have great news for you!

The following parts of my series on meditation will be going into much greater detail and will include much more information on meditation.

For example, there will be in depth explanations on different types of meditations as well as the different benefits each has to offer. On top of that, there will be detailed instructions for different types of meditation exercises which will ensure that you get the best experience possible.

However, this is just the tip of the iceberg. There will also be much more information and even some bonus content!

In the meantime, I strongly suggest that you listen to the included audio. As well. As mentioned earlier, many forms of meditation require breathing control as well as knowledge in certain postures.

Starting to practice breathing techniques as well as some of these postures now will just give you a leg up further on down the road!

RESOURCES

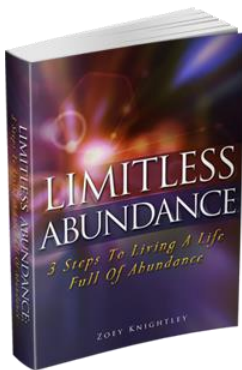


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