



# Meditation- The key to finding your inner strength



Meditation is a great way to relax with many other benefits associated with it. Meditation is a break from your busy daily life, hectic job, worries and concerns. Turn off your mobile phone, let your computer and your e-mails wait for a minute and give yourself some time to meditate. We are such an action oriented society that it becomes extremely necessary to relax as we become more aware of ourselves.

The following meditation techniques will show you where you are holding tension and teach you to find your center. This will dramatically improve your health and align your intentions. It will make you a creator of life instead of a recipient of whatever comes your way. If you cannot relax your body and mind then you probably have some pretty serious problems with health, finances, relationships or all three. Recent research has shown that meditating once a day for about 10-15 minutes can reduce stress and bring calmness in life. More and more doctors are prescribing meditation as a way to lower blood pressure, improve exercise performance in people with angina, help people with asthma breathe easier, relieve insomnia and generally relax the everyday stresses of life. Meditation is a safe and simple way to balance a person's physical, emotional, and mental state. It is simple and can benefit everybody.

Make meditation a part of your daily life. With meditation, we give the attention a target that keeps us anchored in the present moment. The target can be a physical object, or more commonly, the breath. We give the mind something consistent to focus on and this becomes the object of the meditation

Here are 7 easy tips on meditation.

### 1. Where to meditate?

First of all choose a special place in your house. It can be a corner or a room or you can meditate outside in fresh air. If you like you can furnish that area with special objects that have a spiritual meaning for you. The important thing is that the place where you meditate should be quiet. There should be no disturbances or distractions. Tell people around you that this is the place where you

spend time with yourself, so that there is no one to interrupt you.

To get better results and enhance your meditation, you can consciously choose the pleasant fragrances that are relaxing, balancing and nourishing. You can use smells like *lavender*, *juniper* or *geranium* in your room. Oils like *Chamomile*, *Vanilla*, *Jasmine*, *Mandarin* and *Neroli* have a calming, grounding and cooling effect. You may meditate in the lap of nature. For example you may find a place near a beach or in the woods where you can be quiet and undisturbed and really enjoy the nature while you meditate. Great experiences can be achieved when you meditate in nature.



### 2. Correct position while you meditate?

The classic posture is to sit with legs folded and hands resting in the lap or on your knees. You need to find your own posture, the pose in which you feel comfortable and relaxing to meditate effectively. If your pose is

not comfortable the body will start aching and you won't be able to concentrate and carry on with the meditation. On the other hand if the posture is too comfortable chances are that you will fall asleep. Thus, there is a strong need to find a balance between the two.

Work out which posture is best for you. You may sit on a chair, with legs crossed or sit on the floor or walk around gently in a room. It is up to you, try a few different postures and see which one gives you best result.

### 3. Eyes - open or closed?

It is again a question of comfort. Some people say that one should close their eyes while some others say it is best to keep the eyes open. Choose the

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method that gives you the best results. Generally people, who keep their eyes closed, have great meditation. A few others fall asleep with eyes closed.

So if you keep your eyes closed make sure that you sit in an alert position. The same goes for when you open your eyes while meditating, you may keep looking here and there. It is all about concentrating, no matter whether you keep eyes open or closed.

#### 4. Duration of meditation

Ideally mediating for 10-15 minutes, twice a day is efficient but even once a day helps. It is not always the duration that matters. People who meditate for 5 minutes may draw more benefit than those who meditate for 20 minutes. The time is not that important. The most important is that you meditate on a regular basis. Remaining consistent will also help you gain trust in yourself. When you trust yourself it is easier to trust others.

#### 5. Is music essential?

Some people like gentle relaxing music in the background when they meditate while some others prefer pure quietness. Once again you need to try it out, try meditating with soothing music in the background and next time try meditating in silence. You can observe what suits you the best. If you choose music you can go for sounds that traditionally have been used to rejoice in spirit such as *Gregorian, Vedic, Hebrew, Native American, Celtic etc.*

#### 6. Keep all worries away

When we wake up in the morning the first thing we do is to think about all of the things that we would need/like to do. These thoughts may hinder your mediation regime. So writing down your plan for the day will help you to focus on meditating instead of all of the things that you want to do.

Try to release all stress from your heart during your meditation and throughout the day whether it is positive or negative. Relax, find your balanced state of neutrality and know that you can be happy no matter what you are doing.

#### 7. The focus

In Yoga the object the attention remains on a mantra. In Buddhism the focus for bare attention is often the meditator's own breathing. Both mantra meditation and awareness of breathing fulfill all

the elements required for meditating for relaxation. Some meditation methods involve looking at objects with open eyes, but in others, the subjects close their eyes which makes it easier to relax.



Here is a simple way to meditate:

- \* Start with 3 loud OMs. Your ability to vocalize will instantly show you if you are in your power.
- \* Take deep breaths
- \* Center your energy in your body
- \* Relax and allow any tension to leave your body and mind
- \* End with your daily intentions

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