

# **Meditation: Declutter Your Hard Drive!**

## **10 Home Meditation Techniques that Alleviate Work-Related Stress, Anxiety and Depression**

**by M.J. Savage**

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## Introduction

I want to thank you and congratulate you for downloading the book, *“Meditation: Declutter Your Mental Hard Drive!”*

This book contains a brief introduction to ten different meditation techniques, styles, and practices proven to alleviate stress, anxiety, and depression, while also giving you added clarity, focus, and overall well-being.

As you know, meditation is vital for good health. It keeps you stress-free and away from chronic illnesses. This book will help you achieve states of relaxation through different types of meditation and some relevant information about each one.

Thanks again for downloading this book, I hope you enjoy it!

## **What is Meditation?**

Meditation is a practice that has long been in existence. In fact, it has been practiced by people for hundreds of years. It is known worldwide and is appreciated in different cultures. Meditation is practically a mental attention training, which awakens you beyond your conditional mind. It has a process known as natural presence and is a clear acknowledgement of the events that partake in your environment.

Supportive strategies and skillful means lead to a positive atmosphere, which deepens its presence. Deepening this presence is actually the art of practice, which utilizes these strategies with curiosity, kindness and light touch. It is also the wisdom of practice, which gives people an insight regarding the natural presence that they already have within themselves. When you meditate, you let your whole body and mind benefit from meditation.

Two of the most important aspects of meditation are correct focus—or mindfulness—and correct breathing practices. I would like to introduce you to these fundamental keys for meditation with special instructions on breathing since this is an aspect of meditation that is sometimes overlooked, yet so vital to your health and well-being.

# Pranayama: Breathing Regulation

## *How Breathing Works*

When you inhale and exhale with your lungs, your respiratory control center, which is found in your brain stem, controls everything. Your control center monitors the carbon dioxide and oxygen levels in your bloodstream and adjusts your breathing rate to help you maintain homeostasis and balance in your body.

Inhaling oxygen and sending it to your bloodstream are among the most important aspects of breathing. When the oxygen reaches your bloodstream, your cells begin to absorb it. Your body needs oxygen to create energy in your cells. Without energy, you can't expect your muscles to move and your cells to absorb nutrients and eliminate waste properly. Your nervous system also can't send out impulses in your body.

In exchange for your cells' use of oxygen, your body creates a waste product known as carbon dioxide. Your cells dump it back into your bloodstream, so your body eliminates it. It is sent back to your lungs and leaves your body when you exhale.

When you remain at rest, your breathing is steady. Your body deals with just the right amounts of oxygen and carbon dioxide. When you do activities that force your body to do more work or use up more oxygen, your levels of oxygen decrease and levels of carbon dioxide increase.

Your brain's respiratory control center notices that such levels are inaccurate, so it increases your breathing and heart rate to make up for this difference. When you start to stop, your respiratory control center slows down your breathing and heart rate to maintain the homeostasis in your bloodstream.

## *How to Use Breathing as a Healing Tool*

Through meditation, you can recognize the emotional influences that your breathing directly has on you. When you practice it, you can resist impulses that seize control of your breathing and cause significant changes to it. Keep in mind that acceptance is vital in working with the emotional dimensions of your breathing process.

If you want to improve your capacity for witnessing your breath, you should accept it as it is. Remember that it is your non-judgmental openness, which turns your breathing awareness into an instrument of healing and self-understanding. When you accept the disturbances in your breathing, you actively accept the sources of pain, stress and negativity in your life.

When you meditate, your emotional reactions register in your breath subtly. They either speed up or slow down your breathing. They can also change its style and depth, and manifest as small interruptions. When you become conscious of your breathing, you can also see such changes, determine their importance and quiet them slowly.

In meditation, subtle imbalances and disturbances are allowed to occur naturally. They pass through you because you see them and you give them room. When you witness distortions in your breathing, deeper forces of your breathing are awakened and your breathing serves as a healing power, which gradually returns to its natural flow.

### ***How to Work with your Breathing?***

There is only one key to work with your breathing and that is to *work* with it. You can lie on the floor and focus your awareness towards your breath. Strengthen your diaphragm, soften your rib cage, even out your breathing and stay relaxed. You have to be both the breather and the witness. You can master your breathing by practicing ten to fifteen minutes daily.

You can begin by feeling your breathing's rhythmic flow. Focus on its sensations and soften your muscles in your rib and abdomen areas. When several minutes have passed, you can shift your focus to the transitions between your breathing. Smoothly weave every breath into your next. As you do this, relax more deeply.

Allow your breath to flow just at the right pace. It should neither be too slow nor too fast, so you don't need to control your breathing completely. Stay aware of your breathing and relax your mind. Remind yourself that your body breathes without effort and that you are a witness who observes the automatic and gentle flow of your breath.

Continue to do this for several minutes more as you relax your mind and allow your nervous system to be deeply relaxed. Once you are ready, bring your attention outward.

### ***How to Adjust your Breathing***

To adjust your breathing, you should lie down on your back. You can support your head and neck with a cushion or pillow. Observe your breathing as you sense every inhalation

and exhalation. Continue to make smooth transitions from your breathing and let your body rest. Start to form your breathing in these ways:

- If you have shallow breathing, deepen it gently. Simply deepen your diaphragm's contractions and increase your abdomen's expansion with every breath.
- Soften the muscle tensions that jerk or restrict your breathing. Be particularly wary of any tension in your abdomen or muscles in between your ribs.
- If you have unequal breathing, adjust it to equalize it. Doing so will keep your nervous system relaxed. Quiet your breath and allow it to flow smoothly.
- Then, weave every breath into your next as you smooth out pauses that interrupt the flow. Lastly, relax your mind as you observe your breath and let your system flow naturally.



## Getting Ready to Meditate

First, you need to look for a place for meditation and set a time for the practice. Ideally, you need to have one particular place and a specific time. This way, the practice becomes automatic and you no longer have to think of where and when to meditate. When your mind and body gets used to meditating, you will automatically do it when the right time comes.

You can choose any location, whether indoors or outdoors. While meditating outdoors allows you to be exposed to nature, it may also be disadvantageous as it exposes you to the elements. For instance, meditating in a forest in the summer may be relaxing, but meditating in the same place during the winter or rainy days can be harmful to your health.

As for the time, you can meditate any time you want. Nevertheless, the most ideal times for meditating are early in the morning and in the evening before going to bed. When you wake up in the morning, your mind is still fresh, so each session can help prepare and condition it for the day ahead. Likewise, meditating in the evening before going to sleep can help you de-stress after a long, tiring day.

If you are busy or you want to time your meditation session, you can use a timer or an alarm clock. However, avoid facing it towards you so that you will not be tempted to look at it every time. To prevent it from becoming a distraction, position its face away from you, but make sure that you can still easily reach it when the time is up.

Regarding clothing, you are free to wear anything you want. If you are meditating inside your home, you can wear comfortable clothes such as a t-shirt or your pajamas. Make sure that your clothes are loose and breathable so that you can move around with ease as you meditate.

However, if you are meditating in a temple or chapel, you need to dress accordingly.

This way, you can prevent offending or disrespecting other people who are meditating with you in these sacred places. See to it that you always abide by the dress code.

Now let's delve into various types of meditation and their practices.

## Focused Meditation

Focused meditation calms the mind and soothes emotions. This type of meditation is easy to do. If you do it regularly, you can expect it to help you achieve serenity and inner peace. The more often you meditate, the more effective it becomes for you and the more benefits you get.

Focused meditation can also be referred to as attention meditation. In this type of meditation, you focus on a particular object and exclude everything else. However, you should not try too hard. You should still be relaxed.

There are various things you can use as your object of focus. When you focus on a singular thing, you start to quiet your busy mind and experience peace in your thoughts. You may find it hard to stop thinking completely, but you will start to notice patterns in your emotions and thoughts that will give you more insight about yourself.

It is crucial for you to realize that you can't stay focused for the entire duration of the meditation session. You may actually be just focused for a few minutes then get distracted by a thought, which comes across your mind.

Do not worry when this happens. It is fairly natural for people to get distracted by their thoughts once in a while. When you find yourself getting distracted, just calmly go back to meditating. Bring yourself back to the object of your focus and meditate without getting angry or judging yourself.

Focused meditation is centering and calming. It anchors you in the present and frees you from past judgments and future worries.

### ***How to Practice Focused Meditation?***

First, look for a comfortable and quiet location where you can practice meditation

without any interruptions. Sit in a chair. Keep your feet flat on the floor and your back straight. Avoid slouching, as much as possible. However, if you need to recline due to health reasons, you may do so.

It is also alright to sit on the floor with your legs crossed. Just see to it that you are comfortable. Keep your back straight and take off your shoes to make you feel more comfortable. You should also loosen any tight clothing or just wear loose clothes to begin with.

Let yourself relax and stay calm. Close your eyes and take slow, deep breathes. Focus on your breathing. Feel your muscles loosen, especially your muscles in your face, shoulders and neck. Take time to relax and let yourself breathe naturally. Do not force your breathing.

You can choose anything to keep your focus or concentration on during meditation. However, only choose one for each session. Choose different objects for every meditation session you have in order to find out which object you are most comfortable with.

When you focus on your breathing, let yourself breathe naturally as you focus your attention on your inhalation and exhalation. Feel the cool air coming in through your nose and expanding your abdomen and lungs then feel the warm air coming out of your nose and your chest deflating. Let yourself become completely involved in your breathing.

For your mantra, you can choose any word with a positive meaning for you. You can also utilize one of the most commonly used mantras such as 'om', which is a sound that represents various aspects of God. Make sure to focus your attention on your breathing. With every breath, recite your chosen mantra. You may say it out loud or say it quietly in your head.

Once you focus on your chosen object, feel free to focus on it for as long as you like. You can focus on the flame of a candle, a flower, etc. Let the image of this object come into your mind and concentrate on it. Observe every detail of this object, including its scent, sound and texture. Let yourself become one with it.

If you prefer to meditate outside, you can do that as well. This can be great for you because it gives you an opportunity to focus on the beauty of nature or the sunset. It allows you to feel the breeze on your face and listen to the chirping of birds.

Practicing focused meditation on a daily basis lets you experience reality from an entirely different perspective. It allows you to achieve better self-awareness as well as let go of negative judgments and beliefs.

## Mindful Meditation

Mindfulness meditation is a type of meditation that has been derived from Insight Meditation or Vipassana, which is a 2,500-year-old Buddhist practice. Mindfulness meditation is all about focusing on your outer and inner experiences with compassion, acceptance and patience.

According to the psychiatry department of the University of California Center for Mindfulness, mindfulness is a quality that people have but are often not aware of. They usually do not realize how valuable it is. They may also not know that it is something that they can cultivate.

Mindfulness is an awareness that is not thinking, but being aware of thinking. It also involves being aware of the other ways to experience things, such as seeing, smelling, tasting, hearing and feeling.

Mindfulness is open-hearted, non-judgmental and friendly. It recognizes whatever comes to the mind, but does not hold onto it or judges it. You can cultivate it when you deeply pay attention on purpose and does not judge anything that you encounter in the present.

When you intentionally practice mindfulness, you deliberately pay more attention to what is going on around you. You stay in the present moment and become less 'automated'. You become more present in your life.

### ***Practicing Mindfulness Meditation on a Daily Basis***

It is ideal to practice mindfulness meditation everyday to promote stability, non-reactivity and inner calmness. As you develop these traits, you can embrace and face the painful and unpleasant aspects of your life. You also become more compassionate as you experience the joys that pure non-reactive presence brings. Moreover, you can

disentangle yourself from habitual emotions, behaviors and thoughts and connect with your experience, yourself, and other people in a much deeper and healthier way.

As a human, it is only normal for your mind to wander off. You tend to get lost in daydreams or think about your past or future. You may even get preoccupied by thoughts about your present. These mental distractions are usually not helpful and only tend to make you stressed, anxious, frustrated or depressed. With regular practice of mindfulness meditation, however, you can develop your ability to pay close attention to your present moment and allow you to overcome these pre-occupations.

This way, you can clearly recognize what is truly happening in your life, instead of finding yourself worrying, getting angry, being afraid, or experiencing other negative emotions. When you meditate, you grow in your ability to decide how you want to respond in different situations.

### ***The Benefits of Mindfulness Meditation***

Since the 1960's, there have been over 1500 studies regarding the effects of mindfulness meditation. According to the medical results of 15,000 patients at the UMass Medical School's Center for Mindfulness Stress Reduction Program, there was a 35% decrease in the amount of medical symptoms and a 40% decrease in the psychological symptoms of the patients.

In addition, Dr. Kenneth Pelletier from Stanford Medical School says that the body and mind are inextricably connected, and their every interaction exerts a significant influence on health and disease, as well as life and death. In other words, your body and mind influence each other and your well-being is hugely determined by your emotional and mental dispositions.

According to the American Psychological Association (APA), the six leading causes of death in the United States are all connected to stress. These are heart disease, lung problems, cancers, accidents, suicide, and cirrhosis of the liver. Researchers at the University of London said that unmanaged responses to stress were actually more dangerous than eating foods with high cholesterol or smoking when it comes to heart diseases and cancers.

However, with mindfulness meditation, you can effectively change the way you respond to stressors and significantly reduce the side effects of stress.

### ***How to Practice Mindfulness***

You have to acknowledge the thoughts and feelings that make you stressed or anxious. Observe them and figure out where they come from or why they are there. Do not try to ignore, control or fight them. Just let them be and observe them from a different perspective. Do this in a way that does not involve any judgment or reaction.

Release all your worries. The moment you stop trying to control anxious thoughts is the time when they escape you, so let them pass and move on, just like clouds that pass

through the sky. If you engage in your worries, you get stuck with them.

Keep your focus on the present and pay attention to how your body feels. Observe the rhythm of your breathing and notice how your emotions change. Do not forget to pay attention to your thoughts. Just like any other type of meditation, bring your focus back to your session each time you catch your mind drifting away to something else.

Mindfulness meditation seems easy, but it actually requires a lot of practice. If you want to get better at it, practice it every single day. Eventually, you will reap all its benefits and your mind will no longer drift away as often as it used to.

## Hindu Meditation

Hindu meditation is a state of relaxed contemplation on your present moment. It can also be described as a state of reflection in which your mind frees itself from thoughts.

The goal of this type of meditation is to include spiritual enlightenment and attitude transformation in the practice. You can actually categorize it according to focus. There are types of rumination that focus on the type of perception and experience, which happens during the meditation process. Others involve the deliberations on pre-selected objects. Hindu meditation actually encompasses both mindfulness meditation and concentrative meditation.

Experts have described Hindu meditation as a journey towards the deeper part of your being. It is a kind of contemplation, which is both fulfilling and energizing. For you to enter tranquility, tap your inner strengths. These strengths sustain you throughout the day and prevent your calm center from being distracted or disturbed by doubt, fear and other negativities.

Yoga encompasses Hindu meditation, and some of its types include Vedanta, Surat Shabd Yoga, Japa Yoga and Raja Yoga.

Vedanta originated from the Sanskrit words that mean “the culmination of knowledge”. It deals with reality and gets its source material from philosophical scriptures known as the Upanishads.

Raja Yoga is also known as Ashtanga yoga. It is primarily concerned with the cultivation of the mind by means of meditation. Its goal is to achieve freedom from the reality.

Surat Shabd Yoga originated from the Sanskrit words that mean “essence of the Divine”. It searches for the absolute unity with the Divine spirit, which is the force of dynamic creative energy that existed since the very beginning.



Japa Yoga is all about the meditative practice of repeating the Divine's name or a mantra. This mantra is usually recited softly or only in the mind. This form of Hindu meditation is also typically done while sitting in a meditative yoga position. You can do the classic cross-legged position as you meditate.

Meditation is an ancient practice, which is found in various cultures all over the world, especially as a part of Eastern religions. One of the oldest religions on Earth is Hinduism and it has been a reliable source of meditation practice for more than five thousand years.

The types of Hindu meditation are all components of Yoga, which is one of the six branches of the Hindu philosophy. In fact, yoga is considered as the universal way of union with the divine and was derived from the Bhagavad Gita's primary text.

## Third Eye Meditation

Your third eye is your ability to see potential or things that may happen. Every person has a third eye. You are not an exemption. For instance, whenever you have a hunch and you act on it, you are using your third eye.

Your third eye is also a sense, which you can develop to become more accurate and refined. You can form it into a much better sense than merely a hunch. You can consider it as a meta organ, which consists of your mind and senses. Imagine them working together as a whole to become a powerful sensory organ.

Your third eye is a highly intelligent aspect of your natural evolution, which lets you see your life's patterns. What's more, it can reveal these patterns when you overlay such information over your other senses.

Your third eye is your sixth chakra. It is found between your eyebrows, a little bit higher than your nose. With third eye meditation, you can open up subtle senses and perceive higher dimensional worlds.

If you want to know how to see the aura of other people, or perhaps even your own energies, you have to learn how to open your center. Take note that this is not a magic trick. This is a vital skill that can change your life.

Your third eye or sixth chakra is the center of what is known as clairvoyant sight. It is a word that was derived from the French word that means "clear vision". It refers to a higher-sense ability to perceive or see subtle energies intuitively. It is sometimes referred to as the sixth sense, which enables you to access impressions that are beyond your five senses.

***What Happens when your Third Eye is Opened?***

At first, you will see colors and indistinct images as if you are looking through a foggy window or through ultraviolet rays. As you become more experienced, these images become much clearer to you. You can perceive the energies that underlie physical realities better.

### ***Why is the Third Eye Usually Blocked in Most People?***

The mental body is an aura layer. It carries conclusions and beliefs from life experiences. The emotional body, on the other hand, is another aura layer, which carries emotional energies and pictures of these experiences.

Since the third eye is linked to the first, second and third chakras via subtle energy cords, a contraction in the third eye usually happens if there is a blockage in these energy cords.

Most people do not believe or are fearful. Such disbelief and fear causes the blockages in their energy cords. Third eye meditation is a powerful way to clear these blockages.

However, you need to keep in mind that opening your third eye and developing skills to use it takes lots of patience and practice. It can take several months or maybe even years before you can be adept at it.

### ***How can you Practice the Third Eye Meditation?***

Just like many other types of meditation, you can eliminate distractions better if you keep your eyes closed. However, you may also keep your eyes open if that is what you want or what makes you feel more at ease.

First of all, you need to relax. Find a quiet location or room in your home wherein you can be alone and at peace. You can spend an hour to practice third eye meditation.

You can either sit or lie down on the floor. To keep you comfortable and adequately supported, you can use a cushion or a mat. When you are ready, you must focus on your breathing. Remember that the process of quieting the mind depends on your concentration level.

Make sure to fill in the gaps between your breathing. Create a continuous stream of inward and outward breathing. Do not rush the meditation session. If your eyes are closed, focus on the darkness then lift your eyes, so that you can focus upwards at the center of your forehead.

As you meditate, make sure that you are comfortable. Do not force yourself if you cannot do it. Your mind and body should not feel strained. When certain thoughts come across your mind, simply recognize their presence and observe them in an objective manner then release them and focus back on your breathing. Keep your focus at the middle of your forehead as you stay relaxed.

Next, focus on a particular question. Choose a question and meditate on it. Your psychic

ability actually comes from your ability to read the feelings of other people just like they are yours. This is not something that comes toward you. It is something that you combine with your consciousness.

Interactions with other people are the most ideal situations for practicing your psychic ability. It is during these times when you exchange energies through thoughts, feelings and words. You have an inner knowing, which comes from believing in yourself, not only because you can, but because you have worked hard to know the truth.

Meditate on a particular area that you hope to improve and ask a question on how you can do that. Focus on the 'why' then follow the question with another question. Keep following up with more questions because asking is consciousness expanding growth. You actually already have answers. You just need to listen to them deeply.

Finally, you have to see patterns of the reality. You have to be a living example of change. You have to be someone who sees the truth and does something to change his behavior based on these truths.

A lot of people claim to see the truth, but they do not act accordingly. So, if you see something that has to be done, be the one to do it. Keep in mind that being psychic is also being responsible. You have to develop the ability to respond.

You can't obtain high levels of information if you can't process them properly. You can practice being a psychic by knowing in advance that things may fall off the counter then doing something before it actually happens. You can also practice by understanding where a person is coming from then changing your attitude to adapt. Being psychic is practically seeing beyond.

Keep in mind that there is no need for you to see energies, spirits or metaphysical objects to be a psychic. You just have to see patterns. You have to see what has to be done, where people are coming from and how you can help others by means of active engagement. Once you see these patterns, you can begin putting the pieces together and seeing ahead of time.

With careful observation, you can be a psychic by seeing patterns of the reality. Also, your awareness will expand and your process of understanding will be faster. You can acquire more information at a time. When you become a psychic, you understand the connections within life patterns.

## Chakra Meditation

Your entire body is a reflection of your thoughts, emotions and beliefs. It is a physical manifestation of your inner beliefs regarding who you are. Your experiences are pictorial representations of what you perceive to be true about yourself, even though the majority of these beliefs are in your unconscious mind.

Your chakra centers are comparable to energetic motors within yourself, including your mental, physical and emotional energy fields. Every chakra center relates to a specific area of your life. In general, there are seven chakra centers in your body.

Your crown chakra is your seventh chakra. It is located at the topmost part of your head and is represented with a white light and the color violet. It is connected to your awareness of the Oneness with Source, living in the present, integrating as a whole, inspiration, devotion, conscious alignment with awareness and meaning.

Your brow chakra or third eye is your sixth chakra. You have read about this in a previous chapter. It is located at the center of your forehead and is represented by the color indigo. It is connected to your inner vision, divine understanding, unity perspective, wisdom, intelligence, discernment and intuition.

Your throat chakra is your fifth chakra. It is located at the base of your throat and is represented by the color blue. It is connected to expressing truth, being responsible for yourself, surrendering to the Divine, making decisions, manifesting creative impulses and trusting the Source.

Your heart chakra is your fourth chakra. It is located at the center of your chest and is represented by the colors pink and green. It is connected to love, compassion, trust, confidence, inspiration, openness, acceptance, and expansion.

Your solar plexus is your third chakra. It is located below your heart down to your navel

and is represented by the color yellow. It is connected to your internalized parent, self-esteem, personal power, ego and reaction to criticism.

Your sacral chakra is your second chakra. It is found below your navel and is represented by the color orange. It is connected to your inner child, innocence, spontaneity, creativity and vulnerability.

Your root chakra is your first chakra. It is found at the base of your spine and is represented by the color red. It is connected to your loyalty and connection to your family and other people, your connection with the manifestation of the earth, survival instincts, pain and pleasure, sexuality and being physically grounded.

### ***How to Practice Chakra Meditation***

First of all, you need to sit in a comfortable position. Keep your back straight, but not rigid. Focus on every part of your body, beginning at your feet and working your way up towards your head. As you focus on your body, remain relaxed and allow the stress to go away.

Next, focus on your breathing. Do not force your breathing, but rather let it become deep and steady. Your mind may wander. If this happens, just bring it back to your breathing and focus on every inhalation and exhalation. Imagine oxygen entering your lungs and going to your bloodstream. Imagine it nourishing your cells, muscles and organs. Imagine the toxins in your body being eliminated with every breath you expel.

Then imagine your heart beating and your body improving in function. Notice how every part of your body works together in perfect harmony. Notice how your breath sustains your entire body. Be aware of how your breath becomes the force that gives life to your entire body.

Visualize a life-giving energy that you breathe in with the air. Imagine this energy as yellow-orange in color. See it encompass your body and fill your aura. As it does this, imagine your aura becoming stronger and brighter. Imagine it becoming more energetic.

Next, energize every one of your chakras. You can begin with the root chakra in your lower back. Visualize a swirl of energy moving clockwise. Imagine it getting stronger and brighter with every breath you take. Visualize another energy source and add it to the energy of your root chakra.

Move to your sacral chakra next, and so on, until you reach your crown chakra. Infuse every chakra with your life-giving energy. Do not hesitate about taking time for each chakra. It is never a good idea to rush things. Also, start at the bottom and work your way up. Do not skip on anything. Each one of your chakras influences the other. If you energize a higher chakra before energizing a lower one, you may experience adverse effects.

Imagine all your chakras being clearer, brighter and more energized. Finally, you can

open your eyes and relax for a couple of minutes. Pay close attention to your body and the energy that you feel. Practice chakra meditation for fifteen to thirty minutes each day for best results.

## Sound Meditation

Primordial Sound Meditation (PSM) is a healing practice, which lets you experience deep relaxation and inner calm. As you know, meditation has been practiced by people worldwide for thousands of years to move beyond emotional turbulence and the busy activity of their mind into expanded awareness and profound peace.

The most direct way on how you can experience wellbeing and inner silence is through meditation. It is a tool, which helps you rediscover the inner intelligence of your body. According to scientific research, meditating allows your breathing to slow down, your stress hormones to fall and your blood pressure to decrease.

Primordial Sound Meditation is not about forcing the mind to stay quiet, but rather experience the silence that is already there, so that you can make it part of your life. Actually, silence is the root of creativity, infinite possibilities and happiness.

Through pure potentiality, you can benefit from inspiration, intuitive thoughts, and deep sense of connection with the Universe. Meditating everyday can help you wave stillness and silence into your body and mind to have a life of fulfillment and compassion. Even though your mind is agitated with thoughts, you can still achieve calm and inner stillness from the choppy surfaces of your thoughts and emotions.

### ***How to Practice Sound Meditation***

As you have learned, there are different types of meditation as well as different ways on how to practice it. In this type of meditation, you will use a mantra, which is a sound or vibration that you can say out loud or quietly in your head. It can help you achieve a deeper level of awareness.

The mantra you will get from this meditation is the vibration that the universe created during your birth. It was calculated through Vedic mathematic formula. As you quietly



recite your mantra during meditation, you create a vibration, which allows you to go into the spaces between your thoughts and into complete and utter silence, which is also known as “the gap”. Your mind is no longer involved in relentless internal chatter, but rather exposed to pure awareness or its deepest nature.

## **"I Am" Meditation**

IAM stands for Integrated Amrita Meditation Technique. It was developed by Sri Mata Amritanandamayi, more popularly known as Amma, who is a humanitarian and spiritual leader. Its main objective is to integrate the body, mind and breath.

IAM meditation is a combination of meditation, yoga and pranayama. It only takes twenty minutes a day to practice, so even if you have a hectic schedule, you can still do it in the morning or in the evening.

IAM meditation is actually a synthesis of traditional and time-tested methods that are ideal for the time constraints, needs and mental conditions of the modern man. It is not only taught to certain groups, but to numerous organizations all over the world. These include educational institutions, correctional facilities and corporations.

In July of 2007, the IAM meditation technique was taught to the 2.5 million residents of India. These include paramilitary personnel, business corporations and students.

Meditation is the art of mastering the mind. It is actually your mind, which decides how you perceive the world around you. During your search for happiness, you either modify your mind so you can be content, peaceful and happy, regardless of the state of the world, or you modify the world so everything can be the way you want them to be.

Obviously, there is no way you can change the whole world. That is just not possible. Nobody, not even the richest or most influential man in the world, has the power to do that. So, the only thing you can do is modify the way you view the world. You can achieve this through meditation.

The main control of your mind must firmly rest in your hands. With a strong control over your mind, you will no longer have a problem with your memories, emotions and ideas. Each time you start to feel anger, you can switch it off or change your feelings.

Whenever you have to remember something, you can recall it quickly. Good ideas can also come to you with relative ease. All these are possible with IAM meditation.

Remember that your mind is just like a machine that needs proper maintenance. If you do not maintain it properly and regularly, it will deteriorate. Sooner or later, it will no longer function the way it used to. On the other hand, if you maintain it properly, you can make the most out of it. IAM meditation is like a maintenance system for your mind.

## Taoists Meditations

Taoism is a Chinese religion and philosophy, which dates back to Laozi or Lao Tzu. It puts emphasis on living in harmony with Tao or nature. Taoist meditation is a type of meditation based on Taoism. It is basically the transformation, circulation and generation of internal energy. Its main objective is to quiet your mind and body, unify your spirit and body, harmonize with nature and achieve inner peace.

### ***How to Practice Taoist Meditation***

In general, Taoist meditation is classified into three categories: insight, visualization and concentration. You can practice Taoist meditation in three ways:

*Breathing meditation.* It is about focusing on your breath or uniting your qi and mind. When you practice breathing meditation, you have to focus your vital breath until it becomes soft. You may also do it by observing your breath quietly, just like what you do with mindfulness meditation. You may also follow specific patterns of inhalation and exhalation so that you can be directly aware of the “dynamisms of Heaven and Earth” through the ascending and descending of your breath.

*Emptiness meditation.* It is about sitting quietly and emptying yourself of all thoughts, feelings and other mental images. It is also about forgetting about everything, so you can achieve emptiness and inner silence. This state involves spirit and force that are gathered and replenished. Let all your sensations and thoughts to rise and fall as they do without following or engaging with them.

*Neiguan.* It is about visualizing the mind and body, including organs, qi, inner deities, thought processes and movements. It is a process of getting acquainted with nature’s wisdom in your body.

You can do these practices while sitting on the floor with your legs crossed and back

straight. Keep your eyes half-closed and focused on the tip of your nose. Do your best to join your mind and breathing together. If you find that this is too difficult, you can focus on your lower abdomen.

## Qigong

Qigong is the ancient Chinese health care system, which involves focused intention, physical postures and breathing techniques. Qigong comes from two Chinese words, which are qi and gong.

Qi, which is pronounced as “chee”, refers to the vital energy or life force, which flows through you and everything else in the universe. Gong, which is pronounced as “gung”, refers to skills or accomplishments that you achieved through constant practice. So, qigong is all about cultivating energy. Also, it is a system, which is practiced to improve vitality, maintain health, and heal.

The practices associated with qigong are classified into medical, spiritual and martial. Every style has three things in common. All of them involve posture, both stationary and moving. They also involve mental focus and breathing techniques.

There are practices that increase qi while others circulate it. You can use it to heal and cleanse your body. You can also store qi and release it to help other people. The practices involved in this type of meditation vary. They include tai chi, which is an internal style, and Kung Fu, which is an external style.

You can easily adapt the slow and gentle movements involved in many forms of qigong. They are doable, even for people who are physically challenged. Just like any other health care system, qigong is not a panacea, but rather an effective practice for health care. A lot of healthcare professionals even recommend it as an alternative complementary medicine.

With qigong, you can create an awareness of your being that is not part of most traditional programs. These programs usually don't involve the meridian system that is used in acupuncture. They do not put emphasis on the importance of using breathing techniques and mindful intent with physical movements either. Take note that these

dimensions are important in making the exercise more effective.

### ***How to Practice Qigong***

Qigong is usually practiced to maintain good health, heal illnesses, reconnect with the spirit and calm restless minds.

To practice qigong, you need to settle into a relaxed and full rhythm of breath first. Remember that your breath's quality is directly proportional to your practice's quality. For most people, the breath is bound by stored tension and habitual patterns.

Your objective is a state in which your breath smoothly goes in and out. Don't rush or force your breathing. Doing so will only induce tension and distract you from the practice.

Before starting, you may also want to do some stretching. You can stretch your breath by inhaling slowly for six seconds, holding it in for three seconds, exhaling for another six seconds then holding it in for two seconds. Repeat these steps for another round.

Each time you experience shortness of breath or tension, let go of the pattern until you become comfortable then go back to holding your breath in. As you get more comfortable with your breathing, you can expand it to eight seconds, ten seconds, and so on. Afterwards, go back to your natural rhythm.

Next, you have to settle your mind. Remember that your energy follows your intent. If your concentration is scattered, your energy will be scattered as well. Do not waste any time or create any tension by forcing your mind to keep quiet. Seek silence in spite of the noise that comes with your daily thoughts.

Focus your attention towards your breathing. No matter what thoughts come up, return your focus to your breathing. Eventually, your mind will be quieter and you can settle your mind as you stretch your breath.

Keep your body relaxed. Scan your body slowly and thoroughly, starting from your head to your toe or vice versa. As you scan every part of your body, you should release tension. Do this three times. Each part of your body must feel heavy, as if you are sinking into the ground.

When you are finally in a relaxed state, you can start practicing qigong, which is breath and movement in unison. Unless you are instructed otherwise, you have to maintain relaxed, deep and even breathing. Since your movements and breathing are connected, your movements must be slow. Also, maintain a deeply rooted clarity and relaxation.

However, be careful not to fixate on what you believe moving qi feels like. If you attach yourself to your thoughts, your visualizations will become fantasies.

## Christian Meditation

Christian meditation is actually a form of prayer, which is structured in a way that it encourages you to reflect upon God's revelations. It is basically a process of deliberately concentrating on certain thoughts, such as passages from the Bible, then reflecting on their meanings. Through Christian meditation, you can improve your personal relationships with God and other people.

There are Christians who tend to reject meditation because its roots come from Buddhism, which is a non-Christian influence. Nonetheless, there is really nothing non-Christian about meditation. In fact, meditation has been increasingly accepted as a practice, which promotes mental health and overall well-being.

You can describe Christian meditation as a peaceful concentration on God. As you practice this type of meditation, you can focus on a particular word or Bible verse. For instance, you can focus on the following Bible verses that refer to the practice of meditation:

*May the words of my mouth and the meditation of my heart be pleasing in your sight,  
O LORD Psalm 19:14*

*May my meditation be pleasing to him, as I rejoice in the LORD Psalm 104:34*

### ***How to Practice Christian Meditation***

First of all, you need to look for a serene and comfortable place where you can meditate without being disturbed by anyone or anything. Sit down with your back straight and your legs crossed or folded.

Keep yourself comfortable as you remain seated and close your eyes gently. Inhale and exhale regularly and calmly. Start to recite a word, such as Maranatha, which is a phrase



of prayer. You can recite it softly or silently in your head.

Recite the word in four syllables with equal lengths. “Ma-ra-na-tha”. As you recite it consciously yet gently, listen to yourself. Refrain from imagining or thinking of anything. In case images and thoughts come across your mind, recognize their presence then go back to focusing on the word.

## Guided Meditation

Guided meditation is basically meditation with a guide's help. It is one of the easiest ways to go into a state of inner stillness and deep relaxation. It is also among the most powerful ways to get rid of stress and cause positive changes.

Guided meditation is better than other types of meditation in the sense that it uses the power of visualization and the power of imagination to cause positive personal changes. Because of this, it can be said that guided meditation is actually more effective than traditional meditation techniques.

### ***How Guided Meditation Works***

You can do guided meditation alone or with the help of an instructor. If you choose to do it alone, you have to listen to a recording. Whether you are doing guided meditation alone or with an instructor, you will do the following:

First, the meditation guide will ask you to sit down comfortably. You may also be asked to lie down, depending on your situation. You have to listen to the guide as they lead you through relaxing visualizations. The more you relax and stay still, the faster your stress goes away. Your mind also becomes much clearer.

As you stay in your deeply relaxed state, your subconscious mind is opened up to suggestions. The guide will lead you on an inner journey, which is meant improve the different areas of your life.

For instance, you may be doing guided meditation because you hope to improve your positive thinking and personal empowerment. You may also be doing it for spiritual development or emotional healing. Whatever your reason is, you will be taken on a journey that will enable you to achieve your full potential and deeply relax.

Through guided meditation, you can eliminate stress, relax deeply and appreciate your

life better. At the end of your session, the guide will bring you back gradually to your awareness. You will then feel rejuvenated, relaxed and refreshed.

A guided meditation session may last for several minutes up to an hour. It all depends on how long you want it to be. However, if you want to achieve a deep state of relaxation, it is highly recommended to undergo guided meditation for at least fifteen minutes.

If you are doing guided meditation by yourself, you can listen to MP3's and CD's that feature tranquil and soft music for meditation. They may also feature white noise such as nature sounds. These sounds are usually in synch with the instructions contained in the materials.

For instance, if the instructions tell you to imagine yourself standing in the middle of a forest, you may hear the chirping of birds or the swaying of the trees in the background. If you are told to imagine yourself sitting near a waterfall, you may hear the sound of water falling from a great height. This way, you can truly immerse in your visualized scenario.

## Conclusion

Thank you again for downloading this book! I hope this information helped you learn more about meditation and its different forms and practices. Hopefully, one of these forms has resonated with you, helping you to narrow down the type of meditative practice you wish to employ on your journey toward emotional freedom and health. There are many other forms of meditation that were not discussed here. Please feel free to continue your research in discovering the practice that works best for you.

The next step is to start practicing meditation so that you can experience its benefits as soon as possible. I wish you great success as you work to eliminate the stress, anxiety, and depression you may be struggling with and embrace the joy, peace, and serenity that meditation can provide.



Yes, I liked the book!!

Yes, CJ, I liked the book and I really think it can help people.

I like the book!

Click on the button above!



No. Sorry did not like the book.

No, CJ, I did not like the book and I don't think it can help people.

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