

## Meditation Brandon

Meditation Brandon - Meditation is an ancient discipline that concentrates on quieting the thinking mind to be able to develop deep relaxation and awareness. Across the world, meditation has been practiced for thousands of years. It has several of its roots in Eastern religions and philosophy. Hinduism and Buddhism have many teachings which include meditation to be able to reach spiritual enlightenment. Other religions such as Judaism, Catholicism and Christianity use different forms of meditation through prayer. There are numerous varieties of meditation instruction consisting of: guided imagery, focusing on objects, breathing techniques, chakra meditation and mantra meditation.

For beginning practitioners, instructions concerning breathing meditation techniques are the easiest and simplest to implement. These techniques would focus the awareness on breathing as a way to be able to quiet the mind. This can be done by counting the exhalations and inhalations and by focusing on the movement of one's breath. For instance, a method for moving the breath is inhaling into the left nostril and next breathing out through the right nostril. Focusing the breath onto or into a particular part of the body is often used in healing meditations where one sends their energy into various cells which require nourishment and healing.

Guided imagery meditation is a format which usually makes use of a script read by an individual instead of the meditating practitioner. This particular form of meditation takes the practitioner on an internal journey utilizing relaxation techniques and creative visualization. Guided imagery is usually used in pain management and in hypnosis. It can be practiced in a variety of ways. For instance, some individuals find a great choice for coping with tension is to visualize a peaceful location. Other people who are working to heal emotional wounds can use this form of meditation to deliberately revisit a traumatic experience in order to facilitate the healing process.

Mantra meditation is another kind of instruction which uses repetitive sound vibration to be able to calm the mind and open the heart to achieve a higher level of consciousness. In mantra meditation, it is not unusual to utilize prayer bowls or bells along with chanting a verbal mantra like "Om" or "love." The belief behind this particular kind of meditation form is that particular tone vibrations could have a healing effect on an individual either spiritually, physically or mentally.

There are seven major chakras or energy centers located within the body. Concentrating on the different chakras is one more form of meditation instruction. Various forms of yoga utilize the chakras through the meditative and physical or otherwise called savasana parts of the practice. Typically, these are guided meditations. Normally the practitioners' focus the breath and the mind on the specific chakra using their particular color properties and visualization. For instance, someone who is meditating on the heart chakra will visualize a green spinning wheel over the chest while focusing energy in the center of the chest.

Another more advanced meditation instruction makes use of an open-eyed focus on objects. Often in this practice candles are used. The practitioner tries to clear the mind while gazing into the flame for an extended period of time. The purpose of this is to follow the fire but to keep the focus on the quality of the observation and not enabling the mind the opportunity to wander. Normally, it does not matter what the thing is. The practice is only meant to build up alertness and awareness.