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Prayer is a routine for many. However, the way one prays matters a lot. While praying people usually put forth their points and requests, but they do not wish to listen to what God says. When there is a connection established between you and the God, you can hear an internal voice. This voice answers most of your queries. Most people when they pray talk to God rather than with Him. They donâ€™t take the time to listen, in deep inner silence, for His answer. Prayer, however, to be most deeply meaningful, needs to be a two-way communication, a giving and receiving â€" like conversation. And while it would be absurd to think in terms of â€œfascinatingâ€• God with our part of the conversation, there are proven ways of making our prayers more effective. Listening is one of them. Meditation is thus that time of prayer when you are silent and listen to the voice of God.

Prayer must come from the heart. That is what I mean by conversation. As there is a world of difference between talking at someone and talking with him, so there is a universe of difference between petitioning God and including Him in the needs we feel.

Meditation is more than a practice conducted at specific times of the day. It is a habit of mind, a way of life. Try sharing your thoughts and feelings with God all day long. Listen for His guidance, His approval â€" yes, even His silent laughter within! When you share your life with Him, your meditations also will be much deeper. When people exclude the practice of meditation from daily prayer, it usually means they arenâ€™t really convinced there is anyone â€œup there,â€• listening to them. All too e their prayers become a process of simply talking to themselves.

Meditation procedure:

Sit upright, and breathe deeply through the nostrils counting 6 â€“ 12. Hold the breath 6 â€“ 12. Then exhale, again to a count of 6 â€“ 12. In this particular exercise, donâ€™t hold the breath out, but begin again immediately with another inhalation. Repeat this exercise six to twelve times.

When you meditate make sure that you are not disturbed. There should not be any distractions like sound, movement, etc. Also, one is advised to sit upright, without the support of the chair. The body should be perpendicular to the ground. Using a bead necklace while meditating and chanting godâ€™s name and praying to him, helps you maintain your focus on one single point.

If you do not know the art of meditation, learn the same by joining a session at a yoga retreat and feel the difference in your life.

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