Explore 3 Meditation Techniques for beginners to start your Meditative Journey by Rockeysheen01

Article published on February 29th 2012 | Fitness

Life is a journey full of happiness, sorrows, miseries and pains. We have become like a machine after everydayâ€™s monotonous work. It leads to enormous stress and tension in life and this is why, people cannot concentrate on their vocation that they are supposed to do. They also spend sleepless nights and find it hard to concentrate on the following day at their work place. That is why meditation is extremely significant. At first, folks find it complex to perform it since it requires a lot of attention, will power and concentration. Therefore, there are certain techniques of meditation for beginners, which allay your mind and body of the rigors of present-day life and everydayâ€™s strain.

It is a familiar misapprehension that meditation should always be carried out inflexibly with peculiar positions like lotus, multifaceted movements of the hand called mudras and by chanting vigorously as telecast in TVs or in FMs. Rather, one can make use of easy meditation techniques, and if you want to know how to meditate for beginners, follow certain steps that are discussed in this article.

It is not wrong to learn meditation in a Buddhist shrine, along with a crowd of monks. You can chant ohm with them for hours. However, this is not a practical alternative. There are also meditation books available in the market, which only contain unnecessary information about the writer and instruct the beginners to contemplate and think of nothing or some stupid stuff.

Meditation is concerned with calming and quieting down your mind. There are some ways of meditation for beginners and they are discussed below.

If you want to know how to meditate for beginners, you can relax quietly by sitting on the floor of your living room or on your bed. Close your eyes and start breathing steadily. Now count slowly on your breathing. Itâ€™s a very easy process that takes you to a high meditative state.

There are certain music CDs for meditation. Music is anyway helpful for concentration and changes your state of mind. Such meditation for beginners .i.e. these CDs sooth your brain and you get relaxed. There are also sleep meditation CDs to have a deep and sound sleep.

Know how to meditate for beginners through another process. You can place a candle right in front of you and lighten it up. It should be executed in a dark room. Look at the candle flame and start counting 1 to 100. It takes around ten minutes and you reach a certain state of meditation.

Article Source:
http://www.articleside.com/fitness-articles/explore-3-meditation-techniques-for-beginners-to-start-your-meditative-journey.htm - Article Side

Rockeysheen01 - About Author:
This Article on a meditation for beginners & a how to meditate for beginners is constructed by Rockeysheen. He has in-depth knowledge on different issues related to health and contributes his skills writing different topics related to health and meditation techniques, which has left a mark in the industry. For More Information he recommends to visit a http://themeditationmind.com/

Article Keywords:

meditation for beginners, how to meditate for beginners

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!