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Today, the world has become really competitive everyone is running after success and in order to achieve success they have to face a lot of stress and tensions. These stress and tensions are developing various health problems among the people. However, there is one way by which this stress and tension can be reduced, i.e. Meditation Techniques. These techniques help in providing peace and calmness in a spiritual manner as well as enlighten the life of the human beings. Meditation Techniques nurture an individual and transform his qualities so that he can get relaxation from the stress of day to day life. These techniques develop a positive attitude and increase concentration. Some of the popular Meditation Techniques are:

Concentrative Meditation Technique- This meditation technique is one of the most commonly practiced Meditation Techniques. In this technique you have to concentrate on a picture, sound or on your breath. Concentrative Meditation Technique can be done easily by just focusing on your breath to achieve desired results because it is said that there is a direct connection between breath and state of mind. It is usually seen that when a person is stressed, anxious, frightened, distracted, etc his or her breath is shallow where as when the mind calm and peaceful breath is deep and slow. When we concentrate on breath during meditation our mind gets involved in the process of breathing in and breathing out and as a result breathing get slow and deep thereby making the mind focussed.

Japa Meditation- This is another important technique among various Meditation Techniques. In this meditation technique we remember God by enchanting a mantra loudly while sitting in meditation posture. It helps in providing peace and calmness of mind which is very important to provide relaxation from stress and tension. You can easily combine this technique with worship or any other sitting activities that provides peace. This technique is usually performed by counting a bead string or Japa mala. This Japa mala contains 108 beads.

Healing Meditation- This technique is also one of the effective Meditation Techniques. If you want to practice Healing Meditation you will have to sit in a comfortable position. There is a belief that in this technique a light is slowly entering the body starting from feet and moving upwards. As the light moves upward it provides relaxation to the muscles as well as mind. This technique not only calms the mind but also increases self esteem and confidence in an individual.

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This Article on a meditation techniques 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/

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