



Article published on March 14th 2012 | [Health](#)

During olden times Buddhist priests believed that the art of meditation will helps to overcome our normal feelings and to reach the glorious state. This method is still followed by us. Meditation is the perfect method to relax ourselves. It not only relaxes your body but also helps to overcome mental pressure. How to meditate? The answer can be revealed by following some steps.

The first thing involved in meditation is the kind of posture that has to be followed while meditating. It is very important because it's the only thing which controls the flow of energy. Your posture should be in such a way that you should not feel any kind of pain during meditation else it will disturb the process. For a continuous flow of energy you should keep your legs crossed and join your fingers. Meditation can be done in the place where you feel peace and free from other disturbances. Meditation is all about how to reduce stress from your mind.

The second important thing in the mediation is that you should close your eyes. Some skilled persons will keep their eyes open and focus an object. But the best way is to do mediation by closing the eyes. This is done because eyes are considered to be the gateway of thoughts to reach mind. Even though mind is a creator of thoughts there should not be any flow of thoughts while meditating.

Third step involved in the meditation is to loosen up the muscles starting from forehead to jaw. After relaxing your head move to other parts like shoulders, arms, back this will release the pain from your body. Don't chant mantras during meditation because this will create thoughts in mind. Beginners need not to worry about how to reduce stress? Usually blocking of thoughts will be very difficult for starters but by practicing it will be easier for them.

Fourth and important step in the meditation process is to focus on your breathing when u feel there is a flow of thoughts in your mind. This action will immediately stop the new thoughts. Observe your breathing instead of controlling it. Because observation is the only thing that keeps your mind in one direction. Hence there should be no disturbance in normal breathing process.

Once you enter into the fifth step of meditation there will be fading of thoughts and the breathing becomes lighter. As this process continues you can feel an intense burst of energy between your eyebrows which indicates that you have entered into meditated state. At this stage thoughts and breathing will get diminished there will be only energy flow into your body known as cosmic energy. The flow of energy will be high if you meditate more often. This gives an answer on how to meditate

Once you completed it you will feel comfortable with peace in your mind and there will be no psychological problem in your mind and all these steps will be answer to the question of how to reduce stress. So don't keep yourself away from practicing meditation else you will lose a balanced lifestyle.

Article Source:

<http://www.articleside.com/health-articles/learn-how-to-meditate-and-reduce-stress.htm> - [Article Side](#)

[Doyle M](#) - About Author:

If you are looking to learn a [how to meditate](#)? Or a [how to reduce stress](#)? Kindly visit kamalifetv.com

Article Keywords:
how to meditate,how to reduce stress

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