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Learn the types of meditation and meditation techniques to connect with inner self by John James

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Given the fast paced lives that most of us live today, we have very little time for ourselves. All the hard work and running about can lead to a functional breakdown which results in health problems like diabetes, and heart disease. Psychological problems like depression are also becoming increasingly common. Hence more people are turning towards meditation in order to detach themselves for a little while from the materialistic world and connect with their inner-self. However learning to meditating can be initially difficult. So understanding different types of meditation can help you make a start.

Types of meditation commonly practiced

There are essentially two main types of meditation practiced commonly. These are Yoga Meditation and Soothing Meditation. In brief, Yoga Meditation involves efforts for spiritual liberation to help the self detach from the mind and body. Yoga Meditation also involves a system of exercises for attaining mental control and physical well being. Soothing Meditation calms the mind and helps the self understand the universal consciousness. Soothing Meditation may be carried out in different phases. During each phase an individual goes through a series of altered states of awareness, to finally attain spiritual liberation. Each type of meditation has its own set of meditation techniques. When starting out, you have to learning a few meditation techniques for beginners can be useful.

How to meditate for beginners

As stated earlier, meditation can initially be difficult. It may not be possible for you to detach yourself from your world and relax. However some techniques of posture, breathing and recitation can help you learn the art of meditation quickly. When you adopt a posture for meditation, you must ensure that you are comfortable. The posture is something that you adjust over a period of time. Trying various postures can help but most people prefer sit on the ground upright with their legs crossed. Meditation techniques for beginners like mantras, breathing techniques, and hand postures are learnt. Techniques to ensure maximum support from the environment like creating an ambience ideal for relaxation can also be learnt.

Benefits of Meditation

If you practice meditation techniques for beginners on regular basis effectively, you can heal your mind and body. Individuals who practice meditation tend to overcome health problems like high levels of blood cholesterol and are able to control chronic conditions like diabetes. Frequent meditation also helps you stay calm and handle difficulties in an efficient manner

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