

## Meditation Regina

Meditation Regina - The ancient discipline of meditation concentrates on techniques to quiet the thinking mind in order to bring about deep relaxation and awareness. Meditation methods have been practiced for thousands of years in lots of the cultures all over the world. It has several of its roots in Eastern philosophy and religions. Hinduism and Buddhism have numerous teachings that include meditation to attain spiritual enlightenment. Other religions such as Judaism, Catholicism and Christianity make use of different forms of meditation through prayer. There are numerous forms of meditation instruction including: mantra meditation, guided imagery, concentrating on objects, breathing techniques and chakra meditation.

For beginning practitioners, instructions about breathing meditation methods are the easiest and simplest to apply. These methods will focus the awareness on breathing as a way to be able to quiet the mind. This could be done by counting the inhalations and exhalations and by concentrating on the movement of one's breath. For instance, a method for moving the breath is inhaling into the left nostril and then exhaling through the right nostril. Focusing the breath onto or into a certain part of the body is normally utilized in healing meditations where an individual sends their energy into various cells that need nourishment and healing.

Guided meditation makes use of an individual read script so as to help take the practitioner on an internal journey utilizing creative visualization and relaxation techniques. Guided imagery is usually used in hypnosis and in pain management. It could be practiced in different ways. For instance, some individuals find a great choice for handling tension is to imagine a peaceful place. Some people who are working in order to heal emotional wounds may utilize this particular kind of meditation to intentionally revisit a traumatic experience to be able to facilitate the healing process.

Mantra meditation is one more type of instruction that utilizes repetitive sound vibration to be able to calm the mind and open the heart to reach a higher level of consciousness. In mantra meditation, it is not unusual to utilize prayer bowls or bells together with chanting a verbal mantra like for example "Om" or "love." The belief behind this particular type of meditation form is that exact tone vibrations could have a healing effect on an individual either physically, mentally or spiritually.

There are seven main chakras or energy centers located within the body. Focusing on the different chakras is one more type of meditation instruction. Several kinds of yoga use the chakras throughout the physical and meditative or otherwise called savasana parts of the practice. Typically, these are guided meditations. Often the practitioners' concentrate the breath and the mind on the specific chakra utilizing their particular color properties and visualization. For instance, someone who is meditating on the heart chakra will visualize a green spinning wheel over the chest while focusing energy in the middle of the chest.

Another more advanced meditation instruction utilizes an open-eyed concentrate on objects. Often in this practice candles are used. The practitioner tries to clear the mind while gazing into the flame for an extended period of time. The goal of this is to follow the fire but to keep the focus on the quality of the observation and not allowing the mind the opportunity to wander. Usually, it does not matter what the object is. The practice is just intended to build up alertness and awareness.