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INTRODUCTION

Why have psychologists and psychiatrists become extremely busy these days? The answer is pretty simple.

Research has shown that a huge number of people find it extremely difficult to cope with the stress and strain of this highly demanding world.

When they cannot find a solution to various issues, they inevitably go to qualified professionals for help and that is exactly why they have become inundated with work.

Various studies have shown that seeking professional assistance makes a positive impact in the lives of a good number of people but it has not yet succeeded fully in improving the mental health of the people up to the desired levels. That is exactly where meditation steps in.

The Universal Appeal Of Meditation

Various people process things differently. For example; eating habits of different people vary and other aspects like the way they understand information. Healing and restoring power of the people also differ with individuals.

Because of this aspect, medical practitioners and other related professionals working in the field of mental health cannot advocate the same method of treatment for all people.

In such a situation, the significance of meditation becomes all the more relevant and it can be said without any doubt that you can advocate meditation for each and every individual who suffers from stress.

It can be practiced by anybody irrespective of age or gender and the recent trends indicate that the popularity of meditation has increased exponentially, especially in the last 10 years or so.

What Makes Meditation Universally Appealing?

Meditation makes you mentally, as well as physically healthy. It influences your mind in a positive manner and when you persevere with practicing meditation, you will be blessed with clarity of thought.

Your preconceived notions and apprehensions that affect your mental health in an adverse manner will be removed. A great amount of stress and strain can always be associated with this fast paced world and you need to learn how to manage stress if you want to progress well.

A moderate amount of stress is always good because you need those valuable, powerful fight-or-flight hormones that your body produces and it can be described as a sudden burst of energy.

You should not allow the stress to go beyond a certain level and the best method of approach is to learn how to manage it. Meditation techniques will influence your bodily functions in a positive manner to keep the unwanted stress under control and with effective breath

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control; your muscle tension will be lowered to a great extent. Your blood flow will get increased and deeper level of physical relaxation will become a reality. Your immune system will get strengthened and meditation will teach you how to relax your nervous system as well.

These aspects form only a part of the huge benefits involved with meditation and the subtle way in which it works needs to be understood more deeply. As we dig deeper into this introductory guide, you will realize that meditation is the best option available to get rid of the unwanted worry and stress, normally associated with this fast paced world.

CHAPTER 1 - WHAT IS MEDITATION AND WHERE DOES IT STEM FROM?

What is meditation? When you ask this question to different people, you will get different answers.

More often than not people get confused with these answers and these types of contradictory opinions often mislead people as well.

You should understand that meditation does not belong to the monks only and everyday people can also enjoy the huge benefits involved with meditation if they are prepared to practice it properly.

Meditation techniques can be described as an approach that anyone can utilize to find solutions to various issues like medical problems, stress, anxiety and other related mental problems and, it is being achieved by way of thought, contemplation and reflection.

What Is Meditation?

Defining meditation in a few words can always be described as an uphill task. Still, the most realistic definition that can be given is that meditation is a state of mind and it will take you to a state where only consciousness and awareness will remain.

When you remove all thoughts and imagination from your consciousness, consciousness alone will remain and this pure state of consciousness can be described as meditation.

It is not an easy task and you need to be extremely committed and disciplined to achieve the desired results. Meditation encompasses different practices and all these various practices adopt different methods of approach. The basic principles will always remain the same and all good practices will always aim at achieving a state of rumination through consideration and quiet thought.

Different Types Of Meditation

You will come across a wide variety of different types of practices these days and they include Zen meditation, Buddhist meditation, prayer, transcendental meditation, Taoist meditation and mindfulness meditation.

Some methods will advise you to keep your body still or move with controlled deliberation and in the case of some other methods; you can have a free movement of the body.

You can select the most suitable method that you are comfortable with and the bottom line is that you should follow all the instructions with absolute commitment and dedication. In such a situation, managing your mental as well physical problems will become a hassle free process and it will result in improved productivity as well.

Where Does Meditation Stem From?

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Providing a definitive answer to this question is also a difficult task.

Meditation originated from the unrelenting thirst of man to answer the questions about his existence. Its origin can be traced long before mankind became civilized and Indian 'Vedas' clearly suggest that meditation was established as a spiritual practice during those times.

By 500 years BC, meditative traditions came into existence in China and it paved the way for the development of Zen tradition. With the evolution of time, both Hindu and Buddhist meditative traditions started spreading to all parts of the world and it can be said without an iota of doubt that meditation is hugely popular in all parts of the world in these days.

Meditation techniques have undergone tremendous transformation during all these years and in these days; they have been designed to improve the mental as well as physical health of the people in the best possible manner.

CHAPTER 2 - THE BENEFITS OF MEDITATION TO THE MIND

When you have a physical ailment to be addressed, you will take medicine or seek other types of medical help. What will you do when you have a mental problem like stress or anxiety to confront with?

You cannot cure your mental problems with medicine alone and that is exactly where the importance of a comprehensive and scientific method of approach comes in.

If you seek peace of mind, calmness, joy, greater energy and fulfillment in life, tablets or pills will not provide you all these benefits. Meditation is the best option available to enjoy all these benefits and it can be described as a medicine for the mind.

The most important thing is that you should make meditation a daily practise and you will have to adopt a

systematic method of approach as well.

How Does Meditation Control Your Mind?

There is no doubt our minds are notorious at wandering and switching from one thought to another. Focused attention has become an exceedingly difficult task in these days.

Various research studies by neuroscientists have shown that meditation reinforces the connections between brain cells and will result in the strengthening of the brain.

People, who meditate, show higher levels of gyrification (The process of folding of the cerebral cortex as a result of growth) and it will help the brain to process information at a faster rate. As a resulting factor, your brain will become better at improving attention, forming memories and making decisions.

Recent studies have shown that long-term meditation will improve the gray matter density in the brain stem and it will make some structural differences to cause improved

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emotional, immune and cognitive responses. Meditation also has a positive effects on breathing and heart rate as well.

So the mental benefits associated with meditation cannot be termed as unscientific and the expression of brain metabolites (linked to depression and anxiety) of people, who meditate, is completely different in comparison with other people.

Latest findings also convey the fact that meditation can always be associated with dramatic changes in electrical brain activity, especially improved Theta and Alpha EEG activity and these two aspects can always be linked to wakeful and relaxed attention as well.

What benefits does practicing meditation offer to your mind?

The most important benefit is improved attention, and stress reduction will also become a reality. It will improve your working memory and stressful multitasking activities will become less complicated as well. Your idea

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generation capacity will reach a new level altogether and meditation also plays an important role in increasing the levels of empathy.

Other major benefits of meditation include decreased anxiety, emotional stability, improved creativity, clarity of thought, fully developed intuition, greater focus, perfect balance of sharp mind and expanded consciousness, reduced tension, optimistic attitude towards life and improved peace of mind.

All these benefits that meditation offers to your mind are scientifically proven and your productivity will be improved manifold without a shadow of doubt. What do all these facts indicate? These facts clearly indicate that when you practice meditation with utmost discipline and dedication, quality of life will get improved in a significant manner.

CHAPTER 3– THE BENEFITS OF MEDITATION TO THE BODY

Everybody knows that meditation offers a lot of spiritual and emotional benefits. At the same time, it offers a lot of benefits for your body as well.

You cannot categorize the mind and body into two water tight compartments because both these components should work in harmony and keep your health at an optimal level.

A healthy mind can only be found in a healthy body and meditation always adopts a comprehensive method of approach to improve the quality of your life.

Various studies have clearly shown that long term practitioners of meditation possess more active disease-fighting genes in comparison with other people and the relaxation effect of meditation plays the most important role in providing all these health benefits.

How does meditation affect your body?

It is a scientifically proven fact that meditation offers tremendous physical benefits and the most popular benefits include reduced stress and decreased muscle tension.

Meditation will also help you to solve various health problems like binge eating, anxiety disorders, substance abuse, fatigue, high blood pressure, pain, sleep problems, heart disease, allergies and asthma and, meditation is also used as a supplemental treatment in combination with other medical interventions in these days.

When you practice meditation, your physiology will undergo a change and, each and every cell in your body will get filled with more energy.

Benefits to lungs and heart

Your rest-and-digest functions are controlled by a

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parasympathetic nervous system and meditation will cause increased activity in this system.

As a resultant factor, your lungs will start drawing deeper breaths and your heart beat will come back to optimal limits. It will result in the relaxation of your blood vessels and it is a proven fact that regular meditation will drop your blood pressure significantly. All these benefits will always lower the risk of heart disease in the best possible manner.

Right, now that we have covered the what is and history of meditation and the benefits that go with it, it's time to get into the actual meditation.

CHAPTER 4 - GETTING INTO THE MEDITATION FRAME OF MIND

How to control your breathing while removing all thoughts from your mind? Meditation will teach you how to perform this task and it offers a lot of health benefits including decreased levels of stress and increased level of concentration as well.

People, who practice meditation, often say that meditation provides them a feeling of inner peace and satisfaction. A huge number of people try it at certain point in their life and only a few people will go on practicing meditation on a consistent basis.

A good number of people often stop their efforts when they think that they cannot meditate in an effective manner or they feel that they are not achieving the desired results.

All these stumbling blocks will have to be removed when you start practicing meditation and getting into the meditation mood is the key to remove these stumbling blocks.

Make meditation an integral component of the daily schedule

A lot of people meditate only when they have some free time. When they get engaged in some other activities, most people tend to forget about meditation.

In such a situation, meditation will take a back seat and such a method of approach will not help you to get into the meditative frame of mind. A fixed time period should always be allocated each day for practicing meditation and such an approach will make meditation an integral component of your schedule..

Seek out a suitable place

A convenient and suitable place will assist you to get into the meditation frame of mind and it is always advisable to

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select an area in your home where you will be able to meditate without any distractions. You can place some aromatic candles in the place where you practice meditation. It will provide the much needed help for getting into the mood in an easy manner.

Try to bring more purpose

You should actively engage your mind to get rid of all distractions although it is rather easier said than done.

You should always wear loose-fitting clothes and full focus should be given to breathing. You should never try to control your breathing and your body should be allowed to breathe naturally. You can also try out practicing meditation with your partner and it will be a most enlightening experience for some people.

Make sure that you do not get disturbed with other thoughts

If you want to get maximum benefit out of meditation you will have to meditate twice a day and you should

always meditate during the early hours in the morning as well.

Since you have just come back up from a night's rest, your mind will be in a relaxed state and you will be able to focus more deeply. You should not get disturbed with thoughts related with your professional as well personal life and deliberate efforts should be done to bring back your focus towards breathing.

Recognize the moments of frustration

Getting impatient and frustrated is a natural process when you start practicing meditation. The most important thing is that you should recognize that you are getting frustrated and it is the first and most important step for overcoming frustration.

All these suggestions will provide the much needed help to get into the meditation frame of mind quite easily and with practise, you will be able to remove all self doubts, distractions and frustration as well.

CHAPTER 5 - MEDITATION

TECHNIQUES FOR BEGINNERS

When you start practicing meditation, you may find it difficult to sit for an extended period of time with an empty mind. Distractions are bound to happen and you need to overcome this phase with great determination and discipline.

The easiest way to get over the initial problems is to start meditation by focusing on the breath and you will have to learn this technique by trial and error method.

Sometimes, you may find hard to concentrate but you should recognize that you are not concentrating. Then your focus can be brought back to the breathing process and slowly but gradually, you will learn to focus for an extended period of time.

Concentrative meditation

This meditation technique will teach you how to focus on a single point. It can be practiced with the help of various activities like repeating a mantra or a single word, listening to a repetitive gong, looking at a candle flame, counting beads on a rosary, watching the breath and listening to a repetitive gong.

Focusing for an extended period of time can be a daunting task for a beginner and beginners should meditate for only a short period of time in the initial stages. Focusing for a prolonged period of time should be attempted in a gradual manner.

What happens with this technique is that whenever your mind gets distracted with other thoughts, you will refocus your awareness on the chosen object of attention. This simple technique will teach you how to avoid pursuing random thoughts and your ability to concentrate will get improved considerably.

Mindfulness meditation

This technique will motivate a beginner to observe the wandering thoughts as they pass through your mind. The aim of this method is not to judge wandering thoughts or getting involved with them, but to be aware of each mental note as it arises.

When a beginner practices mindfulness meditation, you will be able to see how your feelings and thoughts tend to move in certain patterns and gradually, you will become aware of the human tendency to judge experience as pleasant or unpleasant. As a beginner, when you practice this technique regularly, you will be able to develop inner balance.

Other important aspects

The best body posture for practicing meditation is to sit cross legged on the floor, keeping the spine straight and relaxed. As a beginner, you may find this body posture quite demanding and you may find it extremely uncomfortable as well.

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In such a situation, you can select a posture that you are most comfortable with like sitting straight on a chair.

When you sit for meditation, your mind may get distracted with other thoughts 100 times and you should bring it back to your focus at hand 100 times. You should be prepared to bring it back for 101 times as well and such a method of approach will help you get over all the difficulties during the initial stages of meditation.

The bottom line is that you should choose simple and effective meditation technique as a beginner. More than 99% of the people, who practice meditation, put an end to their efforts during the initial phase itself.

When you become successful in managing the initial problems, meditation will become an integral aspect of your life and as a resultant factor, quality of life will undergo a tremendous amount of transformation.

CHAPTER 6 - AVOID THESE COMMON MISTAKES WHEN STARTING MEDITATION

What are the most common mistakes that people often commit while learning to meditate? We will find out shortly.

Learning how to control our mind can always be described as difficult task and you should have the discipline and patience to learn from mistakes that you commit.

Many people give up meditation after a few days and in order to avert this possibility, you should avoid committing some of the common mistakes while practicing meditation. Here are the 5 common mistakes that people often commit:

1) Expecting faster and unrealistic results

You cannot expect dramatic results within a few days. It is a well known fact that meditation offers great benefits for your mind and body and you should adopt a systematic method of approach to make all these aspects a reality.

You should not get overly excited and regular practice is absolutely essential. The prospect of experiencing great benefits for yourself should not dominate your course of action and you should admit the fact that getting frustrated or impatient is quite natural for all beginners. The best solution is to keep on practicing in a daily manner.

2) Selecting an improper environment

An improper environment will always make your meditation session short lived and you will come across a lot of distractions. You should always select a suitable environment to practice meditation and the place that

you select should be free from all types of distractions as well.

If you are practicing at home your family members should provide all the required cooperation to make you comfortable. It is always advisable to select a soft and supportive place that is ideal for various activities like sitting or lying down and the place should be extremely serene as well. Your clothing also deserves great attention and you should wear comfortable clothing. All these aspects will make your meditation truly enjoyable.

3) Getting too experimental with various meditation techniques

After having chosen a meditation technique, you should stick with that method without getting worried about other methods. Some people try out a method for a few days and they will switch over to another method immediately after that. This habit should always be discouraged because it will not deliver the desired results. Anyhow, if you find that a particular method does not deliver results after having made determined efforts,

there is nothing wrong in selecting a more suitable method. The bottom line is that you should not get too experimental.

4) Practicing irregularly

If you practice irregularly, achieving the desired results will become a distant reality. In order to get maximum benefits out of meditation, you should meditate in a daily manner and practicing meditation should be made an integral part of your daily routine.

Those people, who are really serious towards meditation, will always consider it as a mental hygiene practice. Quitters will never win and winners will never quit. You should not quit practicing after a few days and it can be said without an iota of doubt that regular practice is absolutely essential to reap the real rewards associated with meditation.

5) Selecting an unsuitable meditation technique

The tastes and attitudes of different people vary and you

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should choose the most suitable method that will keep you relaxed and comfortable. Some people make it extremely difficult for them by selecting an unsuitable technique that will take a long time to learn and master.

Committing all these mistakes will affect your progress in an adverse manner. It is always advisable to avoid these five common mistakes to make your meditation session extremely enjoyable and rewarding as well.

CHAPTER 7 – ADVANCED MEDITATION TECHNIQUES

When you manage to overcome the stumbling blocks involved with the early stages of meditation, you can progress towards advanced meditation.

People, who have been regularly practicing meditation, should try advanced meditation techniques to intensify their experience and deeper meditation will always have more meaningful purpose than eliminating stress.

You need to perform advanced techniques with proper guidance and these techniques will help you to go beyond the physical relaxation and subconscious mind as well.

A beginner will not be able perform advanced techniques and advanced meditation can be described as a lengthy and complex process. People with superior meditation skills achieve total oneness with the universal energy and divine love will start flowing freely from them and through

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them to all people.

Meditation practices for beginners will teach you how to empty your thoughts and you will get relieved from everyday stress and worries as well. When you progress towards advanced meditation stages, you need to make use of your practice to solve issues and mental obstacles more actively and advanced techniques will teach you how to set aside your conscious mind.

Deep meditation will pave the way for the interior parts of your unconscious mind to come forward and your brainwaves will be kept below the normal sleeping limits. This journey through your mind can be described as complex task and you should decide whether you are ready to practice advanced techniques.

The ability to stay focused and conscious for a lengthy session is an integral component of advanced meditation and you cannot fall asleep throughout this lengthy session.

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In order to have a better understanding about advanced meditation, you can compare your brain with an onion and each layer gets formed throughout your life starting from your birth.

The onion consists of different layers and exactly like that, your brain also consists of different layers. The core of the onion can be compared to the instinctual, primal parts of your brain and they hold things like your need for water, sleep, food, blinking and swallowing. These parts also hold purity and innocence.

The next layer is your childhood brain and it holds the learned as well as personality traits and experiences. In the case of most people, this area contains a lot of issues and blocks that prevent them looking at life in the right perspective and they will not be aware of all these aspects as well.

It is the area that demands most work and advanced meditation will focus on this area with utmost efficiency. The outer layers of the onion can be compared to the adult brain and the outer skin represents your conscious

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mind in the form of thoughts and worries. All these layers need to be healed with the proper attention and advanced meditation techniques are the best option available to make complete cure a reality

When you become successful in evolving through all other levels of meditation, you can start practicing advanced meditation techniques and if you want to be a proud owner of a highly developed mind and soul you should practice advanced techniques.

CHAPTER 8 - SCHOOLS OF MEDITATION - THEIR BELIEFS AND PRACTICES

People from all walks of life have been practicing different types of meditation techniques for hundreds if not thousands of years. Different schools of meditation make use of different techniques but the fundamental principle of reflection and quiet thought to achieve a state of rumination will always remain the same.

Different schools of thought include Taoist meditation, Zen meditation, Buddhist meditation, Vipassana meditation, Transcendental meditation and Mindfulness meditation.

Some of these methods always advocate the importance keeping the body still while practicing and in certain methods, stimulation of the body with controlled deliberation is allowed. Some other methods will allow

you to have a free movement of the body as well.

Taoist meditation

Taoist meditation bears great resemblance to Buddhist system and this school of thought can be described as extremely practical in comparison with contemplative traditions that originated in India.

The underlying theory of this meditation is generation, transformation and circulation of inner energy. When a person becomes successful in achieving this stream of energy known as 'deh-chee', it can be utilized to promote longevity and better health according to the discretion of the person involved.

Beginners will be taught breath and navel meditation during the initial stages and it can be described as one of the oldest methods. Natural flow of breath in the nostrils and, expansion and contraction of the abdomen can always be associated with this method and your focused attention and one-pointed awareness will get improved significantly as well.

Zen Meditation

Zen meditation will advocate the importance of sitting in various positions and you will come to learn how to close your mind to thought and images as well.

Your heart rate will become slower and the intensity of your breathing will come down as well. As a resultant factor, you will get into a meditative state and your thought will become isolated.

You will be aware of the present moment only and thoughts about the past and future will not haunt you. In a nutshell, Zen meditation will guard you from the constant chatter of the subconscious mind.

Buddhist meditation

This meditation will provide you complete control over your mind and a natural balance between your mind, body and soul will become a reality. Buddhist meditation will make you completely aware of your physical body and every movement your body makes. It can be

described as an extremely disciplined practice and you should practice it in a daily manner to bring maximum benefit to your mind, soul and body. Fear will not find a place in your mind and you can always expect better concentration and focus with this method as well.

Vipassana meditation

Though Buddha was the chief architect of Vipassana meditation, this meditation is not confined to individuals with a Buddhist background. This method will teach you the best way of healing the body and mind and it is being achieved by removing toxins and other forms of impurities through the process of cleansing. You need to seek professional assistance to achieve the utmost level of purification and rumination through this method.

Transcendental meditation

It can be described as a simple and easy method to learn and practice. At the same time, transcendental meditation will bring tremendous practical benefits to all areas of life. You will come to know how to rest your mind

and body and also alleviate tiredness and stress in a natural manner.

With the help of transcendental meditation, you can reach a state of rumination in an uncomplicated manner and it will be extremely suitable for all types of people. You do not have to allocate specific time and place for practicing this meditation and it can be practiced in your home, bus or in any place according to your own preference.

Mindfulness meditation

This school of thought will teach you how to remain alert and mindful towards whatever you do and you will always have better awareness about your surroundings and diverse situations. As a resultant factor, you will enjoy a relaxed body and nervous system. This method can be applied to every aspect of your life including eating and exercising and, it will train your mind to be aware of the surrounding in the best possible manner.

CHAPTER 9 - INCORPORATING MEDITATION INTO YOUR DAILY ROUTINE

As we covered earlier, Life in this fast paced world, has become extremely demanding. A huge number of people face a lot of stress in their professional as well as personal lives and most of them are of the fact that meditation is the best tool available to alleviate stress.

Still, most people find it extremely difficult to practice meditation on a day to day basis.

How to incorporate meditation into your daily routine?

Finding a convincing answer to this question assumes an importance of paramount these days. People make lots of excuses at the time of thinking about practicing meditation and they abandon this important activity from

their daily routine. This attitude needs to be changed and you should find time to practice meditation in a daily manner. Here are some tips to help.

Start immediately

Most people complain that they do not have time for meditation because they have an overloaded work schedule at hand. The immediate solution to this problem is to allocate at least five minutes a day for meditation and by doing so; you will get the impression that it will not take away too much time from your hectic schedule.

The decision to start practice meditation should be taken at this moment itself. When you make such a decision, a new practice is born.

Practice meditation immediately after you wake up in the morning

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Most people do not like to sit still for a long time because their mind and body may not be tuned that way. It will instill a sense of aversion towards meditation and people will start making a lot of excuses.

This problem can be solved by practicing meditation immediately after waking up in the morning. After a night's sleep, you will be in a relaxed condition and sitting still for some time will not be that much difficult. You will not be prepared to make a lot of excuses as well. Training your mind and body will be extremely effective during this time and gradually, it will be converted as a habit.

Set a strong intention

First of all, you should analyze why you want to practice meditation. Figuring out the exact reason will keep you better prepared and you should visualize yourself after one year or six months. If you remain committed to practicing meditation, how will your life look after 6 months? You will have to visualize this situation and setting such a strong intention will make you committed towards practicing meditation.

In a nutshell, the process of incorporating meditation into your daily routine will become less complicated for you.

Set a fixed time and space

You should identify a serene place and fixed time for practicing meditation. When you continue to meditate on the same spot at the same time in a daily manner, you are making things easy for meditation to take root. The repetition and familiarity will eventually lead to the formation of a new habit and you can also set an alarm to have a better awareness about the duration.

All these steps will help you to incorporate meditation into your daily routine and you will be able to say good bye to the lame excuses as well.

CONCLUSION - TIPS TO BEGIN YOUR MEDITATION JOURNEY TODAY

When you realize that practicing meditation is an inevitable aspect to meet the challenges that lie ahead, you should never refrain from it. Procrastination will never allow you to march towards greater glory and you will always get stuck with the mediocrity.

Most people have not realized the true power of their minds and you should not be counted as one among them anymore. The untapped powers of your mind will have to be utilized in the best possible manner and there is no choice except practicing meditation to become successful in this highly competitive world.

When you realize your true potential, you can recreate your own destiny and that is exactly how great leaders managed to recreate their own destiny. Practicing meditation in a daily manner with proper commitment

and discipline will definitely unleash your hidden potential and you should make this all important and life changing decision today itself. To be precise and clear, you should decide that you are going to start practicing meditation today itself. Here are some important tips to begin your meditation journey today:

Realize the true significance of meditation

You need to perform exercises to improve your physical health and a good physique will guard you from all types of diseases. What about the mental health?

You should also improve your mental health with regular practice of meditation and such a method of approach will take you into a different level altogether.

Deteriorating mental health will cause all types of complications and your physical health will also get affected in an adverse manner. Stress is a silent killer and you need to defeat stress with the help of meditation techniques. You will have to realize all these important aspects before starting your meditation journey.

Re-read this guide and gain a better understanding about the benefits of meditation

You will be able to enjoy countless benefits when you practice meditation in a daily manner and they include increased concentration, improved memory, stress reduction, greater focus, decreased anxiety, peace of mind, clarity of thought, emotional stability, improved creativity, fully developed intuition, perfect balance of sharp mind and expanded consciousness, reduced tension and optimistic attitude towards life.

What would happen if you are blessed with all these qualities? You may think that it is not at all possible but the fact of the matter is that you will be able to enjoy all these benefits when you practice meditation in a consistent manner.

Prepare well before getting started

You need to identify a place where you will not get distracted and a time schedule needs to be fixed as well. You will have to practice meditation in the same place at

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the same time regularly if it will be formed into a habit. You should set a strong intention so that putting forward lame excuses to postpone your decision will become a distant reality. It is always advisable to practice meditation in the morning because you will be in a relaxed state of mind after having a good night's sleep.

When you follow all these tips, practicing meditation will be converted as a habit in a gradual manner. If you are really determined to start your meditation practice today, you are making your first step for the journey of redefining your own destiny.