

## **The Benefits Of Meditation**

If explaining to you what medication is happens to not be enough for you to dive right into it then consider what meditation can do for you by what it does for others. Meditation is something you should consider and these are just a handful of reasons why.

The largest and most profound benefit of meditation is reaching enlightenment through the Contemplation phase of meditating. Achieving this allows you to become a whole new person, one that has the ability to live a full and happy life beyond that of what a person dealing with only “normal” brain activity can.

You can learn to be more compassionate. You’ll learn how to become a good person. You can learn to be more understanding, more interesting, and more educated. You’ll also become a person that is able to enjoy their life to the fullest, knowing what is out there and what role they play in that universe.

When you can fully reach this state of being and of consciousness, the fact is that you can transform yourself and experience true Grace.

### ***Benefits You Experience***

In addition to this, there are additional benefits that can come from meditation. Here are some of the many benefits your experience.

- Meditation allows you to focus, allowing you to accomplish your tasks in a better method as well as faster.
- Meditation allows you to improve your level of stress. By reducing stress, you will make better decisions and fully handle problems effectively.
- Meditation allows you to communicate more effectively, through more defined words that ultimately lead you to a better realm.
- Meditation allows you to improve your health including helps to improve heart conditions, cancer risks, high blood pressure and plenty of other conditions. By lowering stress levels on the body, you can heal faster and more effectively from any of these experiences.
- Meditation allows you to be a better friend and family member. Through the dedication of those around you, you all can become enlightened and therefore on a higher realm of being.
- Meditation promotes health of the mind, too. By allowing your mind to enter this improved state, you can create for yourself an amazing of being, which allows you to think clearer. It helps to keep your mind sharp.

- Meditation allows you to become the real you, the one that you want to be, rather than the person that is held captive by the world around them. If you meditate, you can learn quite a bit about yourself as well as the world around you!

There are many more benefits to meditation. For each person, this experience is going to be quite unique. If you wish to find out what it can offer you, you must learn to meditate. There is nothing negative that can come of meditation and what's more there is quite a bit of good that can come out from it.

## **Meditation Formats**

As you will learn the further you look into meditation, there are many different types of meditation. Some are very ancient methods that have been used for thousands of years by various cultures. Others are much more modern and, in such, are sometimes more popular. Yet, learning about these types is something you should invest in.

Finding the right type of meditation for you is key and the process means educating yourself about the various types of meditation that you can select from.

Yet, all of these methods of meditation will fall into one of two different classifications. If you were to select meditation on any sole factors, it would be based on these two methods available.

Thoroughly exploring both of these methods of meditation can be very important to finding success. You'll need to experiment with both types, eventually, to determine the best route for you to take.

### ***Concentrative Meditation***

The first type of meditation is that of concentrative meditation. In this type of meditation, the focus is on the way that you breathe, on an image, or on a

sound. Sound, or mantra, is often used. By using these tools, so to speak, you are able to clear the mind and allow for greater awareness as well as clarity.

To focus on meditation, you'll use one of these elements to help you to focus. By focusing on it, like you would a camera lens, you can then effectively reach the state that you are in.

## **Breathing**

One method of concentrative meditation that is commonly used is that of concentrating on your breathing. It is probably the most simple of methods to use because you can do it any time without much need.

Breathing is effective because of how it plays a role in your daily life and well being. Many of those that practice other alternative medicines, such as yoga, also believe that breathing is essential to maintaining the correct state of mind. In meditation, it is believed that breathing must be regulated in order to meditate properly.

You can see this clearly in your everyday life without considering meditation at all. When you are relaxed and comfortable, your breathing is slowly and deeper. But, when you are worried, stressed or anxious, your breathing speeds up. If you are distracted, this happens as well.

By regulating your breathing, you can focus your mind and gain control over it more effectively.

But, how does breathing effect meditation? Have you ever felt overwhelmed and anxious? Where you afraid or even terrified? If so, then you may have told yourself to take a deep breath and to calm down. As you can see, you can control your own breathing.

As a tool in meditation in the concentrative methods, you can gain control over your mind using breathing. To do this, you must regulate the breathing. To do this, you'll need to focus on the rhythm of your breathing. The rhythm is the movement between inhaling and exhaling.

When you do this, sit and close your eyes. Focus on your breathing, the movement of air in and out of your body. You'll need to concentrate on that breathing and only the breathing you are doing.

Soon, your meditation on breathing will become something that helps to ease your mind. You'll see this as your breathing becomes more regular and then deeper and slower.

When this happens, your mind too is changing. It becomes quiet, calm and collected. You'll feel serenity and peace. You are also more aware of your surroundings and more likely to gain the benefits of meditation.

Breathing is just one example of concentrative meditation. There are many other forms, some of which we will talk about later in this book. Yet,