



# MEDITATION GUIDE

## SPIRITUAL MEDITATION

is an experience that takes you to the extent of who you are. You, as your real self, stripped of all the feelings you had about yourself until that point in your life. It will make you realize the boundless truth and let go of all that had happened and will happen. In the process, you experience peace and a feeling of love that warms up your being.

## TRANSCENDAL MEDITATION

is a technique for separating oneself from anxiety and building up harmony and self-realization by meditation. It is a simple and effective form of meditation that is shown by research to be quite effective at helping people manage stress, and even lowering blood pressure. It is also based around focusing on a single mantra, repeated silently to avoid distracting thoughts and develop a state of relaxed awareness.

## GUIDED MEDITATION

is a state of relaxed concentration led by another party or a teacher, in person or via audio or video.. It's one of the easiest ways to enter into deep relaxation and inner calmness, and it's one of the most powerful ways to eliminate stress and bring about positive personal changes. This kind of meditation is useful for people with no experience meditating by helping them train their focus and concentrate on breathing, and emotions.

## MINDFULNESS MEDITATION

a mental practice that teaches you to slow down racing thoughts, let go of negativity in your mind, and calm your body to release stress. Mindfulness Meditation doesn't require props or preparation, , all you need is a comfortable place to sit and three to five minutes of free time. It is the ability to be fully present in the moment and to fully engaged with whatever we're doing now – free from distraction or judgment, and aware of your thoughts in everyday life.

## MANTRA MEDITATION

is the process of focusing the mind using a sound, word or phrase recited either aloud or silently. The purpose of mantra meditation is for religious and spiritual growth, or for relaxation. It serves as a kind of mental protection against unwelcome distractions or emotions, as when battling sleeplessness or coping with fears. It is also a ritual used in many Eastern religions, including Hinduism, Buddhism, Sikhism and Jainism.

## CHRISTIAN MEDITATION

it's actively practicing the presence of God and designed to help a person focus in Him and His greatness. It is rooted in the Bible since it has been a part of it since the book of Genesis. Meditation helps you to calm your spirit and prepares the way for communication with God. Christian Meditation is becoming popular to those who consider themselves "spiritual" and to those who consider themselves not even slightly religious at all.