

Title:

Meditation: A Path To Inner Peace

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1326

Summary:

This article examines the role of meditation as one of the proven alternative therapies that i

Keywords:

inner peace, meditation, walking meditation, alternative therapies, managing stress, practical

Article Body:

Throughout history, meditation has been an integral part of many cultures. Records indicate t

Meditation is one of the proven alternative therapies that in recent years have been class

Traditionally meditation has been used for spiritual growth but more recently has beco

Meditation elicits many descriptive terms: stillness, silence, tranquility, peace, quiet, and

Meditation takes many forms in today's society. All have one thing in common. They u

Practical Steps To Begin Meditating

1. Find a place where there are few external distractions. A place where you feel emotionally
2. Wear clothing that is loose and sit or lie in a comfortable position.
3. Plan to meditate in an area that is warm and comfortable. You might want to have a blanket
4. Candles can be used to focus attention on the task at hand. If you use them, remember to b
5. Relaxation is a key component of meditation. Take a few moments to bring about a state of
6. Calm, soothing music can be helpful for inducing a state of tranquillity and relaxation
7. If you are hungry, have a little something to eat, as it is not necessary to meditate on a
8. Put your expectations aside and don't worry about doing it right.

Meditation

Mahamudra is the form of meditation that is a way of going about one's daily activities in a s

Begin by taking a deep breath. Breathe deeply and as you do expand your lungs and you

Walking Meditation

A walking meditation is simply an exercise in awareness. There are four components:

- become aware of your breathing,
- notice your surroundings,

- be attentive to your body's movement, and
- take some time to reflect on your experience when you return home.

To practice 'awareness walking' bring awareness to walking wherever you find yourself. Take n

Notice your surroundings. What season is it? Take a few minutes to listen to the noi

Pay attention to your body. Are you holding tension in your shoulders, neck, solar pl

Take some time to reflect on your experience when you return home. Five or ten minute

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