

3 Easy Meditation Techniques

Look all around you, distractions abound everywhere.

Never mind what's going on in our heads... let alone feelings, emotions, reactions. Or influences like competition, jealousy, and other negative thoughts. For these reasons alone, a meditation practice is practically essential.

Doing more, being more, achieving more, leads to a stress-filled lifestyle, with ever increasing stress levels which can result in heart problems, hypertension, among other ailments. Relaxation is exactly what the doctor should be ordering!

Relaxation can be achieved through meditation. What? Something so simple?

Yes! BUT! To be most effective, meditation is best performed on a regular basis and with an intentional mind.

Meditation practice has been around for thousands of years. Over time and through science, it has been shown to be an effective way to balance one's physical, emotional, and mental well being. Different forms of meditation have well-known physical, psychological, and spiritual health advantages. Among these advantages are enhanced focus, relaxation, and a more profound understanding of yourself and others.

If you aren't sure which type of meditation technique to try first, read these brief descriptions so you can find the method that most resonates with you, and begin with closing your eyes for just a few minutes.

Traditional Meditation

A study of the different types of meditation techniques has to start with traditional types of meditation. This type has been

around for many decades. Traditional meditation is what a lot of people think about when they think of meditation. In this type, the meditator focuses on a mantra, an object, a scripture, image, or a bodily function such as their breathing or heartbeat or movement. When the mind wanders, the meditator brings their attention back to the focus of the meditation. This form of meditation requires a long time to master the deeper levels.

Binaural Meditation

The idea behind binaural meditation is that you listen to sounds being offered to your ears in stereo. In most cases, this technique is done with a set of headphones so that each ear can receive different signals. The two signals resolve to a frequency that induces a meditative state in the listener. This method can trigger a meditative state that usually only comes with many years of practice using traditional meditation, even for a beginner. Binaural audio recordings can be found online.

Guided Visualization

A lot of people have heard of this form of meditation technique. With guided visualization, the focus is on the sound of a voice as it guides you through the meditation. When listening to a recorded guided visualization, this is usually paired with a soundtrack of some kind, often music, rain or waterfalls, ocean waves, or a combination. The soundtrack adds to the relaxation and the guide assists you get through to more profound levels easier than if you were meditating alone.

There are many other types of meditation techniques, and it is

possible to combine different types of meditation, such as doing a guided visualization might while also concentrating on breathing. Don't overthink getting started with meditation... very basically, you can just close your eyes for a few minutes and try to think of nothing. If you mind wanders, just come back to nothing, again, and again.