

## find out meditation

### Discover Meditation and the Secret Gap

Stillness of mind, improved concentration and focus, heightened clarity, increased vitality and rejuvenation, pleasure and emotional stability, increased memory and learning capability, inner peace, calm and also oneness are just some of the benefits typical practice of meditation can give you.

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Discover meditation and the key gap and you will open a doorway connecting you to your genuine self, your soul, and also leading you down the way of self realisation; that you will be one with the universe, area of the whole that is everywhere, everyone and everything.

The simplest things are often the most difficult to comprehend. Meditation is the key that unlocks the threshold to your soul, who you truly are, your purpose, experience here and the true which means of life.

Start your own personal journey and discover meditation by yourself.

What is meditation and wherever did it come from?

Meditation is the practice of focusing on a physical object or a single point of awareness. It is the practice of calming the mind to allow that you become immersed with their genuine essence; the true self that is one with all (source, world, divine consciousness, universal awareness or any other given title meaning the same).

When you will discover there are lots of approaches to relaxation; hundreds of different tips and techniques. All of these work; certainly in the beginning they will help to focus your concentration. It is, however, important never to get attached to a particular technique or object. When it comes down to it meditation is all about a publish realisation that you have discovered the trick gap that is as Wu describes; nothingness, emptiness, nonexistence. Only then are you meditating, and the key is not to understand what you have discovered but, simply allow it to be, merging with the stillness, the silence and the peace that is the pure essence of our universe.

It is the path to just about all wonder and the gate towards the essence of everything. It can only be found within, by blending with the silence, the quietness and the tranquillity of the current moment. It is discovering meditation and the secret gap which leads to a life of fulfilment, happiness, and total internal peace. Life becomes streaming, effortless, and beautiful and also you achieve self awareness which brings clarity, imagination and a deep sense associated with true purpose that is merely being.

Meditation existed prior to history was recorded. Archaeologists found ancient Indian scriptures which detailed the practice of meditation dating back eons. It is a well documented exercise of many world religions to add Buddhism, Christianity, Hinduism, Islam, Jainism, Judaism, Sikhism

as well as Taoism. Spreading from the Eastern side meditation techniques are now employed throughout the world by millions of people every day. Meditation in Sanskrit is DhyĀna and is one of the eight limbs of yoga that leads to a state of SamĀdhi (joy, bliss or peace). The physical practice associated with yoga, through the avenue in the breath, is in itself any moving meditation which again is practised by huge numbers of people throughout the world.

What are the other great things about meditation?

Studies have shown that will meditation decreases the negative effects of stress, anxiety and depression. Overall we come to be calmer, happier and more fulfilled.

Meditation improves concentration, which is essential to realising our genuine potential. Focused concentration creates great power and when our powers of concentration are usually improved we are able to use this not only for the purpose of meditating but in our other activities too. Part of achieving our goals and desires is having the ability to master our own thoughts. By calming the mind and focusing our attention, we are able to experience this personal mastery and we can begin to change and replace our unfavorable or unwanted thoughts along with positive ones. This move in our thought process aligns our own energy with that of general energy vibrations and we will begin to notice positive changes and also improvements throughout all areas of our lives.

Physically meditation reduces stress related symptoms like heart palpitations, tension and migraine headaches, disturbed sleep and nightmares and hypochondria. As stress and anxieties are reduced we are actually lowering the probability of encountering any heart related ailments.

Studies have also shown that meditation can relieve persistent pain, drop cholesterol ranges and improve blood pressure. The flow of air to the lungs increases and increases and we will experience an overall greater sense of wellbeing.

How can you meditate?

Buddhism often explains meditation as a way of 'training the mad monkey', referring to the mind as a mad goof, which is always jumping and also racing from one thought to another. During an average day we think around 64, 000 feelings!

The Buddha said through the absence of grasping one is established free. Meditation is not something you achieve by trying. Although when you begin to practice you happen to be seeking to meditate effectively, a lot more you try the more it will elude you. Meditation could be likened to holding the wet bar of soap; one minute you are holding this in your hands and the following it's slipped through your fingers.

Meditation is about letting move and to discover the secret gap you have to let everything move. Let go of any outcome before you start.

There are many meditation techniques, and over thousands of years different meditation practices

have evolved. The true importance of meditation, however, is simply to sit and be. Simply put you are going beyond the 'conditioned' mind and elevating your mind to a state regarding pure self awareness.

When you can focus on an object or even on your breath to help you to achieve this state, ultimately it is a natural process which advances over time, the essence should always be in connecting yourself with your resource. You are looking inward without really attempting to do anything but to just sit and be.

It is also efficient to meditate on particular struggles or problems we are experiencing in our lives. For example, if we want to come to a decision on a particular aspect of our existence; a career direction for example, meditating on this can help us to arrive at the answer. At times the responses we are seeking can come in to our minds almost immediately. The power of focusing concentration and also directing that focus towards a particular question or subject can produce amazing results.