



# Meditation

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## **What is it?**

Meditation is a mental technique. Some people believe that you have to be in a special contorted position or, the opposite, where you need to be seated in a way that your blood circulates easy for you to be meditating. Meditation can be successful under any circumstance; some ways may be easier for you then others. The truth is you just have to be comfortable, at least enough so that your not thinking about it. Meditation requires that you consciously put all your attention on one thing at a time, for a specified time. You have to set a schedule, know when you have started and know when you will stop. For that period of time you're consciously set on one goal or one thought. Your meditation could be in the form of a mantra or an exercise; depending on your purpose for meditating.

## **Benefits**

Meditation can help you achieve many goals. It can help relieve the stress of the moment or eliminate the stress that has built up over time. Through a quick technique you can gain control over emotions or brighten a dreary mood. When you feel like a situation is outside your control, slight changes can be made through meditation. It is very helpful in healing, in helping the mind focus before an important situation or decision. It also will gain insight into problems or challenges that you are facing.

## **Reasons to choose it**

Meditation is inexpensive, compared to mood changing drugs. When you're angered or depressed it can be a quicker solution to the situation, less painful and usually with fewer side effects. Meditation will help with the flow of your blood and you will become more familiar with the workings of your organs.

## **How to do it**

Some meditative techniques are better suited for different purposes. Using one form to serve all your purposes is possible but not efficient. I consider sleep as a meditative practice, but if you are being chased or threatened, sleeping might not be the most effective technique to prepare your self for the situation.

Sleep is a conscious attempt to rejuvenate the body; you set a time to start and a time to stop. Sleeping can be helpful in answering problems, healing and raising your mood. The sleep that is induced through drugs is only meditative if you maintain your conscious hold on it. The benefits of rejuvenation may be there, but it is small compared to a conscious attempt; while it also lacks the insight gained through dreams.

Prayer is another common form of meditation. Prayer is a mental or physical conversation addressing a deity, Higher Self, or just rhetorical. There is no requirement of folding hands or bowing of the head as long as it is done consciously. It is good at relieving stress and causing change in matters you may feel you have no control over. The problem with prayer is some may get in an uproar on why it works, but that doesn't change the fact that it is meditation.

Visualization is a technique that is used in most meditative exercises. The idea is that you pretend to see or feel what you are trying to achieve. It may be pretending that the stress from the day is a ball or figurine and seeing yourself remove it from your pocket or body, then sitting it somewhere or throwing it away. Visualization allows you to be creative and practical, though you also have to be open-minded.

Grounding is very basic and incorporates visualization. In grounding it's good to see yourself with deep roots and all your negativity and stress flowing down them and being absorbed by the earth. Seeing the stress flow down you like water and seeping into the earth works well too. Seeing manic energy flow down can also be done instead of negativity. The purpose of this meditation is to bring you closer to the earth, which is your provider, and help balance you out. It is good to finish by seeing a calm and healing light come from your roots or fall from the sky and being absorbed by you.

Centering is another basic form. The idea is to focus on what you are feeling, while blocking out the energies and chatter around you. Good for speeches and exams or just when you're feeling anxious or scared. It is a good idea to start with a quick grounding exercise to calm you down. Once your calm and balanced you maintain it by visualizing a barrier, maybe seeing your body glowing with white light or being continuously filled by the light.

Focused Breathing is written about in most every book of meditation. Breathing is a physical act and even though you can not see air, you can feel it. This meditation helps you to use visualization by having you see the air. The purpose is to calm and focus, slow your physical body, relieve stress and generally help you to relax. You don't have to close your eyes, but you do have to pretend to see the air filling your lungs. Focus on each breath, in, out and while it's swirling in your lungs. The problem with this is as you start to relax the sound of your heart and other organs become distractingly loud.

Raising Energy and moving it is a very complex form of meditation. By using visualization it is possible to cause changes in your immediate surroundings or far away. You can greatly increase your mood or heal the body. It is a good idea to stand in the sunlight and pretend that it is filling your body. When there is no sunlight then pretend that there is. This can be done for you, the room, house or building you are in, the nation, or somebody important to you. Just pretend to see them engulfed in the light. The problem with this is that it is possible to use this in a negative way.

### **Warnings and Side Effects**

Meditation is not a cure all, neither is it one sided. Just like any tool it can be used in a good way or a harmful one. If you use mantras or short phrases in your meditation, remove words like not or no. The mind ignores them when you speak them, and you can see how that would be detrimental to your purpose. Remember that it is not always an instant cure. The more you use meditation the faster you will obtain results and the stronger the effects will be.

There are side effects to meditation. When focused in meditation you may not notice what is going on around you immediately. Meditation may leave you slightly disoriented for a short duration afterwards. Spontaneous spiritual experiences have been known to happen to people that meditate, then again they happen to people that don't as well. Meditative states can cause stronger reactions to drugs and medications. The most common side effect from meditating is while in meditation, sound may sometimes be felt as a punch to the chest or solar plexus.

*Adam Wayne Lewis*