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[About The Author](#)



Introduction

Meditation is a type of relaxation that helps many of us today to [release stress and anxieties](#). Overwhelmed with so much responsibilities and activities, many of us go through extreme stress physically, mentally and emotionally.

Overtime, continuous stress that is not managed well would eventually lead to anxiety and depression. As stress is something that none of us can escape these days, learning and applying meditation is a good skill for any one of us to manage stress.

The good news is we only need 10 mins to 30 mins a day to meditate to achieve healthy and happy state of body, mind and soul.

In this book, we will share with you the easy and effective methods for meditation to achieve an overall well being to stay healthy and happy.



Meditation Benefits

[Meditation](#) is easy to do but the benefits is phenomenal, when practiced regularly. Meditation is a simple yet powerful method of healing and balancing of our physical body, mind and soul. Simply spend 10 minutes to an hour to meditate daily to achieve healthy and happier life. Take control of your life, start by meditating daily to re-connect back to your inner self.

The benefits of meditation is phenomenal and meditation is relaxing and easy. Good meditation allows us to enjoy good and healthy physical, mental and emotional well-being.

Meditation allows us to take time to be with our own self. To relax and reflect on the busy happenings and schedules of our days. Meditation allows us to focus on what is most important to us and that is to connect and be with ourselves.

Meditation allows us to relax and to focus on our breathing, our physical body, mental and emotional state of mind. Good

meditation allows us to release the stress and tension that we face daily, allowing us to enjoy the good quality of healthy and happy life.

You can start your day and end your day with meditation. Meditation in the early morning helps you to brace yourself well for your daily routines and activities and meditation at night helps you to reflect on your day and release any stress or tension faced during your day.

First, to meditate, you should make sure you are as comfortable as possible. Wash your face and hands, and take a shower if you feel uncomfortably sweaty or dirty. Put on clean, dry clothing that fits loosely, if you can.

Make sure you are in a location that makes you feel comfortable. If you feel anxiety or discomfort, you won't be able to reach the highest possible state of relaxation.

You can meditate indoors, a quiet and comfortable position, is good. You can also meditate outdoors, in a more natural settings like a quiet park, near the beach or rainforest, whichever you are comfortable with.

You can also choose to listen to some relaxing music to help you relax your mind during meditation. One can also add natural scent or essential oils to help set the natural mode settings.

The soothing music that uses the nature sounds like rainfall, ocean waves, waterfalls, thunder, the sound of birds and rainforest can be used to help you with your relaxation. The natural scent of peppermint, lavender or citrus can enhance the setting for relaxing meditation.

There are also meditation audio or video that helps guide you step by step in your meditation.



Meditation Positions

Once you have chosen your quiet and comfortable place for meditation, it is very important for you to sit comfortably for your meditation sessions.

It is very important to sit in a position that is comfortable for you to meditate, allowing you to relax. Sit is a lotus or half

lotus position, align your spine, and keep your lungs open and free for deep breathing.

Most people sit on the ground with their legs crossed and their hands resting on their knees or thighs. This is a great position, because it forces you to keep your spine in perfect alignment, but if you have medical problems, this position may not be comfortable.

If you have difficulty sitting on the floor, you can try sitting on a chair or sofa.

If you have discomfort in either position, you can use pillows in various positions. Many people prefer sitting on a pillow, and some need to place another pillow underneath their ankles to minimize discomfort.

Comfortable sitting positions are essential for proper meditation and help you relax, as you would be sitting at the same position for 10 minutes or more for your meditation session.

Meditation Techniques

There are many meditation techniques. Choose one that resonates with you best.

Proper focus is the basic to every meditation. Proper breathing and relaxing position are essential to achieve effective meditation.

There are many different types of meditation. One is not superior than another, simply choose one that resonates well with you. In this book, we will focus on 3 main meditation techniques.

They are:

Breathing Meditation

Meditation with Candle

7 Chakra Meditation

Learn and practice the meditation that best resonates with you. Continue to meditate daily to see the positive change in your life. Stay healthier and happier with simple daily meditation. Meditation is a time where we re-connect focus back to what is important to us, our body, mind and soul.



Breathing Meditation

Once you are seated comfortably for your meditation, practice these breathing techniques. There are many different types of breathing meditation. In this book, we will share with you the simple technique of equal breathing.

Start by breathing in through your nose at a normal rate.

Equal Breathing

Take a slow deep breath in, inhale the air through your nose, count to four, take a slow deep breath out, exhale the air through your nose, count to four and repeat these again for another 6 more times.

Don't try to slow your breathing down, just breathe normally. But as you inhale, notice the cool sensation of the air as it enters your nostrils.

Don't hold your breath. Let it out normally, and again, don't try to slow it down. Pay attention to the sensation of warmth as your breath leaves your nostrils and warms the skin beneath your nose.

As you inhale and exhale, keep paying attention to the coolness and warmth of the air, as well as your stomach rising and falling with each breath.

Focus and pay attention to your breath. Be aware of the rise and fall of your stomach and the coolness and warmth of your breath. Empty your mind and simply focus on your breathing, inhaling and exhaling the air.

Focus on how the inhaled air fills your lungs with the positive air breath in and push out any negativity through your exhalation.

If you still have a hard time concentrating well, there are a few things you can do to make it easier. Audio or music is one thing that may help you focus and meditate better.



Meditation with Candle

It is normal to get distracted during meditation. To prevent from getting distracted, candle meditation can be used. Focus your sight on the candle flame for this meditation technique. This method of meditation helps you focus on the candle flame during meditation.

This candle meditation is best carried out during the early morning or practiced in the night, just before going to sleep. It is advisable to do this meditation with empty stomach.

Choose a closed room without breeze nor wind from fan to ensure steady flame on the candle.

Prepare a piece of damp cloth to wipe any tears from your eyes. Place it next to you. Place the candle 5 feet distance from you. The candle flame should marginally adjusted to sit your direct sight, at the level of your eyes. It is advisable for you not to wear spectacles or contact lenses during this meditation.

If you are not able to see the flame without your spectacles, then do put on your spectacles for your sight.

Close your eyes and focus your attention on your breath. Calm yourself and give yourself a clear instruction to gaze at the flame without blinking your eyes.

Open your eyes and start looking at the flame , ensuring no blinking of eyes, where possible. The flame will capture and hold your concentration. Continue gazing the flame for about 2 minutes, remember to bring your attention back to the flame if you wonder away.

After a while this gazing will stimulate tear glands in the eyes. When one of your eyes start shedding tears, place the soaked cloth and wipe the tears from the eye towards your ears, while the other opened eye continue to glaze at the flame. Continue this about 5 times.

Close both eyes and slowly bring your attention to the center of your eye brows. With closed eyes, visualize the image of the candle flame shining at the center of your forehead and chant OOMM two times

Do not practice candle meditation if you are too tired, taxing your eyes. Do not overwork your eyes with over practicing on candle meditation.



7 Chakra Meditation

There are [7 main chakras](#) in our body. Chakra is also known as the center energies of your physical body. You can choose to practice this 7 chakra meditation to help you heal and balance your body, mind and soul.

There are 7 main chakras or energies centres of the body. When meditating, breathing properly and visualization are important to balance and cleanse these main energies of the body.

Sit in a comfortable and quiet place. Sit in a lotus or half lotus position to start your meditation. For beginners, it is best to use audio to guide you on this meditation.

The audio can be obtained from youtube or any centers or association that offers music for meditation.

Start the meditation with feelings of gratitude to the mother earth, slowly connect yourself to the grounding of mother earth.

Visualize mother earth providing the positive energies to balance and heal your chakras, washing away any negative thoughts or feelings and replacing them with positive energies of love to balance and heal each chakra and every part of your body.

You can visualize the balancing, cleansing and healing through the different location of the chakra and the different colours that represent each of the chakra.

They are:

The root chakra which is located at the center of your spine, and visualize colour red at your root chakra when meditating for healing and balancing of this chakra.

The sacral chakra which is located beneath the navel, and visualize the colour orange when meditating for healing and balancing of this chakra.

The solar plexus chakra which is located at your abdomen, slightly above the navel, and visualize the colour yellow when meditating for healing and balancing of this chakra.

The heart chakra which is located the center of your heart, visualize the colour green when meditating for healing and balancing of this chakra.

The throat chakra which is located at the center of your throat, visualize the colour blue when meditating for healing and balancing of this chakra.

The third eye chakra which is located at the center of your forehead, in between your eyes, visualize the violet when meditating for healing and balancing of this chakra.

The crown chakra which is located 2 inches above your scalp. Visualize the light indigo when meditating for healing and balancing of this chakra.

Once every chakra is balanced, cleansed and heal, visualize a white light from the crown chakra, washing and re-energising each and every part of the bodies.

It is important to visualize and close each chakra. Once every chakra is now closed, balanced and heal, you can now go forth, feeling love and positive.

Conclusion

It may take several sessions before you really begin to get the hang of it, but it's important to keep it up. The best way to experience the fullest possible effect is to practice regularly.

Choose the meditation technique that work best for you. In no time, you will be able to meditate practically anytime and anywhere, without any additional help!

DISCLAIMER: This information is not presented by a medical practitioner and is for educational and informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read or heard.

 Resources

Free Meditation MP3

<https://mindconnects.org/free-hypnosis-audio-for-you>

Pure Chakra Secrets

<https://mindconnects.com/PureChakraSecrets>

Natural Red Tea Herb

<https://mindconnects.com/RedTeaHerb>

About The Author

Judy Toh

In pursuit of self healing her acute back pain, Judy Toh discovered spontaneous healing through meditation. This not only healed her of her acute back pains, it also led her on a journey to seek alternative and self-healing to help others release pain, stress and emotional issues, to lead pain-free and fulfilling lives.

Trained in hypnotherapy, she offers clinical hypnotherapy and past life regression sessions. Through these sessions, Judy is able to do what she is passionate about, which is, using alternative healing to facilitate others on their journey of self-healing, beginning from the inside out.

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