

Guided Meditation Basics



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The Essential Guide To Using Guided Meditation  
For Health And Fulfillment

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GUIDED MEDITATION BASICS

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# Foreword

**Are you among those individuals who have considered altering your life time and time again but never got around to it? Here's your chance to decelerate a bit and enjoy the soothing effects of meditation.**

*Delving Into Guided Meditation.*

# **Chapter 1:**

## *Getting Rolling with Guided Meditation*

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**Download a quality meditation to your mobile. Then, find a hushed place to meditate. Shut the door to your room and turn off the telephone.**

**By cutting down distractions, it's much easier to relax and centre which in turn deepens the meditation. This is how come so many meditators part with civilisation when going on meditation retreats.**

**Either make yourself truly comfortable, sit in an armchair or lie down. The more comfortable you are the easier it is to unwind.**

**Put on your favourite headphones, press play and shut your eyes. Meditating with the eyes shut is a different way of cutting down distractions.**

**A guided meditation is a series of easy-to-follow commands that bring you to a state of vibrant stillness. Simply relax and follow the instructions.**

**During the meditation your pulse will slow down, your body will relax and your mind become focused and calm. After the session, you'll feel invigorated.**

**The more you practise the deeper the meditation takes you. Now, when you find a guided meditation that you like, stick to it. This way you'll benefit the most from your practise. I advocate that you**

**meditate at least 2-3 times a week, all the same, if you're really serious about gleaning the fruits of meditation — choose for a session a day.**

**Meditation is fun and simple to learn. All you truly need is a 15-minute coffee break, so fitting it into a crazy busy schedule is really feasible. The thing that matters here is quality, not quantity.**

**Present yourself a soothing start of the day by listening to a guided meditation first thing in the morning or dramatically better the quality of sleep by meditating just before turning in at night.**

# Chapter 2:

## *Favourable Effects of Meditation*

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So, what should you anticipate from your meditation practise? Those of you who are into sports already recognise that physical exercise is a fantastic release. A means of getting rid of surplus energy and tension, resulting in physical and mental ease. Also, health professionals speak really highly of meditation and its total health benefits. It's widely acknowledged that deep relaxation assists in lowering the blood pressure and vitalises the mind, arousing physical and mental well-being.

If you find it hard to fall asleep at night, guided meditation might be just the tool you've been seeking. When the mind is truly active it's hard to relax, let alone falling asleep. Thinking of work or personal troubles are common causes of insomnia.

Physical and mental stress brings us out of balance. So, how do you fall asleep after a crazy busy day at the office? One approach is to keep the stress below a critical level throughout the day, by not letting it to turn into a wildfire. Preventive measures are more effective than attempting to suppress stress that's already burning. Here, the short meditation on the commuter train or during the coffee break works wonders.

### Effective Learning

Guided meditation is likewise a powerful tool when it comes to effective learning. So, what is it that makes us sluggish and inefficient? Let's get a look at the key factors:

**-Stale air**

**-Fatigue**

**-Dehydration**

**-Hours of sitting**

**-Infrequent meals**

**-Inadequate concentration**

**See to these issues by bettering the air circulation, getting adequate sleep, drinking enough fluids, taking frequent breaks and eating regularly. A few minutes of stretching or a refreshing walk works too. Promoting biochemical balance supports overall welfare and increases your endurance also.**

**Then, let the guided meditation boost your concentration. While meditating the concentration builds a momentum not unlike a spinning gyro that can keep you studying for a couple of hours. Whenever you begin to feel mentally tired — take a light break or a power nap.**

**The key here is to experiment. So, attempt meditating prior to studying, during breaks and before going to bed at night to see what works best for you.**



# Wrapping Up

**With its might to dissolve physical and mental tension we all know that meditation is great for us — but where do you begin?**

**The great news is that you don't have to venture off into the deep jungles of Republic of India or Thailand to learn powerful meditation methods, you don't even have to join a meditation centre— just load your mobile with a quality meditation and there you are...**