

Meditation - A Priceless Gift From The Divine!

Meditation is simply a method to increase your level of spiritual awareness. In the last few years, there has been a growing interest in meditation. The benefits are scientifically proven and there are a number of different methods available. Some of these methods include the art of witnessing, mindfulness, chakra meditation, focusing on the breath and guided visualizations. [In our experience, since each person has a unique physical, emotional, mental and spiritual constitution, ones preferred method can vary greatly from person to person.](#)

[It's very important to remember that the more simple and comfortable the meditation method, the more enjoyable and satisfying your results. If you enjoy doing something with the least amount of strain and effort, chances are you will do this exercise a lot longer.](#) The more you practice, the more proficient you become and the better your results will be. I have personally been meditating since the age of 10 and if ever there's a day when I don't get a chance to meditate, it feels like I'm missing something. So meditation has become quite natural for me and I feel that it's food for my soul.

[Meditation comes from the Sanskrit word "Dhyan". When this word spread to China, it was called Chen, later on this word reached Japan and the word was changed to Zen.](#) Similarly, as the concept of meditation traveled around the world, the names and approaches were modified as well. All the great masters and sages have emphasized the importance of meditation. There are many eastern based meditation systems that provide their own methods. These include Tibetan Buddhism, Zen Buddhism, Taoism and the philosophies from Vedanta, one of the oldest eastern systems of meditation.

Among all the great world religions, meditation is practiced in smaller groups by those few individuals who have a deeper interest in the spiritual and mystical dimension. These include some orders of mystics such as the Christian Essenes, the Sufis within Islam, the students of the Kabbalah within the Jewish tradition.

The Yoga Sutras, a book compiled by the Indian philosopher Patanjali, focuses on yoga and meditation. The yoga sutras teaches specific breathing techniques known as pranayama, poses for the body known as asans, as well as various meditation techniques. Similarly, there are many other saints and sages over the course of history who have emphasized the importance of meditation.

The main goal of meditation is to increase the level over individual consciousness. Meditation helps us on all levels physical, emotional, mental and spiritual. It provides various benefits from the scientifically proven health and physiological benefits to the emotional and mental benefits. It is also the key to spiritual enlightenment.

It keeps us in the present moment and it helps us to experience each moment more fully. It is essential to this course to learn to sit in silence every day in a quiet room for at least 20 to 30 minutes, where you can detach yourself from the world. You will learn to take the short time to detach yourself from your mind, your thoughts, your computer, your cell phone, your family and your work.

You will focus on your spirit. It is the only part of you that is eternal. Everything else in your life is temporary. I personally like to meditate at night a half an hour before I go to sleep. I start out with meditation and then I like to do a healing on the planet. I call it Universal healing.

Meditation is a natural form of therapy as it allows any unneeded energy within us to surface and be released one by one. These can include harmful thoughts, fear, tension, anger, negative emotional and mental patterns, all of which may be suppressed. Recently, many famous individuals and celebrities are turning to meditation for its therapeutic benefits and are sharing their positive experiences openly.

If you walk into a bookstore, sections like self-help, new age, spirituality, philosophy, all these sections have books from authors that quite often are best-selling authors. This is helping for us to cause a shift in consciousness.

Meditation theory teaches us that each individual has an inner consciousness. Each person has an entire universe within them! The deeper we can go within ourselves, the greater our level of awareness will be. In order for us to understand the great universe around us, we must explore and understand the universe within us! The Kingdom of Heaven is within us! The ultimate goal is to achieve the deepest level of awareness within us and then use this energy from within us to transform ourselves.

Each meditation system has a point of focus or concentration. Concentration helps to steady the mind and eventually this leads to a meditative state and the unfolding of your spiritual consciousness. One can concentrate on the breath, a mantra, colors, chakras or a guided visualization.