

How to Meditate for Beginners



Meditation is a practice in which a person trains the mind or induces a mode of consciousness in order to realize some benefits. Practicing meditation brings about emotional stability as well as positive thinking to practitioners. It is a practice that has been known in recorded history for 5,000 years, with its popular proponent being Buddha. Meditations do not only relax the mind; they can also be performed to reduce the weight of practitioners. People who are practicing meditation for weight loss are expected to consider mindfulness meditation, awareness, and weight as well as their level of hunger. The practice of meditation can be performed using several techniques, including mantra, vipassana, raja yoga, chakra, and trataka meditation. Meditation can be performed without the usage of any special equipment; however, some may be used for additional comfort during practicing. Some of these equipment are the zafu, zabuton, timers, etc. To perform meditation, it is always advisable to consider the kind of dishes you eat and try not to eat tamasic or rajasic foods, as these may create impure and angry thoughts.

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