

Meditation

Market Sentiments

Web Search Interest in 1 Year (2010-2011)

Shows general market interest, attention and curiosity online about the topic.

Interest over time

[Learn what these numbers mean](#)



Regional Interest

Shows general market interest online according to geographical location

Regional interest

1.	Sri Lanka	100
2.	India	93
3.	Australia	69
4.	United States	58
5.	Canada	52
6.	New Zealand	49
7.	Singapore	48
8.	South Africa	48
9.	Ireland	46
10.	Denmark	41

Note: All results from Google Insights are normalized. So just because a particular region doesn't appear on the top Regional interest list, it doesn't necessarily mean that the niche isn't popular at all - it just means that the term is more popular in other regions.

Demographics (data based on project-meditation.org)

Demographics are the characteristics of a population. In the field of marketing, it is important to define the demographic profile of your target audience. This is to identify target audience in the overall population and to create a clear and complete picture of the characteristics of the target consumer.

The following data tells you the gender, age, children per household, education status, income levels, and other demographic insights of your target audience.



The “index” represents the delivery of a specific audience segment compared to the internet average of 100. Composition, which is represented by the % of audience figure on the left side of the chart, represents the percentage of a property’s total audience that meets a specific demographic criteria.

For example, an index of 100 indicates the target audience is equivalent to the demographic make-up of the total internet population. Any increase over 100 means that the property is “over indexed” and attracts a more concentrated group of a particular demographic group than in the general internet population.



Frequently Asked Questions

- Is meditation good medication for the effects of menstruation? Is meditation good medication for the effects of menstruation?
- What type of meditation do you recommend?
- Why can't I meditate?
- Is there any form of meditation that does not involve any sort of spirituality?
- How does meditation help to release tension?
- What kind of meditation will help me to de-stress from an extremely intense job?
- How can you achieve a deep meditation state?
- What are the different styles of meditation and how are they done?
- What are some good guided meditation and creative visualization CDs out there?
- What are the differences between astral projection and meditation?
- What is the difference between meditation and hypnotherapy?
- How effective is meditation in relaxation and thought control?
- How long does it take have a really powerful meditation experience?
- How can I keep myself from feeling sleepy while listening to meditation music?
- What are the exact benefits of doing meditation?
- Will meditation help me learn how to concentrate better?
- Is meditation scientifically proven to be beneficial?

- How do you meditate and what is meditation?
- How influential is meditation to the brain?
- How can I get started with meditation?
- What do you experience in the deeper state of meditation?
- How much time is needed to achieve meditation?
- What does one get from meditation?
- What are some good breathing instructions for meditation?
- What are the different types of meditation available?
- Is meditation good medication for the effects of menstruation?
- How can I clear my mind and use meditation to heal my body?
- How does meditation help to release tension when you actually concentrate on something in meditation?
- How does meditation work?
- What are some effective alternatives to transcendental meditation?
- What are the difference between yoga and meditation?
- What is the defining difference between meditation and hypnotherapy?
- How long does it take to see the benefits of meditation?
- What do you experience in the deeper state of meditation?
- What are good meditation techniques that will allow me to "centre" myself?
- What is a guided meditation and an example of one?
- What are the essential ingredients of real meditation?

- How do you make hypnotic meditation music?
- What is proper self paced spiritual meditation retreat etiquette?
- What is the similarities and differences between hypnosis, meditation and biofeedback?
- How is sleep different from meditation?
- What is the point in entering a deep meditation?
- What are the psychological and health benefits of meditation?
- What are some good meditation exercises and chants?
- What effective meditation techniques are there?
- Do you need to do exercises before starting meditation?
- Can meditation be used for labour?
- Is religion and meditation related?
- What's a good relaxation technique before meditation?

Problems & Frustrations

- **Difficulty in concentrating**

Okay, I am trying to connect more with the spiritual world and other things. Meditation is good for this as well as finding inner peace and things like that. Some things I have read told me to meditate for half an hour every day, but every time I try, I end up getting bored long before the half hour is up. I enjoy meditation as it calms me down, but I have a lot of trouble just concentrating on nothing or my breathing. Does anyone have any advice for my meditation?

- **Find it hard to believe in concepts behind meditation**

I've been doing breathing meditation for 15 - 30 minutes everyday, and I find it helpful. I tried to go on Buddhist websites, but in other types of meditation they mention concepts like rebirth, which I find hard to believe. Is there any other type of meditation for a secular person, which is not faith-based?

I've browsed a few books and a few things online about meditation, but most if not all of them in one form or another involve spirituality. For example, one source said to burn incense but not to look too long at it because the burning would taint your soul or something like that. Do you have any suggestions about where I can look into meditation tips that focus relieving stress and increasing focus in a practical fashion as opposed to a spiritual one?

- **New to meditation / Don't know how to start out with meditation**

I want to start Buddhist meditation. Should I start out with mindfulness meditation? What are the exact steps in doing it?

I just started meditating a week ago. I've been reading And trying to find out more about it. I hear it is effective. So I want to keep doing it to see some results.

I have read about how good meditation is for you. Especially if you suffer from anxiety issues. How do I start meditating and getting the full effect from it?

Meditation is the mind training, train the mind to stop from wandering, train the mind to still, keep the mind prolong the stillness. The mind will meet the real happiness from that stillness and enjoy - enjoy - that inside happiness. The reality will be realized that the true happiness is the peaceful mind and can have it from inside not from outside. No need to make trouble to get happiness from any one, any community, any country. The peaceful mind of every one will bring the peace to the world. I wish to attain this peaceful mind but I just don't know how to get started. Please help!

I have a lot of anxieties and I've read about , but never tried , meditation. Can anyone help me out as to how to get started and to how to do it?

I am relatively new to meditation, I have been doing mindfulness of breathing for past 3 months but for some few weeks when I am in meditation session after few minutes the area of forehead and eyes become very heavy and I feel a force is pulling that area. Please give any suggestions about it, is it normal to feel heaviness or something is wrong in my meditation, I always keep my mind-body relax in session. Please share some experience and advice on this issue.

- **Difficulty visualizing**

I've heard that meditation and visualization can help cure problematic things within the body. Every time I try to meditate instead of visualizing what I want I visualize what I'm afraid of and what I have. Its uncontrollable. I try to calm my mind and do a self-hypnosis if you will to clear my mind completely and visualize positively but my thoughts seem to be contradictive even during meditation. Can anyone give me any advice on how to meditate/visualize properly and positively?

- **Cost is high to learn meditation**

I am so depressed right now, I need something positive to cheer me up and help me remain compassionate. I want to learn to meditate, I checked with the Buddha learning center today and it cost \$60 for a session! I didn't pay, of course, I want to see if there are any alternatives.

- **Fear of possibly opening up oneself to evil presences**

The reason why I don't want to astral project is because it is possible to open yourself up to evil presences. I would be interested to know how the experience feels however to those who have tried it. Also do you think it is possible to open yourself to an evil presence while meditating? I have never heard such a thing and they always say that mediation is good for you. Is it possible to go so deep that you could actually lose yourself?

- **Don't know how to reach or having difficulties reaching a level of powerful meditation experience**

I've been meditating 20 minutes a day for about 2 months now. I have noticed that it has become way easier to turn off my thoughts when I go to meditate. But How long will it take me to get to the level to have a really vivid and powerful meditation experience?

I'm wondering how to meditate and feel like I'm in a different kind of state when meditating with full concentration, but I NEVER can. How can you like visit other worlds or something like that with meditation? What exactly happens when a person meditates really good? I don't really know much about it, so if you any more about meditation, please say so. Thanks!

I began meditating about 9 months ago, but I believe I was doing it completely incorrectly. I became obsessive about it, tried to meditate at all times, and thought I could control every thought I had. I started to become frustrated about not seeing the results I wanted. Since I've begun, I've developed a tightness in my forehead that I can't seem to get rid of, and feel disconnected from everything around me because I am always paying attention to my own though process. Can you recommend anything?

Hi, I'm having a meditation issue that's been going on for a year or so. In the past I used to always be able to induce great meditative state but now for over a year I haven't been able to get to that point anymore, where you disappear and nothing exist and you are in a deep meditative state. What could be wrong? Is there something blocking me?

- **Body posture may be wrong, resulting in discomfort**

I can meditate just fine if I am in a chair or seat that conforms to my back/neck, or if I use pillows to adjust my position. However, anytime I try and sit with my legs crossed or use no support in a chair, my back (mainly lower and around shoulder blades) aches like it never has before. I make certain my posture is as good as it can be, but after 5 or 10 minutes I absolutely cannot continue my meditation because I am so uncomfortable. It's amazing how screwed my back feels after I try, and it takes at least another 15 minutes for the pain and tension to go away after I stop. I am extremely frustrated. I want to be able to sit down anywhere and have the ability to meditate without relying on any kind of pillow or prop, but as of now it just puts me in a really bad mood. My breathing feels off as well while in this position. If I slump over in bad posture I can get a full breath in my stomach and lungs, but as soon as I straighten my posture out, I feel I can barely get a breath. I've tried researching the position and posture online, but I can't seem to get comfortable for 30 seconds. Suggestions?

- **Problem with remembering things**

Just wondering, has anyone ever had a problem with memory after meditating. I feel like since meditating my memory has gotten worse. I used to be a person who would have 2000 things on my mind and be juggling new thoughts and ideas all the time. Remembering past events and future things to do nonstop. But now I have nothing to worry about since there is just nothing on my mind. It's not really a problem, but there are so many times when I completely forget that someone has told me something or that something has happened, even if it was just a few days ago. Takes quite a lot of reminding for me to remember.

- **Cannot find peace and quiet**

I want to enjoy the healthy benefits of meditation. I'd already listened to Jon Kabat-Zinn's wherever you go there you are audio program and I was really fascinated on how powerful

meditation could be in putting your mind in the present moment. I've been practicing meditation probably for about one month now. I could see some positive results but I'm not assured if I'd really done the right way in meditating particularly the preparations that I ought to have in my meditation place. The problem is I really don't have a good place for my meditation sessions. it's really hard to stay in place where there is total silence. We had a spare room in our house and I think it's not quite conducive for meditating. It has no windows and has only one door, therefore it's quite hot in there. I had to use a noisy electric fan (you had to understand the Filipino lifestyle!) every time I use the room in meditating. Though the room is quite closed I can still hear the noisy engines of motorcycles and cars in the street. In addition there are also loud noises coming from stereos in our neighborhood. In this situation, it's really hard for me to meditate therefore I accompany my sessions with some peaceful and meditative music and I've been doing it for a month now. Now that I heard about life flow meditation and listened to its podcasts and guided meditations I've been wondering if I'd done my sessions the right way-- if I'd really had the correct mantra. By the way, I use my breath as my mantra sometimes I use some random images of mountains and seashores. Sorry for making this thread quite long but I really appreciate the suggestions you could provide as I am new to meditation. My main concern is that is it okay to use some meditative music in order to conceal the disturbing noises in my environment? Could it affect the mantra?

I don't know if it could be because of stress, in my life...but I can no longer seem to find a good meditation ritual. I used to be able to delve right into it, but, now, it takes hours to find that peace and quiet. :S Any suggestions?

- **Can't seem to concentrate**

When I relax and try to clear my mind of everything, I can block out all random thoughts, etc, but I can't seem to stop music playing in my head! This is of course more apparent when I've

listened to music in the day. But even if I stop listening to music for a day or two, when I try to meditate, some sort of music pops into my head and I can't stop it. This isn't anything audible (as in an external noise), I guess it's simply music that has impressed on my sub conscious and it replays in my mind when I'm thinking of nothing else. Does anyone else experience this and how can it be overcome?

I know some of you practise meditation more or less seriously like I do. I am not that skilled, but despite of that, meditation has granted me tranquillity, strength and peace during these hard times. But since last June or so I have had ever growing problems to focus and empty my mind. I tend to get distracted easily and also find it very hard to stop and start to meditate. I feel like I would need to fill my mind with info rather than to relax and find peace. So I wonder how I could get back to meditating as usual?

I've been meditating for about 2-3 weeks now. I feel I've been making good progress and I'm really getting somewhere. However, I've been running into a problem, and it is getting progressively worse. Every time I meditate, my awareness on my throat and mouth is getting stronger and stronger. No matter how hard I try, I cannot just forget about my throat and mouth. This is causing me to produce rather annoying amounts of saliva, thus increasing my awareness in my body, forcing me to swallow, and not letting me just forget about my body. This is getting quite frustrating, and is getting progressively worse every time I meditate. If anyone has any suggestions, or experience with this, I would be grateful for your help.

I have a question/concern. I have been having problems meditating lately. I am new to the practice and I am trying to get into the habit of doing it every morning before I go to work. Right now, I am doing meditation with the breath. When I started out, I think I was doing pretty good, I was able to concentrate pretty well (I meditate with Larimar and a big chunk

of Amethyst). I even experienced a couple weird sensations. However lately, I have been so unable to concentrate – so many thoughts are jumping into my head and I find it difficult to concentrate. Does anyone have any tips? What type of stones are good for meditation? Please help.

- **Experiencing headaches during and after meditation**

I started 4 days ago in I feel headache during and after meditation. I have some problems and I'm taking treatment it's when I was child I got abused. will this headache continue with me or it will be disappear with time.?

- **Sensitive to noise during meditation**

I am Buddhist, and try my best to practice meditation and mindfulness as often as possible. However, I find meditation a real struggle due to my noise sensitivity. My body reacts to even the slightest amount of noise. It just seems to go into a panic. I'm very hyper sensitive and react strongly to stimulus (and as such I cannot leave the house much) - though noise is the worst. However, I live in a family home where there are always people in the house, and well, they create noise. Usually when I am not meditating, I deal with the noise by using ear plugs, ear muffs, playing white noise, or playing soft classical music (which I do not find disturbing). However, when I meditate I find all of these things a distraction and so cannot use them. As such I always end up reacting badly to the noise, and it frequently means I cannot really get into the meditation. This is very frustrating, as on the rare occasions I do get silence, I love my meditations and really get into them, and feel so much better afterwards. So I guess I was just hoping that other people may have some tips on dealing with this. Does anyone else find their noise sensitivity disrupts their meditation practice? And have you found a way of dealing with it? I have tried just trying to let go, and keep my focus on the practice, but my body reacts so extremely (my heart will race, I'll get palpitations, I'll hyperventilate, and just generally feel panicky like I'm being chased by a tiger or something!) that I just don't find this cuts it.

- **Cannot breathe naturally**

I can't breathe naturally what I meditate on breathing. I forget how to breath naturally and start getting tired and often panicky because of my breathing. Can anyone help?

Lately I've been going so deep into mediation it almost seems that my breath, the sensation right above your lips and below your nostrils comes out in this white cloud and the more I try to "become" this white cloud I almost feel like dying, as is that's my life's breath, the breath/mist that animates me. Each time I try to pursue this breath I feel my lungs relaxing at this abnormal rate and my chest being compressed with this tight force almost as if you're in a life vest tightened very tightly and you're about 20 feet underwater and rising I can't explain but the similar effect applies to that situation I feel like I'm drowning within me, and sometime I see this light as if I'm underwater and the sun's rays are penetrating true. Each time I try to reach this light but when I feel like I'm about to die I falter and break back and completely break my focus. The story of Jesus walking on water and Peter faltering because of the wind comes to mind. I have obviously never experienced this in my life and I'm wondering if anyone else of you have. Whilst I'm extremely sceptic about posting this I would be denying myself an avenue of help by not posting this. Any insight will be helpful.

I want to use meditation to overcome some breathing problems I have (specifically, hyperventilation, or over breathing). The problem is that focusing on the breathe exacerbates my breathing problems. Can anyone recommend another thing I can focus on?

- **Feeling agitated and stressed after a few hours of meditation**

I started meditating about 2 years ago, but due to work and other reasons gave up for about a year and started again about 2 weeks ago. I was taught the basics in my local Buddhist

centre, during group meditation sessions and have a clear idea of the techniques and what to expect from meditation. I tend to meditate in the morning for about 20 minutes and try to do it daily, but for the past few days I've found myself agitated and stressed a few hours after meditation. Now it's not coming out of nowhere, it's as a direct result of problems or people who are doing things that I find disrespectful or unacceptable. Before I took up meditation I would tend to say nothing and then get annoyed by myself. Has anyone else experienced this (especially as a new meditator)? I'm wondering if it's my mind's way of dealing with things better, rather than store it up just let it out? But I took up meditating because I'm trying to reduce stress and agitation at the little things in life. Any insight would be appreciated.

- **Cannot breathe naturally**

I've been having some difficulties in meditation and can't understand why. First off a little background info. I have never had any experience with any kind of supernatural energies or entities. I have a natural curiosity about spirits but at the same time the thought of actually encountering such a thing terrifies me. I've been practicing meditation on and off for some time and recently began trying the chakra method outlined in another thread. No matter what method I use, I always have a sense that something bad is about to happen or is happening. I don't exactly have visions, but I have "visual impressions" let's say. Not that I can actually see anything visually it's just a sense of what something looks like if that makes any sense. Most of these "visions" are of malicious entities of some form or another or some gruesome scene. During last night's attempt along with the "impression" of some kind of spirit I got a sense that it was laughing at me. Almost like a taunt. I've never felt any kind of love, peace, or contentment during meditation. Does anyone have any insight as to why this might be? I am under the impression that meditation may lead to the opening of psychic abilities. Could it be that because I am afraid of encountering supernatural phenomena that it is my subconscious that is holding me back and rather than an actual entity that is attached to me? Maybe this is related and maybe it's not, but I will included it

in case it provides some kind of clue. Sometimes, but not very often, I will wake up in the middle of the night. I will jolt out of deep sleep and be very alert. It almost feels like there is some kind of presence in my room. It makes me very uneasy and it's not a pleasant feeling. Like I said in the beginning of the post, I have never actually seen or experienced anything that I can definitively say that is supernatural in origin. Maybe it's just me freaking out for no reason? If anyone can provide any insight I would very much like to experience the positive that comes along with meditation and move away from the uneasy feelings it produces in me.

- **Unable to enjoy meditation**

"I have been meditated with life flow 10 now for just under 2 months. I choose to do my meditation before lunch at approx 12pm every day. I chose this time of day because:

a) my mind is too busy first thing in the morning as I run a busy company and I have to get all of my ideas for the day out in the first few hours so after I get this out the way I can relax more the rest of the day.

b) I am always very relaxed in the evenings and really feel great this time of day so I wanted to do mediation at a time in the day when I am more stressed (hence why I chose mid-day)

Since I began I haven't missed a day. I have never meditated before 2 months before so it is completely new to me. But in principle I understand (thanks to Michael) what I am meant to do. I begin to mediate every day following the mantra and within a couple of minutes I can indeed solely concentrate on the mantra and it feels great. My problem is though I get so relaxed that I lose the mantra quickly and just can't stop nodding off! Which is such a shame as I can really feel euphoric when I am concentrating on the mantra! every night I sleep like a baby (8 hours every night) so it's not because I need the sleep surely? I am an active person and am never normally tired, but as soon as I listen to life flow after about 10mins I keep dropping off. I don't go into a deep sleep and the bong in the track wakes me. But because I am drowsy it is near impossible to get the mantra concentration back and I quickly

drift off again. I have tried different positions to meditate in. But the rule of thumb is the more comfortable the position the more I relax. I have tried to sit in the cross legged position but to be honest it just hurts and ok I don't nod off but I totally enjoy the meditation because I'm in pain! I am aware that I will still get great benefit from using the life flow program even if I go to sleep. But it's a real shame because I was really up for the full meditative experience but feel I am not getting the full potential because I'm falling asleep. Any of you kind people got some advice for a want to be Zen monk?"

- **Panicky when entering a deep state**

I have a problem during my meditation I have experienced being a bit panicky when I enter my deep state is there any way I could avoid this because if so then I could move on in to more deep meditation, I did give meditation a miss for a year as I wasn't as devoted but I now have found the power what makes it so lovely. Hope you guys can help.