Meditation: How to Relieve Stress by Connecting Your Body, Mind and Soul (Mindfulness, Meditation for Beginners)

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Meditation:
How to Relieve Stress by Connecting Your
Body, Mind and Soul

Free Bonus!
As a special thank you for downloading this book I’d like to send you my Meditation book that will give you some great information when using meditation for everyday living!
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Introduction

Thank you for taking the time to read the book, “Meditation: How to Relieve Stress by Connecting Your Body, Mind and Soul”.

In this day and age, it’s not easy to keep your sanity in check. With all the work you have to do, and everything else you have to handle, sometimes, your mind really suffers. And when that happens, it’ll be hard for you to continue with what you’re doing.

However, it doesn’t mean there’s no answer to your problems anymore. With the help of this book, you’d learn various meditation techniques that could take your stress away, and help you get connected to your mind, body, and soul!

When you get in tune with your mind, body, and soul, it will be easier for you to understand what’s going on with your life, and in your world. And with that, you can be a better, more productive person—and that’s exactly the kind of person you’d like to be!

Keep reading this book now to find out how!

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Chapter 1: Things to Keep in Mind before Meditating

Before anything else, you have to understand that meditation isn’t just about sitting down and thinking about a mantra—although that’s also part of it. In order to meditate, you have to make sure that you have the right attitude, which means that you need to have the following:

- A Beginner’s Mind. Even if you haven’t tried meditation before and you’re not too sure about it, always keep in mind that this experience would be good for you. Have some clamor for it. Be excited about it.
- Trust. If you do not believe in what you’re about to embark on, who will? You have to give it your 100%. You have to make sure that you believe it so that your heart would be into it.
- Patience. Meditation isn’t some kind of miracle. Even medicines take time to work—so make sure that you have patience, and that you keep on doing it. Remember that things would not work if you give up on them right away.
- Non-Striving. Allow yourself to be vulnerable. Allow yourself to feel what you need to feel; to just stay in the moment and just lose yourself in the process of meditation. Don’t push yourself too hard—you won’t be able to enjoy it that way.
- Non-judging. Do not judge whatever you observe. Remember that they’re all part of your life and it would not be good for you to be overly critical of them—or of yourself. This is your chance to let go of what hurts you—not the other way around.
- Letting Go. Speaking of letting go, you do have to remind yourself that sometimes, in order to move on in life, you have to let go of the things that hurt. Open your heart and have some courage to let go—you never know how much it’ll help.
- Kindness. Be kind to yourself, and to the moment that you’re in. Bask in it. Get lost in it. Don’t think about anything else—for now, and just enjoy the moment. Bask in everything you feel!
- Acceptance. Just because you accept something doesn’t mean you have lost. On the contrary, it means you are actually strong enough to let go of what you can no longer change—and start living a better life!
- Curiosity. Just like Alice when she got lost in Wonderland, allow yourself to enjoy what you’re doing, be curious about it, and simply forget the world for a while!

Now that’s settled, it’s time to learn about various meditative methods that you should try!

Chapter 2: Meditation for Beginners

Of course, it’s best to start with the basics. Basic meditation is all about calming the mind, and allowing yourself to enter that state of self-awareness and acceptance.

Here’s what you could do.

Sit down comfortably on a mat or on the floor, and focus on your own breathing. Just breathe; you actually don’t have to do deep-breathing, or try to count your breaths and such. Just breathe and focus on how it’s happening. Feel it coming through your nose, by your throat, or even in the chest and diaphragm. Feel your breaths. By doing so, you’re kept
grounded and you get to the point where you see that breathing is actually amazing and that it's something that keeps you alive. Bring your attention back to your breathing. Sometimes, your mind may wander off and it's best to just cut it out and focus on breathing again. Don't criticize yourself, though. Just tell yourself that you're breathing. Focus on that.

Remember to try practicing this daily, and once you get the hang of it, you can move on to other meditative exercises. Or, you can also try other mindfulness exercises as early as now because you might get to focus on them more. Check the succeeding chapters to see what this means.

Chapter 3: Meditation in Your Everyday Life

Next, you have to learn how to incorporate meditation into your daily life and your everyday activities—which is actually the easiest way for you to do it. For this, you can try simple versions of mindfulness—which include the following: Mindful Walking. Try to notice the sensations between your feet and the ground as you walk towards where you're going. Once you are doing this, you'll probably feel like your weight is actually shifting from one foot to the other. Try to get lost in that moment, and to just feel all that you can feel around you: the smell of the flowers, the feel of the wind on your hair, the feeling of sweat in your skin, etc. Mindful Communication. Try to be aware of how the voice of the person you're talking to sounds like. Make sure not to criticize but to just get back in the moment. What matters is you notice the difference in your tones. Mindful Holidays. When you're on holiday, stop thinking about the life you have to get back to, or the next holiday you're going to take. Instead, shift your focus on the given moment. Enjoy the feeling of the sun on your skin, the sand in your toes, and the fresh air around you. Be thankful for where you are at the moment. Bask in it. Allow it to enter every part of your soul. Mindful Working. Yes, it's often hard to appreciate work, but hey, without it, you might not be able to pay the bills. The key here is to understand that you are there because you are supposed to be there. The fact that there's a job handed to you means that you're actually doing something good for the benefit of others. Try to be attentive to your work. By knowing that people actually appreciate what you do, even without saying it out loud, you'll be able to push yourself to work harder and better. This way, you wouldn't have to exert a lot of effort and things would be more natural. Mindful Exercise. Be mindful of what's going on around you while you're working out. Focus attention on what you feel in your body as you run or as you do crunches and the like. Focus your thoughts on how your body reacts to what you're doing, so that you'd understand why it's great for you to exercise, and why it actually matters. Mindful Waiting. Whenever you feel frustrated while waiting in line for a cab, or while lining up in a shop, notice the things around you. What are the colors that you see? Notice how you feel. If you feel frustrated, acknowledge it, but do not let it consume you. Think of this as an exercise that you're doing to keep yourself in check while engaged in something that you cannot control. Try to focus on your breathing so you'd also be able to calm down. This way, instead of being annoyed, you'll realize that waiting is just a normal part of life—and there is nothing wrong with it. Mindful Listening to Music. Listen to your favorite song, or the song you cannot stop listening to right now, and then just listen to it. Don't just listen to the words—listen to the beat itself. Listen to both of them and think about how words and music bring a song together.

It is also said that allowing yourself to learn new things is an act of mindfulness because you're opening yourself up to a different world. The act of forgiving and accepting others is important,
Chapter 4: Understanding Urges

Everyone has urges. It is normal for a person to crave for certain things, and want things that are not always good for him. For example, even if someone is on a diet, he may feel the urge to eat junk food, or to eat a lot of carbs, even if he’s not supposed to. People are susceptible to temptation.

Learn How to Relieve Stress By Connecting Your Body, Mind and Soul

Are you constantly stressed out every day?

Do you feel as if your days are filled with too many tasks?

Are you looking for meditation techniques that could take your stress away?

In this day and age, it’s not easy to keep your sanity in check. With all the work you have to do, and everything else you have to handle, sometimes, your mind really suffers. And when that happens, it’ll be hard for you to continue with what you’re doing. However, it doesn’t mean there’s no answer to your problems anymore. With the help of this book, you’d learn various meditation techniques that could take your stress away, and help you get connected to your mind, body, and soul!

When you get in tune with your mind, body, and soul, it will be easier for you to understand what’s going on with your life, and in your world. And with that, you can be a better, more productive person; and that’s exactly the kind of person you’d like to be!

In this book you’ll find the answers to these questions and more. Just some of the questions and topics covered include

Things to Keep in Mind before Meditating
Meditation for Beginners
Meditation in Your Everyday Life
Understanding Urges
Meditating to Control the Urges
Emotional Meditation
Awareness of Senses Meditation
Understanding the Sensations of the Body
Meditating on Failure
Getting Out of the Box
Assessment and Visualization
Meditating in Nature
Kundalini Meditation
Kriya Meditation
DTWL Meditation
Connecting to Your Chakras
Meditating with the Muscles
Shamatha Meditation
Suskhma Meditation
Getting Out of the Box
Assessment and Visualization

Read this book now to find out how to relieve stress through the use of meditation!
Meditation & Mindfulness Spiritual Sacred - Amazon.com - Njus International Hara Line Reiki - Felix Meier - As you breathe out, sigh to release the tension in your body. A tool for finding a peaceful oasis of relaxation and stress relief in a demanding, fast-paced world. The primary focus in this Mindfulness Meditation is your breathing. This is a meditation for connecting you with your Inner Spirit... your essence or core Self.

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