



Process of Meditation

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Swami Rama

I pray to the divinity in you.

The process of meditation the whole method should be very systematic. If it is not systematic then you find there here there are many levels you have to fill on.

When you meditate, meditation word means to attend is just like medical and you are attending something, you are attending with full attention with one pointed mind and for making mind one point that are not allowing it to be dissipated.

You need to understand that meditation needs freedom of mind the day you are worried the day your mind is tired you cannot meditate so for that relaxation is necessary.

But relaxation and meditation should not be mingled but to learn to understand so do every day regularly at the same time without any break you should firmly establish yourself and practice medication.

What is important in your life if you are using meditation as something which does not have an importance in your life then you only in much but if meditation is the most important part of your life the definitely meditation is a leader.

And see meditation is not thinking it's not worrying to let you learn them as you know the method of relaxation relax yourself the same then when you learn to relax you find out that your breath is treating tough problems for you breathing has a simple rule let you learn to breathe in.

A way so that your body does not retain carbon dioxide you just care whenever you are worried whenever you are in dumps whenever you are not your mind is not functioning well whenever you cannot write well when you cannot think.

Decide well will just learn to breathe deeply according to your comfortable capacity again you will find a fresh yourself and find that your mind is functioning properly.

So it is good for you to do breathing you see the way it has been taught to you or breath awareness where you learn you see to deal with your pets so that your breath becomes serene and does not create a barrier for your mind.

When mind starts flowing through dealing without any obstruction with your breath then you come to know that mind is free enough and then you can leave that you see that part of mind to another dimension yes.

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But the purpose of meditation is to make you aware of the center of consciousness and that awareness should be constant awareness, five minutes you become sage and another 24 hours 23 hours and you see 55 minutes you lose that synchronous that does not help.

Meditation in calmness quietness and in silence should lead you the state of tranquility so that you can function well in the external world so that you can do meditation in action all the time meditation in action means being with your Center and functioning in the world so that nothing affects you.

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