

## Meditation Winnipeg

Meditation Winnipeg - Meditation is an ancient discipline which concentrates on quieting the thinking mind to be able to develop deep relaxation and awareness. Across the globe, meditation has been practiced for thousands of years. It has several of its roots in Eastern religions and philosophy. Buddhism and Hinduism have numerous teachings which include meditation to be able to reach spiritual enlightenment. Some religions like for instance Christianity, Judaism and Catholicism utilize various types of meditation through prayer. There are many varieties of meditation instruction including: guided imagery, concentrating on things, breathing techniques, chakra meditation and mantra meditation.

For beginning practitioners, instructions about breathing meditation techniques are the simplest and easiest to apply. These techniques would focus the awareness on breathing as a means so as to quiet the mind. This can be done by counting the exhalations and inhalations and by focusing on the movement of one's breath. For instance, a method for moving the breath is breathing in into the left nostril and then exhaling through the right nostril. Focusing the breath onto or into a certain part of the body is normally used in healing meditations where an individual sends their energy into various cells which need healing and nourishment.

Guided imagery meditation is a format which normally makes use of a script read by a person instead of the meditating practitioner. This particular type of meditation takes the practitioner on an internal journey using creative visualization and relaxation techniques. Guided imagery is usually utilized in hypnosis and in pain management. It can be practiced in different ways. For example, some people find a great choice for handling tension is to picture a peaceful spot. Other people who are working so as to heal emotional wounds could use this form of meditation to deliberately revisit a traumatic experience so as to facilitate the healing process.

Meditation with mantras are another type of instruction utilizing repetitive sound vibrations to be able to help quiet the mind, while opening up the heart to receive a higher level of consciousness. It is not unusual to use bell or prayer bowl in mantra meditation together with verbal chants like "Om" or "love." The belief behind this particular kind of meditation form is that specific tone vibrations can have a healing effect on an individual either spiritually, physically or mentally.

There are seven main chakras or energy centers situated inside the body. Focusing on the different chakras is another type of meditation instruction. Various forms of yoga make use of the chakras in the meditative and physical or savasana parts of the practice. Usually, these are guided meditations. Normally the practitioners' focus the breath and the mind on the specific chakra using their particular color properties and visualization. For instance, someone who is meditating on the heart chakra would visualize a green spinning wheel over the chest while focusing energy in the middle of the chest.

A more advance meditative practice utilizes a focus on particular objects. Candles are an object which is normally used. While gazing into the flame the practitioner tries to clear the mind. The objective of this is to follow the fire but to keep the focus on the quality of the observation and not allowing the mind the chance to wander. Normally, it does not matter what the object is. The practice is only meant to build up alertness and awareness.