

MEDITATION

One of the best health investments you can ever make THE HUSIA:BOOK OF KHETI
VIII.

Well cared for is humankind who are the flocks of God.

WHAT IS MEDITATION?

Meditation is a method or practice that helps us realize our oneness with the source of all creation. Meditation helps us recognize the Divine Presence of the Creator that is within. Meditation is a healthy, free practice that everyone can participate in. It is a technique which leads to a progressive settling down of the mind into a field of silence and profound rest. It is a state of rest, which is different from any other state. Meditation every day is a tool for life enrichment.

We gain Spiritual mastery and self-discovery through meditation.

If we train in meditation systematically, eventually we will be able to eradicate from our mind the delusions that are the causes of all our problems and suffering. Often we find it difficult to control our mind, but by training in meditation, we create an inner space and clarity that enables us to control our mind regardless of the external circumstances. Gradually we develop mental equilibrium and a balanced mind.

WHAT ARE SOME OF THE BENEFITS OF MEDITATION?

1. Give us more energy
2. Help us sleep better
3. Restore a feeling of balance
4. Make us feel younger, people who meditate age less chronologically
5. People who meditate have a 560/o reduction rate in hospitalizations
6. Improve concentration
7. Improve visual acuity
8. Improve the function of the Immune System
- 9- Promote the healing process
10. Decrease anxiety
11. Increase alertness and intuition
12. Help you let your light shine

WHAT ARE SOME MEDITATION TECHNIQUES?

Silence	Music
Breathing	Color
Movement	Guided
Loud	Candle
Body Meditation	Progressive Muscle Relaxation
Visualization	Mantra
Meditations	Transcendental Meditation
Yoga or Tai Chi	Affirmations

WHAT IS THE BEST MEDITATIVE PRACTICE?

The answer is the practice that works the best for you and seems to give you the most benefits.

It is very beneficial to combine some of those techniques, as they will differ in their primary benefit.

MEDITATION

Guides us on a journey of fulfillment

THE BOOKS OF COMING FORTH BY DAY: THE DIVINE IMAGE OF HUMANS

For the divine nature is already there, it simply has to be cultivated through

Through teaching and Maatian social practice.

Taking a slow deep breath can very effectively help us to calm down when we are anxious angry, or in the grip of any other stimulating emotion. It works even better when coupled with a calming thought that counteracts the thoughts that stirred us up in the first place.

BREATHING MEDITATION

When you find yourself tense or anxious, practice calming yourself by modifying your breathing.

Take a deep breath. Inhale fully and hold it a moment. Then exhale. If circumstances permit, this can be an audible sigh. Or exhale silently as if you were sighing. Let go of the breath as if you were releasing your grip on a heavy weight. Just let it drop.

Tell yourself to "Relax and Breathe."

*Breathing in, I cherish the life I have been given
Breathing out, I cherish life of others.*

*I breathe in cherishing of the self.
I breathe out cherishing of others.*

*Breath in peace.
Breathe out love.*

LEARN TO VISUALIZE YOUR PATH

Learn to visualize what you would like to see happen in your life.

Visions can help create our future and guides us along the path. If we have a picture if where we're going, it will help us know when we get there.

Learn to use your imagination to create the life you want.

Use your mind and your imagination, in connection with your heart, to create a picture of future.

REFELCTIONS

Whatever we concentrate our thoughts on and believe in takes shape in some form in our lives.

BE GRATEFUL

Give thanks for you blessings always, no matter what comes your way.

Make a gratitude list and review it on a daily basis.

Know "I AM Too blessed to be stressed and anointed to be disappointed!"