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This book is intended for use as a practical advice of achieving mental vs spiritual balance, self-confidence, peace of mind, taking control of depression, stress and panic. All readers are advised to apply techniques as described for themselves, their loved ones and all others willing them to use.

You are encouraged to print this book for easy reading.

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# Foreword

Meditation is among the proven alternative therapies. It may be broadly classified under the mind-body medicine.

More and more doctors are ordering meditation as a way to bring down blood pressure, better exercise performance in individuals with angina, help individuals with asthma emit easier, relieve insomnia and commonly relax the everyday stresses of life.

Meditation is a safe and easy way to balance an individual's physical, emotional, and mental states. It's easy; but may benefit everyone.

The utilization of Meditation for healing isn't new. Meditative processes are the product of diverse cultures and individuals around the world. It has been rooted in the customs of the world's great religions.

As a matter of fact, practically all religious groups rehearse meditation in one form or a different. The value of Meditation to relieve suffering and raise healing has been known and practiced for 1000s of years.

It has been scientifically demonstrated that meditation works.

***Meditation Mystery and Mastery***

# **Chapter 1:**

## ***What Is Meditation***

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### **Synopsis**

Peace is an important feature in any context. Attaining peace from within and from the surroundings has always been a much sought after interest.

Being such an important element to the general well being of anything, much research has been put into finding the best and most effective way of attaining peace, and if a method is found that is cost free, even better.



## **The Basic Info**

Meditation is one such method, which is not only “free” but it can be practiced anywhere, anytime and by anyone. Meditation is a form of bringing out the inner peace from within in a positive and somewhat spiritual way. Meditation is done with the goal of creating a positive and peaceful state of mind which allows the emitting energy to transcend into other areas in a positive way. Meditation is also a natural way of inducing and harnessing positive energy from within.

Everyone goes through certain phases in their lives where negative energy is abundant. If one does not address this negativity it can lead to further problems some of which may be hard or impossible to reverse. The discovery of meditation playing a positive role in helping

to focus the mind, using simple techniques is very encouraging. In meditation, recognizing the negative thoughts and consciously meditating to change those same thoughts, into positive and peaceful thoughts, keeps the balance of existence at optimum levels.

Patience is a prerequisite when attempting to try meditation. The individual must develop the skill to calm both the body and mind to reach the level of connection required to induce the clear state of mind needed. Being impatient may cause the uncomfortable pressure which will further stress the individual and produce the opposite results instead.

Meditation has been known to have many benefits some of which include peace of mind, calmness, keeping stress in check, good health, a happy disposition and many more.

## **Chapter 2:**

### ***How the Power of Meditation Heals***

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## **Synopsis**

Being able to manage stress and other elements effectively is something that everyone should be able to do. However more often than not, people tend to allow their immediate feelings to control their reactions, and thus making an already unpleasant situation worse.

Bad energy or negative energy is always present therefore leaning how to control this to a certain extent with positive energy is well worth looking into.



## **Healing Powers**

Meditation is a form of stress management, consciously creating positive energy to “fix” or prepare the mind with peaceful and calm thoughts to combat the outside contrasting elements. Meditation gives the individual a certain initial percentage of control over how to react to emotions and feeling. A more experienced meditation practitioner can increase the initial percentage to a higher level of control. This then can help increase the capabilities of the individual to totally change the mindset to a positive energy frequency when faced with any adversity.

In effect, this gives people back the control over their lives and situations they face because of the ability to change their mind set in facing anything that comes.

The practice of mediation has been known to be a benefit in many areas. Because stress is a dominant factor in causing almost every negative medical condition, mediation is highly encouraged in this area. Less stress = less problems.

In attempting to pursue the state of total spiritual insight and happiness, meditation is often a common practice. The ability to clear the mind of all “clutter” and induce the connection of oneness with body and mind creates the platform for successful spiritual atonement.

Meditation also helps an individual to develop a state of perpetual relaxation. Over time this will evolve into an automatic practice whenever the feeling of unease or negativity occurs.

# Chapter 3:

## *Using Meditation For Pain Management*

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### Synopsis

Most medical conditions come with the very unpleasant side effects of having to endure pain at some degree or another. Even if the medical condition is fairly mild, the mind can cause to pain to seem overwhelming and unbearable. This can then either hinder or further complicate the healing process because of the mental stress it brings about.



## **Get Your Pain Under Control**

Medication is one avenue, some medical partitions advice their patients to embark upon to help them keep their pain under control.

Most successfully practiced meditation sessions attest to the fact that the overall results helps each individual to decrease their focus on the pain and refocus it to other more pleasant things. In doing so the individual is able to move on in life, in a more manageable state.

There are several methods of how to use meditation to control pain. One method is where the mind is brought to a clear and calm state and then, it is trained to focus on each specific body section, starting from the toe to the head.

In this state, the mind is then taught to shift the focus of the pain area to another part of the body which is not in pain. Even more in-depth experienced practitioners train their minds to erase or block out the pain altogether and instead focus on something else that can transcend positive energy into this the exercise.

This form of meditation, calls for the individual to be able to train the mind, to address specific areas in the body. There are also some claims made to the effectiveness in using the mind and meditation to “fool” the body into relieving itself of the pain. When a totally positive mindset is accomplished the mind will no longer dwell on the pain or injury.

# Chapter 4:

## *How To Use Meditation For Panic Attacks*

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### Synopsis

Pain attacks are very similar to panic attacks. They both just occur when you least expect them to, and are both very inconveniencing to say the least.

Panic attacks can in some cases be quite extreme and cause the individual to lose all mobility and presence of mind, which can then lead to other negative repercussions.



## **Panic Attacks**

Therefore learning to manage panic attacks would be both a mental advantage and physical advantage to any one going through this regularly. As the mind plays an important role in all of this, the focus should ideally start there.

What and how the individual thinks and interprets situations that bring on the panic can affect the level of panic suffered. If the person perceives the panic attack to be intense, then the situation in the mind's eye will be manifested as just that – intense.

However if the individual is taught to practice simple relaxation techniques to address the panic attack immediately, then the mind will also follow suit and start to visualize the panic decreasing as the corresponding elements are brought under control.

These techniques include a mental visualization of the functions of the body to influence the physiology of the body. With meditation one is then taught to “influence” the changes needed to induce the better blood flow, heart rate, immune system and thus effectively addressing the state that bring on the panic attack.

As panic attacks are usually brought on by perceptions, meditation teaches the mind to attain a level of mindfulness. The technique involves accepting, acknowledging and letting go of the immediate and focusing instead on the individual consciousness. Breathing deeply and slowly, while all the time being conscious of this exercise, takes the focus away from the panic and settles the body and mind.

# Chapter 5:

## *You Can Get The Benefits Of Blood Pressure Control With Meditation*

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### Synopsis

Meditation has also proven to be used with very successful results in controlling blood pressure. A popular form of meditation often referred to as transcendental meditation is usually practiced with success.

Using meditation to control blood pressure also comes with the added advantage of decreasing the dependence on other medical treatments like drugs and other unnecessary pills.



## **Connection To Mind**

The focal point in using meditation to keep the blood pressure under control is the use of breathing exercises couple with the oneness of body and mind.

Actually “feeling” and “hearing” these deep breathing exercises through the transcendental meditation style, the body elements get to correct the balance and restore the blood pressure to normal.

It is an accepted fact that the state of the mind has some influence on the functions of the body. With the relaxed state brought on by the mind through meditation, blood pressure can be controlled because the breathing exercises produce deep relaxation which causes the blood pressure to stabilize.

The stress hormones which build up over time and circumstances can then be dissipated and even eradicated altogether with the regular practice of meditation.

During this relaxed state, the production of nitric oxide, a gas in the blood that regulates the blood pressure levels can assist it to expand. This is necessary to achieve relaxed balances in the blood chemistry, in reducing acidity and keeping the blood pressure at its optimum levels.

Some medical researchers have documented proof that the transcendental meditation techniques impact the sympatric nervous system, resulting in the reduction in blood pressure reactivity to acute stress.

When this meditation style is regularly practiced the decreased cardiovascular activity will eventually produce results that can successfully control the blood pressure levels.

Thus as an alternative to long term medications, the meditation style therapy gives the individual a risk free option.



# Chapter 6:

## *Meditation Can Control Depression*

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### Synopsis

Depression is another area where the use of meditation as a treatment or therapy can be explored.



## **Lighten Your Mood**

Depression can be quite a devastating disease, more so because the sufferer would be hard pressed to find sympathy in this fast paced and eternally busy world. Often overlooked as a nuisance, depression can become an out of control problem if a solution is not found.

Of late many medical practitioners have started to advocate the use of meditation to compliment the prescribed medications the individual patient is on.

As there are many different types and levels of the depression disease, some quarters disagree with using meditation as a tool to combat depression. The basis of the argument is that some depression states are brought on by the presence of the chemical imbalance in the individual's body system.

However upon understanding the tenants of meditation this argument can be refuted. Reason being the chemical imbalance can be altered when the mind teaches the body to keep itself in perfect balance, peace and harmony.

In fact there are two specific meditation styles that have become very popular with regard to treating depression. The Mindfulness of Breathing and Metta Bhavana Meditation methods currently practiced with documented successful results.

The basis of the Metta Bhavana meditation style is in the encouragement of the individual to love themselves and those around. Through this method, the understanding that love for one's

self comes for within and not from others, helps to focus the mind on building on this truth.

In the Mindfulness meditation technique, the focus is on learning to breathe deeply and “feeling” it completely, thus bringing the mind into a different realm of awareness.

Both these methods link the body and mind with the positive energy emitted through the meditative state.



# Chapter 7:

## *Boost Self Confidence With Meditation*

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### Synopsis

Most people go through life blending into the background. They avoid any circumstances or conditions that would require their participation for fear of being mocked or embarrassed.

These are the trait of low self esteem, lack of confidence in one's self and generally just having the qualities of an introvert.



## **On The Road To Self Esteem**

Surprisingly meditation can help in this area too. Meditation helps you become more confident. In learning to meditate correctly and effectively, surprising and interesting things start to manifest in the individual's state of mind which transcends into the reality of better self confidence.

In the initial stages of practicing meditation, the goal is to achieve a state peace within the mind and body. This is to create the freedom to forget all the seemingly pressing problems, even if just for a little while.

Once this stage becomes easy to induce then an even deeper level is sought. In this deeper level, the individual is then encouraged to begin the process of bypassing or ignoring the negatives and focusing on the positives.

Envisioning the inner being, as a peaceful, vibrant personality who is happy and free is the next goal. At the core of every personality, one will discover all the positive attributes, thus empowering the individual to get that much needed boost of confidence.

Then in the final stage, which has infinite possibilities, the individual, through meditation is able to look past his or her own worries or failures and embrace the fact that all these negatives are inconsequential.

This level allows the individual to live and function with the confidence that exudes a carefree and happy disposition which is found to exist at the core of each human existence.

People who turn to meditation to boost their confidence will begin to see things from a very different perspective. They will learn to understand and see life from a universal perspective, thus eliminating the focus on their now seemingly smaller and insignificant problems.



# Chapter 8:

## *Using Meditation As A Complimentary Treatment For Cancer*

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### Synopsis

Healing cancer with the added help of meditation is something most patients are willing to try out of desperation.

Fortunately a lot of medical practitioners today also advocate and encourage this form of therapy. The idea is to accept and incorporate any safe treatment that could benefit the patient.



## **Adding To Treatment**

Besides making other changes in the life of a cancer patient, like eating a healthier diet, exercising more, a lot of patients are trying meditation. It is a proven fact that the state of the mind greatly affects the chemical balance in the body, thus with the help of meditation a calmer and positive state of mind can be induced, which in turn will alter the negative elements to become positive. Done consistently and correctly, meditation can assist greatly in the recovery period of a cancer patient.

Some doctors encourage their patients to meditate on the cancer sickness, with the understanding that the positive energy brought into each aspect of the cancer will destroy the negative elements. These patients are asked to visualize their treatments in the mind's eye even to the molecular levels. In visualizing the negative elements being destroyed by the positive, it's almost like envisioning an army within the body effectively killing the enemy cancer cells.

Seeing in the mind's eye through meditation sessions, the chemotherapy travelling through the body system effectively killing all the cancerous cells helps to boost the positive energy produced by the exercise to further help in the conquering of the disease. Visualizing new, healthy, and stronger cells taking its place is also encouraged in the meditation sessions.

The more positive and faster the recovery condition is, the more effective the practice of meditation becomes, as the individual gains more confidence in the exercise of meditating. Meditation and conventional medical treatments can be combined to produce positive results.

# Chapter 9:

## *Meditative Breathing Techniques Can Treat Respiratory Illness*

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### **Synopsis**

Properly executed meditative breathing sessions can contribute to the arresting of treating of respiratory illness. In some severe cases the aid of a ventilator is paramount in ensuring the individual gets the vital air needed to continue functioning.



## **Meditative Breathing**

Using meditative breathing techniques it is possible to slowly wean these patients of the ventilator machines.

As the first and most basic steps in meditation sessions call for the practice of breathing, and being very aware of the sounds and feelings this breathing makes, the individual is able to train the mind to adjust this breathing patters to suit the need at hand.

Like any other muscles in the body, the diaphragm can get “lazy” when not used to its optimum, so through meditation the individual is encouraged to visualize the actual diaphragm expanding, and contracting until the desired optimum state is achieved.

These deep breathing exercises are only effective is the meditation session is done consistently and carefully. The deep even slow movements of breathing induced by meditation calms the mind and body.

Through meditative breathing techniques, the breath in the lung cavity is increased and this helps to increase the oxygen levels in the blood stream, which in turn harmonizes the mind and body to combat any respiratory illness effectively.

Many respiratory illnesses obstruct the breathing patterns at various stages, due to blockages. In simply breathing harder or faster will not help the congestion. However the meditative style of breathing exercises produces better and more effective breaths.

Some illnesses require specific styles of meditative breathing. Asthma is one prime example. Although asthma manifests as a physical symptom, a healthy breathing technique will help the individual address the emotional state of mind that bring on such an attack.

Bronchial asthma is another respiratory illness that can be helped by meditative breathing exercises. Perhaps not to the extent of curing the disease but certainly to help make the patient more comfortable and less stressed.



# Chapter 10:

## *The Trouble With Not Being Centered*

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### Synopsis

Sometimes people are so eager to try something new or the latest popular thing that they fail to realize that for anything to benefit, it must first be understood and then used or practiced over a period of time. Sometimes this time frame can take quite a while to show any noticeable results.



## **Centering Self**

In the enthusiasm of it all, some may even overlook simple ways to having a better quality of life, being happier, healthier or simply just for healing. Meditation is one of these simple ways.

Meditation need not be a complicated process, nor need it be a religious process. However those who desire to take the quest deeper may find spiritual fulfillment too. Of course for meditation to work, its application and practice must be right.

Being able to stay focused and centered throughout the meditative process is the key to reaping the benefits of meditation. The level of centeredness the individual has achieved dictates his or her reactions and that of the surroundings. When there is a level of centeredness from within the outer events adjust to the inner energy because the centered energy is stronger than dissipated, reactive energy. Meditation is principally the art of learning how to reach this level of centeredness. It is even referred to as the closest link between one's spiritual nature and God.

When the individual does not understand the importance of attaining this centeredness, then the problems around, take on more significance. Resulting in the failure mentality seeping in and a lot of negative energy is released. Though we can never control all things especially outward influences, with the use of meditation it is possible to control our state of mind and thus the reactive outcome. Meditation raises the level of consciousness and strengthens our aura.

# Wrapping Up

Meditation is a tool. It may help combat stress, fosters physical health, aids with chronic pain, may make you sleep better, feel happier, be more peaceful, as well as be in the here and now. But on a deeper level, meditation is a door into the unknown. It may help us get a feel of the mystery of who we are.

Once you begin meditating, you'll notice how disobedient the mind is. I recall being rather shocked by this! I observed that my brain was all over the place. Profound thoughts about my past times or future jostled with routine thoughts about what groceries I had to purchase. Sometime later I'd come to and notice that I had spent a quarter-hour running a painful memory again and again. It was like sitting down in a crazy movie house!

So, if you're beginning with meditation, please don't beat yourself up about your raging mind. It's a natural condition. In time you'll discover how to work openheartedly with the onslaught of thoughts and you'll find some clarity and peace.

Join us at: [Selfimprovement.help](http://Selfimprovement.help) We are raising vibrations of global consciousness, digging for better self, connecting new age and ancient techniques of spiritual awakening, applying self-development classes, self-improvement practices, making transition to multidimensional reality becoming New Better Human beings connected to the Source through Spirit-Soul-Mind with the law of One in True Conscience, being able to co-create and resonate with Light in Love and Peace in Timeless and Endless Shining Creation.

## **HIGHLY RECOMMENDED RESOURCES**

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