

# Quantum Quake

Movement meditation is explained as being similar to mantra meditation or transcendental meditation, heartbeat meditation and Zen / instrumental meditation, latihan and yoga. Some say there is not a big difference between many types of meditation and that there are many names for one kind usually they are right but sometimes people mess up and label a meditation as one style when some cultures use it to explain the combination of multiple styles in one.

Movement Meditation is when you gently move while you relax and focus on that motion until you fall into the desired daze.

Movement Meditation helps with extra energy, and is good for someone who fidgets a lot. It has an effect on your body and mind that allows you to trance out, I prefer movement meditation while listening to psychedelic trance music because I like to come to consciousness every 5-10 minutes until I find the imagery I've been looking for, for a painting or drawing.

Movement meditation seems to be harder for me personally to stay locked into a meditative state of mind, Mantras and Chants take longer for me to be induced but they last longer once I am. Movement Meditation can be done sitting or standing, its also easily combinable with heartbeat meditation on intermissions ( incase your arms get tired )

Swaying is easy while sitting down, even rocking chairs help you keep moving. Sometimes if you have been sick with the flu or something that is dreaded movement meditation is helpful and gentle on your mind, When you are sick your body is already over-worked and just laying down in a bed not sleeping but not moving is harmful because your blood flow goes down. Things like visuals and sound even focusing cause bad side effects like nausea or headaches. Movement meditation is hard when you are sick because your body is exhausted the entire time. But it does however count as exercise which is good for you when you are ill, and best of all if you manage to get locked in you get the exercise continuously without feeling it.

Being unaware of an Earth Quake while in a meditative state could have intense effects.