

Frequent Form

Transcendental meditation is the mantra meditation of your mind.

transcendental phrases, sounds and mantras are supposed to be secret and spoken gently within your mind, this offers you seclusion where as mantras are heard by everyone and can be distracting to some in circles. You still have the circle without the chanting and after your vocal cords are tired or chanting you can continue on the same corridor of your brain. it is also unique in mimicking sounds that you cannot repeat. Like zen meditation you do not need a lot to change your focus off of negative or derailing thought processes, its typically used in a subtle manor and someone already in a calm and relaxed state of mind, worry free and energetic. its also used to reach your inner psychological realm, and it also works wonders with trance music because you can mimic the sound effects, adjust their frequency and pitch as you go.

Transcendental Meditation is rapidly growing, and is one of the most beneficial meditations to do on a daily basis. Certain kinds of meditation like Kundalini do not need to be used every day and Kundalini also is a psychological inducer, However like Yoga positions and postures help you stay clairvoyant, Kundalini Stretches happen by accident to some people, and are used subconsciously by some people. Kundalini is the Strongest and most realistic form of psychological meditation and it also branches out after transcendental in some cases. Kundalini stretches are designed to relieve pressure from your spinal cord which gives a certain light headedness, they can also be used to trigger a chemical in the brain known as felix that gives an instant natural numbness it also has a feeling like morphine its truly euphoric. Posture is everything in transcendental meditation, as well as many forms of meditation because if you where to contort the wrong way while driving you would instantly get a high feeling and it kicks in within the second and it has 6 layers that can be released simultaneously. These 6 unique layers are conjoined on an atomic level, which hold the base 52 chakras.

Some existences, objects, experiences, elements and everything in between hold a great deal of knowledge towards one another. This is known as relativity, however polar opposites still exist... When something mimics a pattern, it is quite possible for this to become misleading, although these patterns can stop you from making bad mistakes more often than not. Has anyone ever told you, "Listen to your gut" The reason a thought can pass through our gut is because our subconscious stores information where it'll be able to contact the conscious mind to warn you, that it witnessed something bad, remembers a similar or identical scenario that our conscious mind overlooked, disregarded or engaged with.

The universe is always in control, though willing to give each and everyone of us full control.