

Meditation

*The Ultimate
Meditation Guide
to Rejuvenate
Your Chakras,
Being Stress Free,
and Living a
Meaningful Life*

N O M I N I C O L E

Meditation:

*The Ultimate Guide to Boost Your Energy,
Rejuvenate Your Chakras, Being Stress-Free, and
Having a Meaningful Life*

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Introduction

I would like to thank you for purchasing this book, 'Meditation: The Ultimate Guide to Boost Your Energy, Rejuvenate Your Chakras, Being Stress-Free, and Having a Meaningful Life' and hope you find it informative and interesting.

Meditation is an age-old practice that helps to rest the mind and attain mental peace. It isn't a part of any religion and is a science in itself. Meditation can help in improving your life. Meditation can help to increase your brain power, and even assist the body in healing itself. In this book, you will learn about the different ways in which you can meditate and improve the overall quality of your life. Not just that, you will learn about different ways in which you can practice meditation daily, aura cleansing, sleep meditation and chakra meditation.

So, why don't we get started without further ado?

Thanks again for purchasing this book. I hope you enjoy it!

Chapter One :

Introduction to Meditation

Meditation is a word that has found its way into everyday parlance in the modern world. However, more often than not, it isn't used accurately. That's why there is so much confusion about what it is all about. It is commonly used synonymous with thinking, contemplation, or even fantasizing. The concept of meditation isn't a new one, and it has been around for a long time. Meditation is a relaxation technique that helps to calm and rest your mind while it enables you to attain a state of awareness that is distinct from your regular state of consciousness. It helps you to understand yourself and connects you with the center of your consciousness. Meditation isn't a religious practice and has specific principles that produce verifiable results. During meditation, your mind will be clear, calm and focused on yourself. Even though you are awake and alert during meditation, your brain doesn't concentrate on the happenings around you. Meditation stills your mind and thoughts.

From our childhood, our minds are conditioned to examine the external world. Well, there exists an internal world within you, and no one has been taught to look within. Therefore, most of us don't know our true selves. All the confusion and disappointment that we experience stems from the lack of understanding of our true nature. The formal education system cultivates only a small portion of the mind- the conscious mind. The human mind has a conscious and a subconscious section. The subconscious consists of the vast majority of the mind, and it is that portion of the brain that stores experiences, dreams and even sleep. It isn't subject to human control, unlike the conscious mind. Meditation is the only method that can help you to gain control over the totality of your mind. The objective of meditation is to experience peace, happiness, and bliss. However, to do so, you need to cross the primary hurdle, and that's the mind. The mind is quite undisciplined, and it can be difficult to resist all distractions. It almost seems like the mind has its own will. Well, that's not how things are supposed to be. You should control your thoughts, and it shouldn't be the other way around. Meditation helps to calm your mind, to let go of unnecessary biases, and see things for what they are. It trains your mind to overcome distractions.

Meditation helps to calm your mind, improve your concentration, provide better clarity, improve communication, and relax and refresh your body and mind. Your body undergoes physiological changes due to meditation. It helps to lower the levels of blood sugar and blood pressure. When your blood pressure is under control, your anxiety and stress levels will be under control as well. All stress-induced pains and ailments will reduce. You can overcome problems like insomnia, headaches, and ulcers. It strengthens your immune system and makes you more energetic.

Meditation has several mental benefits as well. Meditation decreases anxiety and elevates your mood. It makes you mentally and emotionally stable. Meditation helps to develop your intuition and sharpens your focus. It helps to attain clarity and peace of mind. Meditation makes you aware of yourself. So, the next time you feel overwhelmed, anxious, or emotionally unstable, meditate for a few minutes, and you will feel better. When you are calmer, your ability to make decisions improves as well.

Apart from physical and mental benefits, meditation has spiritual benefits as well. It enables you to become one with the cosmos. It also helps you to attain a state of harmony with yourself and your environment. Apart from all this, it enables you to see your actual persona. Meditation helps in self-discovery.

Chapter Two :

Chakra Meditation

Now that you know what meditation is all about, the next topic that you will learn about is chakra meditation. Chakra meditation enables you to strengthen and heal your chakras. The concept of chakra meditation is as old as meditation itself. The energy centers in our body as represented by the chakras.

There are seven chakras present in the body, and each chakra corresponds with one of the major organs, and these are as follows.

- Crown chakra: It is related to spirituality, and the colors of this chakra are white and purple.
- Third-eye chakra: It relates to perception and psychic ability. Violet is the color that represents this chakra.
- Throat chakra: It governs your ability to communicate, and blue is the color that represents this chakra.
- Heart chakra: It relates to love towards others and oneself. Green is the color that represents this chakra.
- Solar plexus chakra: It governs the aspects of self-confidence and self-worth. Yellow is the color that represents this chakra.
- Sacral chakra: It is responsible for creativity and fertility (in women). Orange is the color that represents this chakra.
- Root chakra: It is responsible for forming the connecting to the physical realm and sexuality. It also represents fertility in men. Red is the color that represents this chakra.

Chakra meditation for different chakras

Root chakra:

You will have to first work on opening up your root chakra before you can proceed towards meditating on this chakra. You can open this chakra by being physically active; you can go for a run, swim or practice any form of physical activity that you fancy. Receiving, as well as giving, a massage can help unblock this chakra. This chakra is associated with red, so holding or wearing anything that is red will also be helpful. Red gemstones can also help

in assisting in the opening up of this chakra like you have already read in the previous chapters. This chakra is all about reconnecting with your body, so the physical aspect is critical here.

Concentrate on your root chakra and focus all your energy towards this chakra. Visualize this chakra as a red ball of light that's spinning in the clockwise direction, and when you are focusing on this chakra, you will need to visualize that you are breathing in red and breathing out red. Keep repeating this process for about two or three minutes. While imagining this spinning ball of red also think about this energy flowing down your legs and into the earth, in this manner you will stay grounded.

Sacral chakra:

You can open this chakra by wearing or eating anything that is orange in color. Exposing yourself to the color that this chakra is associated with is also a good idea and doing this will remind you about this chakra and help you visualize the orange energy that you will make use of during meditation. For opening this chakra, you can watch movies that are emotional or exciting. Also wearing any stone or crystal that is orange in color will also help in opening this chakra.

Concentrate on your sacral chakra and focus all your energy towards this chakra. Visualize this chakra as an orange ball of light that's spinning in a clockwise direction, and when you are focusing on this chakra, you will need to visualize that you are breathing in orange and breathing out orange. Keep repeating this process for about two or three minutes. You will be able to feel the energy traveling from your root chakra to your sacral chakra and then to the rest of your body. When you feel a tingling sensation throughout that's when you will have to move onto the next chakra.

Solar plexus chakra:

For the opening of this chakra you can wear something yellow or eat fruits or vegetables that are yellow will also help in opening this chakra. Taking calculated risks will aid in the opening of this chakra and involving yourself in activities that exert you physically is also a right way for opening up this chakra. Like mentioned earlier, gemstone and crystals can also be made use of for opening up this chakra.

For meditating on this chakra, you will need to bring up the energy that you have got from your root chakra and your sacral chakra while focusing it on

the region of your lower abdomen, the place where the solar plexus chakra is present. Concentrate on your solar plexus chakra and focus all your energy towards this chakra. Visualize this chakra as a red ball of light that's spinning in a clockwise direction, and when you are focusing on this chakra, you will need to visualize that you are breathing in yellow and breathing out the yellow. Keep repeating this process for about two or three minutes.

Heart chakra:

Simply reaching out to others can help, like a simple hug. It works because this chakra is about compassion and emotions towards others and yourself. Wearing clothes that are green in color, carrying gemstones and crystals that are green in color and also the consumption of food that's green in color will help in opening this chakra.

For meditating on the heart chakra, you will need to call upon the energy that has been generated by the previous chakras and feel this energy coursing through your body from your root, sacral and solar plexus chakra before it reaches your heart chakra. Concentrate on your heart chakra and focus all your energy towards this chakra. Visualize this chakra as a red ball of light that's spinning in the clockwise direction, and when you are focusing on this chakra, you will need to visualize that you are breathing in green and breathing out green. Keep repeating this process for about two or three minutes. When you are doing this, you should fill your mind with thoughts of compassion towards yourself and others. When you feel a burst of energy in your heart or when you think that your heart chakra is open, that's when you can move on to the next chakra.

Throat chakra:

For opening this chakra, you can just sing loudly! As simple as that, sing your heart out, irrespective of whether or not you are a good singer. If you struggle with communication, then work on this. A connection is a key to this chakra. Also for opening and unblocking this chakra, you can always make use of blue colored gemstones and crystals.

Concentrate on your throat chakra and focus all your energy towards this chakra. Visualize this chakra as a bright blue ball of light that's spinning in a clockwise direction, and when you are focusing on this chakra, you will need to visualize that you are breathing in blue and breathing out blue. Keep repeating this process for about two or three minutes. Feel the energy emitted

from the throat chakra should flow down to your arms and your hands and your feet. You will need to exhale all negativity and blockages that you might feel in your chakra and inhale positivity. Retain all the kind thoughts and get rid of all the negative thoughts. You get what you ask for, and this is the literal manifestation associated with this chakra. So think about only positive things while meditating on this chakra. Once you feel that this chakra is open, you can move onto the next chakra.

Third eye chakra:

You can open this chakra by indulging in visual art like painting or drawing. Wearing or eating anything that is related to this color will also help in opening up this chakra. Indigo colored gemstones can also be made use of.

Concentrate on your third eye chakra and focus all your energy towards this chakra. Visualize this chakra as a bright indigo ball of light that's spinning in a clockwise direction, and when you are focusing on this chakra, you will need to visualize that you are breathing in indigo and breathing out indigo. Keep repeating this process for about two or three minutes. Once you feel a tingling sensation or warmth in the middle of your forehead, you can move onto the next chakra.

Crown chakra:

To open the crown chakra, you will need to establish a physical, emotional and a spiritual connection between your body, mind, and soul. Get away from all distractions and concentrate on this. Make use of yoga or meditation for establishing this relationship. Make use of gemstones that will help you open this chakra.

Concentrate on your crown chakra and focus all your energy towards this chakra. Visualize this chakra as a violet ball of light that's spinning in a clockwise direction, and when you are focusing on this chakra, you will need to visualize that you are breathing in violet and breathing out violet. Keep repeating this process for about two or three minutes. While envisioning this spinning ball of violet also picture a lotus that's blooming, make this as magnificent and significant as you can.

Finally, you will be able to see the white light that's flowing down from the cosmos through your crown chakra and then trickling down to your other chakras and finally into the earth. You will need to visualize yourself as a white being, glowing from within. Hold onto this thought for 2 or 3 minutes.

By now, you should be feeling exhilarated!

Chapter Three :

Choosing Energies and In Your Quiet Place

We all have energy within us, and there is energy all around us. In this section, you will learn about energy meditation. You need a little bit of imagination for this technique. The first step is to select a comfortable space that's devoid of any disturbances. Close your eyes and calm your mind. You can ease your mind by breathing deeply. Inhale deeply and exhale deeply.

Follow the three simple rules of meditation. The first rule is to be grateful for everything you have. The second rule is to understand and accept that you are an ordinary human being. The third rule is to be kind towards everyone around you. Take a couple of minutes and express your gratitude.

Now imagine that everything around you is energy, and everything is transforming into energy. Make your imagination as vivid as possible. Imagine that everything in the universe, including yourself, is turning into a field of energy. Visualize that there is a sea of energy all around you. Just a massive ball of energy and nothing else.

Now, visualize that your body is disintegrating into small particles of energy. There aren't any organs or parts, and it's just pure energy that's radiating throughout your body. Well, this concept isn't far stretched from reality. When you observe the world through a microscope, you will realize that all the matter is nothing but a form of energy.

Once you understand this, you can immerse yourself in the pool of energy you visualized. The ocean of power is nothing but consciousness in its pristine form. Integrate the energy from your being into the cosmos. Think of yourself as a ball of energy that will merge with a more significant ball of energy.

Let yourself be fully submerged in this state for about 20 minutes and then visualize that everything is going back to its original form. Sit silently for a while and let your mind stay blank. After a while, open your eyes and end the meditation.

This simple process will refresh you and make you feel more energetic. You can use the same method for cleansing your aura. Aura is the field of energy

that your body radiates.

Chapter Four :

Healing and Balancing

Your body can heal and repair itself, provided you know what to do. Your body can restore damaged proteins, destroy cancer cells, fight off infections, and maintain homeostasis. Whenever you fall ill, the self-healing mechanisms start on their own. However, stress and other external factors impair this ability of your body. Did you know that meditation can help you turn this machine back on? Follow the simple steps mentioned in this chapter to heal and balance your body.

Peaceful environment

If you haven't tried meditation yet, then the first step is to create a peaceful environment. Select a room that is quiet and devoid of all distractions. There shouldn't be harsh lighting or loud music, and the temperature should be comfortable as well. Switch off all electronic devices like the television. The room should be free of clutter as well. While meditating, turn your cell off or put it on silent.

Meditation position

You can sit on the floor and close your eye. Sit cross-legged on the floor since it helps you to connect with the earth and make you feel grounded. You can prop up some pillows around yourself to make you comfortable. As long as your back is straight, and you aren't feeling too stiff, it helps. Alternatively, you can even sit on a chair and plant your feet firmly on the ground.

A timer helps

You cannot meditate for an hour initially. Start with five to ten minutes per day, and you can slowly increase the time limit. Setting a timer will prevent you from checking time repeatedly. It is a way to minimize distractions and improve your concentration.

Close your eyes

To reduce visual distractions, close your eyes. It will help you to gather your thoughts and keep calm. If you can see movement around you, you are bound to feel distracted.

Focus on your breathing

The best way to gather your thoughts is to concentrate on your breathing. Breathe in slowly and exhale slowly. Refrain yourself from thinking about anything other than your breath. Don't plan, fantasize, or recollect anything else. Don't let your mind wander. If at all you feel that your thoughts wander, start to focus on your breathing once again. When you calm your mind, your body can begin healing itself. If you are under constant stress, your body cannot concentrate on anything else other than the pressure you feel. You can count the breaths you take or even focus on a single word like "peace."

Don't judge

Don't indulge in any form of self-criticism. Forget all the issues of the day and concentrate on the present moment. Let your body and mind relax. Be compassionate towards yourself and be grateful for all the right things in your life.

Chapter Five :

The Power of Meditation and Brainstorming

You can improve the way you experience your day via meditation. If you meditate daily, you will find a positive change in your mental abilities. When you feel at peace and relaxed, you can think better and make better decisions. Your mental functions will improve, that is your cognitive skills will be stronger. You don't have to meditate for years together to achieve the benefits of meditation. Even meditating daily for eight weeks will have a positive impact on your life. A human brain is a complex machine. However, it doesn't mean that it is free of any form of influence. The mind is like any other muscle in the body, and it can be trained. If you exercise regularly, you can build muscle or tone your body. In the same manner, regular meditation can help in improving your brain's health.

Meditation improves your awareness. Awareness comes from concentration. When you are aware, you can notice things that you usually don't. For instance, if you are a fish, you won't be aware of water, will you? If you want to understand water, then the fish needs to outside its "usual" element. That is exactly the core objective of meditation. It is about stepping out of your usual element to become aware of the reality.

When you meditate, you can control your thoughts instead of your thoughts controlling you. When you can focus on one thing instead of all the million things going around you, you can think clearly. Can you make a good decision when you are feeling quite emotional or restless? For instance, if you fight with your spouse, can you concentrate on the work you are doing? Perhaps not. Your mind will try to discern the reason for the fight on a subconscious level. The trick to better decision making is present in the moment. If you think about the past or worry about the future, you possibly cannot make a right decision about your present.

Chapter Six :

Chronic Pain and Restoration Meditation

Most of us tend to suffer from one sort of body trouble or the other. What do you do whenever you experience a headache, backache, or neck pain? Do you pop a pill? Most of us do that, don't we? Chronic pain seems to be quite common these days and believe it or not, most of our suffering is related to stress that we experience. Medication is a temporary fix and isn't a long-term solution.

The most common reasons for chronic pain tend to be distress and high levels of stress. When you can relieve pressure, you can automatically reduce the pain you experience as well. If you can modulate the stress you feel, you can modulate the pain you feel as well. You cannot be at peace if you torment yourself about the way you think. Mindfulness helps to deconstruct the pain. You can meditate your way to pain reduction. All you need to do is follow the simple steps explained in this chapter.

Notice the pain

Make a mental note of where you experience the pain. The way you feel and the way your body reacts to it. Do you feel the pain in your neck, cramps in your stomach, or is it a throbbing headache? The next time you experience pain, concentrate on the region that hurts.

Being present

Forget about everything else and be present in the moment. Shift your focus to your breathing. Take in deep breaths and concentrate on inhaling slowly and deeply and exhaling it. Focus solely on your body and nothing else. Forget about all your tensions and stress for a minute.

Gain interest

If you are experiencing the pain for the first time, then investigate the pain. Concentrate on what hurts. The more conscious you are of your real sensations, the less you will focus on the "what ifs" that lead to the suffering you experience.

Repeat it regularly

You can choose to take deep breaths or focus on your thoughts. Regardless of

the practice of meditation you want, make it a point to repeat it regularly. You need to condition your mind in such a manner that your brain forms an instant connection in the way it responds to pain. You can even practice chakra meditation to gain control over your body.

Chapter Seven :

Willingness to Practice and Apply the Teachings

It's good news that people are fond of meditation. However, not many can include meditation into their daily lives. If you want to gain complete control over your mind, then meditation is the key. However, constant and consistent efforts are necessary for achieving this. In this chapter, you will learn about different ways in which you can include meditation into your daily life.

The three main reasons for not meditating are the lack of motivation, procrastination, and taking its benefits for granted. Regardless of the reason, the result stays the same: a vicious cycle where you might want to meditate, but don't. Here are a couple of tips that you can utilize.

Daily motivation

Lack of motivation is one the main reasons why we don't end up doing things that we want to. A simple technique can help you to find the needed motivation to meditate. As soon as you wake up in the morning, think about the things you want to accomplish in life and the kind of person that you want to be. Understand that meditation will give you the necessary motivation to attain what you want. Well, that should make you want to meditate.

List the benefits

People tend to take meditation for granted because they might forget the benefits it offers. Whenever you meditate, you will obtain all the benefits meditation offers. It takes about 10 to 15 minutes to meditate! Make a list of the various benefits meditation offers, and whenever you feel low on motivation, look at the benefits it offers.

Don't make any excuses

Coming up with a reason is perhaps the most natural thing you can do. However, if you do want to do something, then you will find a way to do so. If you genuinely want to practice meditation daily, then you will think of a way to do so. Only when you lack the motivation to do something, do you start making excuses. Not being to wake up early in the morning might be your excuse not to meditate. If you do want to meditate, then think of a way in which you can do so.

It is a lifestyle

Don't think of meditation as an exercise that you should do or a form of homework. Don't think of it as a chore or an obligation. The minute you perceive it as an obligation, you will feel of ways in which you can avoid it. Start thinking of it as a lifestyle instead. A healthier way of living.

Meditate daily

You can create a habit only if you practice something regularly and consistently. You cannot form a pattern if you meditate once or twice a week. Start meditating daily, at least during the first couple of weeks. Once you get used to meditating daily, it won't feel like a chore, and you will want to meditate on your own.

Include it in your schedule

If you want to make meditation a daily habit, then you should include it in your calendar. Set a particular time for it, and stick to the schedule. Don't let anything stop you from meditating. After all, it doesn't take more than a couple of minutes.

Lower your expectations

Don't set any high expectations in the beginning. You need to meditate consistently to see some positive results. If you meditate for a day and expect to have some epiphany, then you are just setting yourself up for disappointment. There are plenty of positive benefits that meditation offers, and you can attain them over a period, not immediately.

Think of meditation as a journey instead of a final destination. Don't have any expectations and just revel in the experience.

Final Notes :

Conclusion

I would like to thank you once again for purchasing this book.

Well, by now you would have realized how simple meditation is. Follow the simple tips explained in this book, and within no time you can see positive results. Meditation can help to improve your ability to concentrate, heal yourself, and even gain a better understanding of yourself. While you practice meditation, make sure that you are consistent and patient. Don't give up on meditation and stick to your schedule. You can change your life for the better by this simple practice. Inculcate meditation into your daily routine, and you will find a positive change in yourself.

Finally, if you enjoyed this book, then I'd like to ask you for a favor. Will you be kind enough to leave a review for this book on Amazon? It would be greatly appreciated!

[Click here to leave a review for this book on Amazon!](#)

Thank you and good luck!

Namaste

Resources

<https://www.elephantjournal.com/2016/11/how-to-make-meditation-a-daily-habit/>

<http://www.meditationiseasy.com/meditation-techniques/3-conscious-thoughts/>