

TOP 5 MEDITATION TECHNIQUES

1

MINDFULNESS MEDITATION



Focus: Present Moment Awareness

How to Practice: Sit comfortably, focus on your breath, and bring attention to the present moment. Observe thoughts and sensations without judgment.

Benefits: Reduces stress, improves focus, and enhances emotional regulation.

2

TRANSCENDENTAL MEDITATION



Focus: Mantra-Based

How to Practice: Sit with eyes closed, and silently repeat a specific mantra for 20 minutes, twice daily.

Benefits: Promotes deep relaxation, reduces anxiety, and improves overall well-being.

3

LOVING-KINDNESS MEDITATION



Focus: Cultivating Compassion

How to Practice: Sit comfortably, and focus on sending love and kindness to yourself, loved ones, and even difficult individuals.

Benefits: Enhances empathy, promotes positive relationships, and reduces anger.

4

BODY SCAN MEDITATION



Focus: Full-Body Relaxation

How to Practice: Lie comfortably, mentally scan your body from head to toe, observing sensations and releasing tension.

Benefits: Reduces physical pain, improves sleep, and increases body awareness.

5

GUIDED VISUALIZATION



Focus: Imagery and Visualization

How to Practice: Listen to a guided meditation that leads you through calming and positive mental imagery.

Benefits: Enhances creativity, reduces stress, and boosts mood.

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[Awareness Is Freedom](#) Itai Ivtzan, 2015-03-27 Awareness Is Freedom The Adventure of Psychology and Spirituality proposes a unique combination of spiritual and psychological concepts that together lead to greater self awareness and wellbeing It is structured as eight

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