

# 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.



# Meditation Guide Best 2025

**Puja Mehta**



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