Meditation

The aim of a meditation practice is to bring inner peace within our self and the world in a positive and spiritual way. The world is not a peaceful place and within every soul there is some form of tension and stress. It is therefore essential to create positive and peaceful thoughts to bring peace to our mind. Meditation is one of the best methods to bring about transformation and nurture the natural qualities within.

The best way that we can create that change is to change our thoughts from being negative to positive. The positive discovery about meditation is that we are focusing within our self and becoming *free of negativity*. Meditation techniques simply involve a process of transforming yourself, your thoughts, and recognizing the negative thoughts, and changing them into positive and peaceful thoughts.

Meditation requires patience as the mind does not always want to focus. Having a sense of expectation towards positive results can create uncomfortable pressure and thus take away the enjoyment of the experience. By practicing meditation regularly, the person who meditates gains a wonderful sense of the self.

Meditation is a self healing process, any form of stress is a sign of our negative thinking and Dis ease within our mind. If we don't attend to dis ease in the mind we may find that chronic stress can lead to disease of the body.

Meditation is a form of stress management that will allow our mind to experience an oasis of peace and love within our heart and mind. Meditation can give you back control over your life so that no matter what is happening externally, whether positive or negative, you have control over thoughts. When you control your thoughts, you're able to regulate your emotions/feelings.

You can learn to master the way you respond to events by choosing empowering, yet rational thoughts/beliefs. Meditation allows you to master your mind and be a peaceful beacon in the eye of any storm.