



Meditation For Beginners: The Why, The How, and Everything in Between

Kevin Hutson

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We've all heard about meditation. It's been around for thousands of years and has its place in nearly every religion, so it seems as if there's something to it. We all experience a bombardment of thoughts and external input from numerous sources on a daily basis. We live in a world full of vast amounts of information and advertisements being thrown our way. We often have very busy lives full of work, traffic, and countless other stress-inducing factors. Meditation is a fantastic way to take a break and reboot your mind from this crazy environment. If this is your first attempt at meditating, you may be shocked at how sporadic and out of control the mind can be. This book will aim at making the process as simple as possible no matter what your personality is or what you are trying to get out of the experience. It will explain the benefits and any possible negative aspects, teach you how to choose the meditation that is right for you, and give you instructions on how to practice 10 different types of meditation with helpful tips all along the way.

Meditation is an art that allows you to devote your focus to one specific area. It has numerous well-researched health benefits, both mental and physical. Many people have tried meditation at some point in their lives, but some gave it up for various reasons. This is common when people attempt it without correct instruction and become frustrated. Fortunately, if approached with the right mindset, meditation can be very simple to learn and tremendously beneficial.

Some people have different stereotypes and assumptions about meditation and the community that practices it. Many see it as a spiritual activity, strictly for those trying to achieve enlightenment or awaken their chakras. This form does exist, but meditation is a very broad practice with many diverse applications. Some seek to gain spirituality, connect with their God, examine the depth of their inner self, or explore consciousness. Others are looking to develop love, compassion, patience, forgiveness, and other virtues. If these reasons don't speak to you, don't worry! Meditation is also a tool to break from the hectic, stressful situations we encounter in our everyday lives and learn to relax. It can be a source for tremendous insight into our personalities, consciousness, and the world around us. It helps with self-awareness and self-improvement. There are many options for all types of meditation; you just need to find the right one for you.

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