

For the
Mind, Body
& Soul

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Presents

MEDITATION Discover How Meditation Can Change
Your Life!

By

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What is Meditation?

Meditation is a state of consciousness; an altered state of consciousness. In its technical definition, meditation is the controlled modification of a person's brainwaves. When you are able to coax your brainwaves into the Alpha or Theta range you experience "meditation".

But I believe that the meditative experience is more than just a shift in our brainwaves. This shift in the brainwaves is just the physical aspect of a discipline that is so much more.

Learn more about Brainwaves [The Brainwave Primer Report](#)

Meditation is a time when you let go, disconnect from your physical body and senses and explore your true self, your source.

But how does meditation benefit us? Well, there are many benefits that you will experience when you incorporate meditation into your daily regimen. There are too many to list, but I'll give you a few:

Physical Benefits

- Lowered blood pressure
- Improved immune system functioning
- Decreased need for sleep
- Increased energy
- Lowering of your stress levels

Emotions

- Feeling of bliss
- Facilitates a shift in perspective allowing a more positive outlook on life.
- Eases changes in habits
- Helps you keep your temper in check
- Increased focus

Spiritual

- Discover your connection to source
- Discover your true self
- Find your own answers to spiritual questions
- Out of Body Experiences (OBE)

I want to stress that most of these benefits are not just speculation but scientifically proven. I point this out to help you make the decision to start a meditation routine. I think these benefits are a good reason to start, don't you?

So now you have decided to start regularly practicing meditation. Great, but where should you start?

First let's go over the basics.

Breathing

There are many different breathing techniques, but slow, deep focused breathing is always appropriate. Try and keep your tongue lightly touching the roof of your mouth. This is from the ancient art of [Qigong](#). Doing this completes your body's energy channel.

Breath is extremely powerful and books have been written on the subject. But for our purposes, just remember slow, deep breaths.

Posture

Should you sit, lie down or contort into a lotus position? Don't worry, there is no need to contort your body into awkward positions. The main principle is to be in a comfortable position that is conducive to concentration and focus. This may be while sitting cross-legged or in a chair. One thing to remember is to keep your back straight but not tight or tense.

You can also lie down if sitting is uncomfortable, but this position often makes it too easy to fall asleep for most.

Hand Position

There are many hand positions. Today I will cover a few of the most popular. Choose one that feels comfortable for you.

Position 1: Put one hand on each leg with the palms facing up. Lightly touch the thumb and middle finger together. A variation on this position is to not touch the thumb and middle finger. Just let your hands relax with the palms facing up.

Position 2: Put your hands in your lap with the tips of all fingers touching. Right thumb to left thumb, right index finger with left index finger and so on. This is my favorite. Whatever position you choose, feel the energy flowing through your hands.

The Mind

What should you do with your mind? Nothing! Simple, right? Yes it is simple but it isn't easy.

When you meditate, it is your time to let go. Let go of expectations, let go of thought, just let go. You will find that when you start meditating that you will have thoughts popping in and out of your head. That's OK, just briefly acknowledge the thought and then release it. Here's an example. As you start your meditation, a thought pops in..."I need to remember to do the laundry" or "What should I have for dinner". This is normal. Just acknowledge the thought, "Yes, I will remember", "Dinner will come later" and move on.

I find it helpful to focus on my breath.

Intention

Here is what I believe to be a very powerful technique to focus your meditations. Before you begin your meditation session come up with a short statement or affirmation.

An example would be, "I allow my body to relax fully while my mind stays alert." Or "My body heals itself" or "Abundance flows freely throughout my life".

Repeat your affirmation three times slowly and deliberately and then let it go and begin your meditation. You will be amazed at how your subconscious mind will grasp your intention and fulfill it.

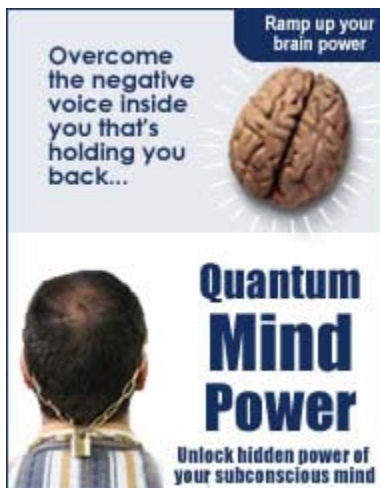
Meditation Music

Meditation isn't easy, but there are some excellent CDs that are encoded with special frequencies that will allow you to enter into a deep trance state on your first try.

Learn more about these CDs in [The Brainwave Primer Report](#) and view some of these special CDs at HealingProducts.com.

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