

› Meditation

Meditation has become quite a 'buzzword' in the last decade, but it isn't a new concept, in fact, its been practiced for thousands of years. Meditation was originally designed to deepen the understanding of the sacred and mystical forces in life. In our modern world, filled with many external stressors, it is mainly used for relaxation and stress reduction.

Meditation is a practice in which an individual uses a technique – such as mindfulness, or focuses the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

Meditation isn't about becoming a different person, a new person, or even a better person. It's about training in awareness and getting a healthy sense of perspective. You're not trying to turn off your thoughts or feelings. You're learning to observe them without judgment. And eventually, you may start to better understand them as well.

Regular meditation practice has been associated with various benefits



It is important to note that meditation is not a replacement for traditional medical treatments, however it may be a useful addition as meditation can produce a deep state of relaxation and help to ease many ailments of the mind and body.

Meditation is a personal journey, and different techniques may work better for different individuals.

