

## Forms of Meditation

**Transcendental Meditation** – This is one of the most beneficial forms of meditation. It is said to have originated in India and propagated by the Late Maharishi Mahesh Yogi back in the 1950s. This technique involves the use of a sound or religious mantra (word or phrase from a religious scripture).

**Mindfulness Meditation** – This meditation technique is based upon one of the important teachings of the Buddhist religion that a right mind is essential to attain enlightenment. It can come in quite handy in treating a lot of psychological disorders like hypertension, Obsessive Compulsive Disorder (OCD) and anger management.

**Vipassana Meditation** – Considered as one of the most ancient forms of meditation, Vipassana meditation is said to have propagated by Gautam Buddha (founder of Buddhism). It advocates self transformation using self introspection techniques.

**Zen Meditation** – Zen meditation involves closing your mind to external thoughts and only focusing on the present. This form of meditation is practiced by sitting in various positions.

**Walking Meditation** – Yes, it is quite possible to walk and meditate both at the same time. You can walk inside the nearest park at a peaceful time of the day, preferably early morning and make a strong connect with your inner self.

**Breath Meditation** – A calming meditation technique that involves a deep focus on the breathing process is the best way to describe this form of meditation. This is especially beneficial for patients suffering from respiratory ailments such as asthma.

**Focus Meditation** – As the name suggests, this meditative form involves a deep focus on something. It could be an object such as candle or the beautiful picture on your wall. The idea here is to concentrate hard enough to let go of your anxieties.

**Taoist Meditation** – Taoist meditation method promotes the concept of ‘emptiness of the mind’. This is quite helpful in alleviating the mind of its anxiety and other emotional duress.

**Spiritual Meditation** – This technique involves taking a cue from a religious teaching or literature and then performing meditation. It could also be an effort to make that deep connection with God.

**Visualization Meditation** – Now this is one interesting meditation technique that can be quite exciting to follow. You can sit in a silent corner of your home, close your eyes and visualize about your dream holiday vacation or anything else to experience this form of meditation.

Imagery Visualization – Picture this: You have a very important business presentation to make tomorrow and you are quite stressed as to what will be its outcome. You can de-stress instantly by creating a mental imagery of this presentation going down well with your audience and anticipating success much before it has actually happened. That is imagery meditation for you, an offshoot of the visualization technique for sure.