

Yoga and Meditation

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Yoga is developing as a part of life. It is a way that you can integrate body poses and breathing exercises with added meditation to give a peace of mind to have peace with the world.

Meditation comes from intense concentration, where the individual focuses so thoroughly on a single object that he or she thinks of nothing besides his or her awareness of that object (Some religions may find that their idea of prayer could fall under this definition). Yoga will take things a little bit further by making meditation the highest point of the Eight Limbs of Yoga.

These "eight limbs" define Yoga as a lifestyle: your attitude to the world around you is followed by your attitudes towards yourself, physical posturing, breathing exercises, withdrawing the senses, concentrating, contemplating, and finally enlightenment. You will go into a state of bliss that will result in the use and development of the other seven. Meditation combines withdrawing the senses, concentrating, and contemplating to be the final state that can be accomplished before bliss.

At any rate, meditation calms the mind and offers a number of health benefits even before enlightenment. With regular meditation will help reduce all the stress and anxiety. It will also lower your blood pressure and it will decrease your risk of a heart attack. It can improve concentration, clarity of thought, and release your creative side.

With some research, meditation with yoga will increase the matter of the brain's cortex, and it will help with cognitive, emotional, and sensory data of the brain. Meditation may also slow natural shrinkage of the frontal cortex due to aging. The 20 participants on average meditated for 40 minutes a day. Actually, most change happens in the brain's right half.

Meditation really isn't easy though. Clearing the mind of extraneous thought is difficult, and all thought even more so. Learning how to do meditation will take some time and hard work.

You will want to sit somewhere with your back and head straight, to start out. You will find that you will want to learn some basic breathing exercises first to help you. You will then want to close your eyes, breathe in through your noses and exhale through your mouth. You will want to focus on your breath. You will be able to get cool air to enter through and the warm air leaves. You will want to make sure that you focus on the way that you breath. You will want to redirect all of your wondering thoughts and then just focus on the warm air leaving. You should start off with some short meditations that last a few minutes. Most beginners will start off counting their breaths so that they can focus on the breathing, but you will only want to count to four and then start over again.

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