

# Techniques of Meditation Not Complicated

Would you like to meditate? Well if you do, there are numerous meditation methods that you can choose from. Meditation doesn't always have to mean sitting on a cushion with crossed legged position and eyes closed, it can be as simple as walking and standing. Anytime that we focus on something other than our thoughts, we are already meditating. We are able to meditate as we walk, move, lie down, stand, sit, or even while silent or speaking. And there is no perfect position for meditation, so whatever is most comfortable for people that would allow them to meditate is fine.

There are two types of meditation, moving meditation and still meditation. Moving meditation includes movements of the body like Qi Gong, Tai Chi, Yoga, dancing, walking and jogging. In these cases, rhythmic series of movements and the mind concentrates or is focused on breath. Thoughts are recognized without judgment and then our concentration goes back to breath. Focus can be on the movement itself, the flowing internal energy from the body, the external environment, or even in the case of dancing, the connection to music as well. In contrast, in still meditation, our bodies and minds are unmoving. Sitting, standing, or lying meditation focuses on anything; breath, counting, a mantra (sound), candles, incense, a rock, a spot on the ground or ceiling, the birds, the sky, whatever your heart desires. Thoughts are acknowledged without judgment, then let go, and concentration is brought back to what you were originally focused on. Breathing is through the nose in a natural unforced way.

Here are some popular meditation methods:

## Standing Meditation

This is a meditation technique that is a great exercise to practice proper breathing and a simple way to concentrate and regain proper breathing methods like what we naturally had when we were infants.

Stand comfortably with your spine straight and feet about shoulder width apart, opening the left hand and placing the thumb on your belly button so the palm of the hand is against the lower abdomen, then place your right hand on top of left in the same way. Breathe slowly and feel the lower part of your abdomen expand and naturally pushing away your hands away from your belly. Hold the breath for four seconds and then exhale slowly, feeling your lower abdomen constricting inward as the air is released. Acknowledge the thoughts without judgment and bring back the concentration to your breath.

## Walking Meditation

Walking is one of the meditation techniques that is a very effective way of exercising and meditating. Simply walk at a natural and comfortable pace, and focus on the soles of your feet touching, making contact with the earth. Concentrate on the spot in the center of your foot just at the forward part of the arch. With each step, sense this spot making contact with the earth and extending into the earth, one foot after the other. Permit normal, relaxed breathing through the lower abdomen. Recognize thoughts without judgment bringing back the emphasis to the sole of the foot or your breath.

## Lying Meditation

This is one of the meditation methods that is uncomplicated and can be done upon bedtime or prior to a nap, by simply lying down and focusing the attention on breath. Breathing should be drawn into and pushed out of the lower abdomen. Focus on inhaling and exhaling, or counting your breaths. Concentrate on a spot on the ceiling or the sky if you're outdoors. Recognize thoughts without judgment bringing your concentration back to breathing.

## Sitting Meditation (Zazen)

These meditation methods require finding a comfortable sitting position. You can sit comfortably either in a chair with your feet flat on the ground or crossed legged on the floor (left leg over right) using a cushion under the buttocks for comfort and to elevate the hips higher than the knees. In either case, the back should always be straight but avoiding straining. The palms of the hands should be open and can be placed on the thighs, palms up or you can bring the hands together, left palm on top of the right palm, thumbs barely touching each other, resting comfortably against the lower abdomen.

Once you find a comfortable sitting position for you, you can use spoken or silent mantra, or listen to soothing music or sound, or concentrate on a candle, burning incense or other small objects, or just cleanly breathe. Breathing should be normal and through the nose. Your head should be tilted slightly downward and the body is completely relaxed. Recognize thoughts without judgment and return concentration to the original object of focus.

Remember that these meditation methods have no objectives, there is no bad or good meditation, there is simply meditating.