

Meditation

A Path to Spirit

Meditation is one of the oldest known forms of spiritual practice. It is truly as natural as walking, for meditation is the process of opening one's self to the natural flow of life. During meditation one opens the paths of energy in and around the physical body, preparing for expanded awareness of the self and of life. There have been countless forms of meditation throughout the centuries. All were designed with the same ultimate goal—spiritual reunion with God.

Each type of meditation can be effective and has its own purpose. When beginning to meditate one must find which style or approach works best for them. As long as one has a true intent, any style will provide benefits.

The main concept of meditation is to provide freedom from the constant chattering of the mind and bring the mind gently to a single focus. Within the following paragraphs are some meditation methods to help you get started.

• **Breathing:** By bringing your awareness to the breath you will have a natural focus. The point here is not to change the breath, as you always breathe whether or not you think about it. The aim is to be aware and sense the air moving in and out of your body. This breath of life corresponds to the dualistic nature of the entire universe; the yin-yang, on-off, hot-cold, male-female, etc. It can be very helpful to get into a rhythmic and comfortable breathing pattern.

• **Mantras:** Mantras are sounds, words, or short sayings that can be repeated over and over during meditation. These simple phrases help to keep you focused on something particular. Repeating a simple word or phrase that holds deep meaning for you is a powerful way to become centered. Sample mantras include “I am one,” “I love myself/all,” “Ommmmm,” “Peace,” and “I am whole and healthy.” I recommend choosing a meaningful mantra/prayer from your cultural and religious background.

• **Music:** A lot of music has been developed to aid in meditation. It is most effective to listen with head phones. Meditation music can help soothe the mind, helping it move into a calm, relaxed state. There even are compositions that have been

designed to help change brain-wave frequencies and evoke a meditative state. Meditation music that incorporates natural environmental sounds, like ocean waves or forest birds, can be very effective.

• **Incense, oils and candles:** It is common to use incense, oils and candles during meditation. Some may find these scents too strong and should use them sparingly, or not at all. Try different scents to see which ones help you relax. There are many different scents and combinations of scents that help induce meditative and relaxed states. I recommend lavender, frankincense or rose.

• **Visualization:** It has been scientifically proven that the brain responds in the same manner to an object whether it is imagined or real. The brain acts the same whether stimulus is external or internal. Simple visualization meditations have you

imagine that you are at a beautiful place (beach, forest, mountains). The simple act of imagining a peaceful setting may evoke a similar somatic and psychic experience to actually being there. Visualizing sacred symbols also is an effective form of meditation. The Christian cross, star of David, zodiac symbols, yin-yang symbol, Flower of Life, Reiki symbols, colors, flowers, and other symbols are helpful in focusing the mind and bringing about greater understanding.

• **Why meditate?** Meditation is one of the greatest natural gifts all humans can enjoy. Meditation allows us to reconnect with our divinity. It is a great tool in helping to keep one

healthy in body, mind, and spirit. Through this practice the brain actually will begin to rewire itself into a healthier state. A good session of meditation is just as good, if not better, than a good night's sleep. Besides relieving stress and pain, meditation can boost the immune system, help accelerate the healing process, and help alleviate disease symptoms.

Meditating can help develop your inner guidance system for all of life's wonderful choices. Meditation can truly change you and your environment for the better.

About the author: Aaron Pyne is a spiritual artist, energy healer and teacher in Cincinnati, Ohio. He has been on the path of spirituality for many lifetimes. Pyne has studied a wide variety of spiritual teachings, as well as scientific research, and integrates these concepts in his artwork, energy healings, and meditation classes. 513.703.0495 <http://spiritualart.topcities.com>



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