

Chapter 1 : A simple explanation of Meditation “ for Beginners | Explore Meditation

A guided meditation is a meditation in which somebody (an experienced meditator) guides the beginner with his voice. The conductor indicates at every moment what the listener has to do in order to meditate.

If every individual would learn to meditate, I believe we would be looking out at a very different world. So, in order to be the change I want to see in the world, I am engaging the only person of power, Me. The preview of Inner Child had me crying “ important for me, I think. Thanks for the information and insights that you are providing. I am so grateful to the Universe for guiding me to your website. I want to thank you for all your efforts to help people find healing in their lives. Your voice is so perfectly clear and soothing. The newsletters are great too. The one I received today was just the absolutely perfect one since I am dealing with particularly distressing issue. The chakra balancing seems like a good way for me to heal the distress I have been feeling. I love your website. I have tried a few different guided meditations over the past few weeks. I have to say your magic shower is my favourite. I have a huge problem with mind chatter and switching off. I have tried longer ones but get bored. I will keep going as I do understand that this is the way forward“ I also enjoy receiving your informative emails. So thank you once again. I just want to say what an incredible job you and those like you are doing for the people of the world and the future for our children. So much more constructive and forward thinking than any politician!!!! You do not need a PayPal Account to make this purchase. PayPal protects your money, and financial information, with industry-leading security and fraud prevention systems. Your financial information is not shared with the owners of this website at any stage. Access to your Meditations As soon as your payment has been made, you will receive an email with the download instructions. If you encounter any problems at any stage of the process, help is at hand.

Chapter 2 : Mindfulness Meditation for Beginners | The Mindfulness Meditation Institute

Back To Basics Guided Meditation: For beginners & returning meditation users for those who want to get back to the basics of meditation, and ideal for beginners. Guided Meditation for Deep.

When I feel like this I know that the greatest thing I can do to support myself is to meditate either by using a mindful breathing technique or by listening to guided meditations. I have collated 10 of my favourite guided meditations, all of which are free on YouTube. No matter what troubles you face in your life, or even if you simply seek some quiet relaxation time for yourself, there is a guided meditation that would be perfect for you. Have a flick through the list and see which one you are drawn to. I really felt as though I had cleansed the energy in my body and recharged all of the chakra energy points within me. I finished this and felt: Perfect for those who: As if an angel had scooped me up into their arms and cuddled all my troubles away. Feel overwhelmed or anxious. The Five Minute Miracle Length: It only takes 5 little minutes to remember to think positive, loving thoughts about ourselves and the world. Want a quick daily reminder to be mindful and to empower themselves to live a joyful, loving life. Blissful Deep Relaxation Length: How deeply, deeply relaxing this is. Are anxious, need a break or want a deep relaxation meditation. How wonderful this makes you feel about yourself and about life. Her voice is exotic and transports you to a safe, beautiful place. Optimistic, loving towards myself and others. Want to boost self esteem and feel optimistic. As though my life is guided by a loving Universe and that everything is unfolding perfectly. Need to trust and flow with the changes in their life. Self love " Body Healing Length: Louise Hay has a special place in my heart and is a powerful catalyst for positive change. Her words are infinitely wise and never fail to touch my heart deeply. Centred , healed, self-love. Wish to change, to heal and to love themselves. For Insomnia, Sleepless Nights Length: Are suffering with insomnia or are afraid of not sleeping. This really does profound healing on a cellular level and I believe we could all benefit from listening to this meditation as it is deeply relaxing and attracts abundance. Deeply relaxed , healed. Require healing, relaxation and positive affirmations. I love this angelic voice and how beautifully this meditation helps us to let go of unwanted baggage. Free and light, I forgave myself and made peace with my past. Need to release guilt, forgive themselves and others, let go of the past. Latest Additions guided meditations created my me! You realise the creative powerful you have within you! You visualise every aspect of the life you want and you create it. Want to manifest the life of their dreams. This is a short meditation which will very quickly relax you and create a place of stillness within you. Letting Go Meditation " Freedom from all Limitations! Letting go feels easy in this meditation. Wish to release limiting beliefs and trapped emotions. I promise you wont regret it!

Chapter 3 : Guided Meditation Downloads “ for Beginners | Explore Meditation

Listen to a guided meditation to help you understand the practice and what you should be doing during your meditation periods. You can find mindfulness meditations, compassion practices, and many more techniques across the Internet.

Nikita 4 comments 7 Amazing Guided Meditations for Beginners There are so many amazing benefits that come from a regular meditation practice. Meditation will teach you to become more present and more aware. It will teach you how to appreciate the blessings in your life and how to find the space in your heart and mind for love and kindness. But starting meditating can be quite overwhelming. It was like that for me too at the beginning. I had soooo many questions. Like where I should start? Is there a correct way to sit? A correct way of breathing? And why do my arms feel so awkward? When you start meditating, you might find it hard to know what to do at first. If you are just starting out, I strongly recommend you try guided meditations. Guided meditations are amazing tools especially when you are just starting out. They are easy to follow, have background music to help you concentrate that monkey mind is going to wander a lot in the beginning and have Morgan-Freeman-ish soothing voices. Be gentle with yourself and give these guided meditations for beginners a try. They will guide you through all those questions and uncertainty you might have. Just put headphones on, create space for yourself and go within. Juliana has an incredibly soothing voice that will make you feel relaxed and at peace in just moments. A guided meditation for beginners This beautiful guided meditation is the one I always listen to whenever I am feeling stressed but especially when I have anxiety attacks. Kenneth has an incredible voice and allows me to let go in a safe and natural way. By having a regular meditation practice, you can over time learn to tame those crazy monkeys, but this can be quite a challenge when starting out. So here is a guided meditation that will help you to develop your skill of being present, mindful and tame that monkey mind of yours. It will reduce your stress level, as well as improve your overall health and well-being when practiced regularly. You will bring attention to each chakra and help restore the balanced energetic flow through the chakra system. Not sure what chakras are? Read more about them right here. With his incredibly soothing voice and soft background music, you will be guided to shift your awareness to your center and explore any emotions, sensation that reside there. Self-care can come in many shapes and one of them can be meditation. Indulge in some self-love by filling yourself up with love. I myself still struggle with that from time to time. This is why I added this short and beautiful guided meditation to help you be consistent with your meditation practice even after a long and hard day. Try this 13 minute long guided meditation for beginners to end your day in a beautiful state of mind. This is it Tribe! What did you think of these guided meditations? Do you have any questions or comments? If so, let them in the comment section below and I will be more than happy to answer. Remember, guided meditations are an amazing tool to use in your meditating journey and I hope that these ones were helpful on your journey! Sending lots of love, Get Inspired Weekly! Join the Newsletter and get blog posts and insights delivered straight to your inbox, so you never miss out! Welcome to the Tribe! There was an error submitting your subscription. Powered by ConvertKit Share:

Chapter 4 : 10 Best Guided Meditations on YouTube

Check out Guided Meditation for Beginners by Guided Meditation on Amazon Music. Stream ad-free or purchase CD's and MP3s now on www.nxgvision.com

Posted on January 18, at Francis These days, mindfulness meditation for beginners is a subject that gives rise to a great deal of confusion. It took me several years of trial and error to figure out how to meditate properly. Why all the Confusion? The main reason for the confusion is that there are so many different forms of meditation, and each one has different techniques. What I recommend to people just learning how to meditate is that they pick one form of meditation, and commit to learning it well and practice it diligently. This makes meditation for beginners much easier. The purpose is to give you a basic understanding of the techniques of this form of meditation, so you can see immediate progress. This will help you stay motivated and committed to your practice. Mindfulness meditation is a training of the mind. Just as an athlete trains his body, a meditator trains his mind. The goal is to develop concentration and mindfulness. We do this by sitting quietly and observing our breath. Here are the guidelines I give to our students: Each person has a different preference; either morning, afternoon, or evening. Sitting position – Sit in a comfortable chair without armrests; back straight, and feet flat on the floor. Keep your hands either cupped one inside the other just below the navel, or simply rest them on your thighs. The main purpose of your sitting position is to be comfortable and alert. Concentration – Gently close your eyes and begin observing your breath. Use the counting technique to help you develop your concentration. This will help keep your mind from wandering so easily. During your meditation, count your breaths 1 through 5 silently in your mind. When you get to 5, simply start over again. Keep your attention focused on the air passing through the tip of your nose. When a distraction arises, simply ignore it and immediately bring your attention back to your breath. Mindfulness – After a few minutes of concentration meditation, switch to mindfulness meditation. Continue observing your breath. However, this time instead of counting each one, simply observe the entire breathing process mindfully. Observe it gently without forcing yourself. When distracting thoughts arise, gently bring your attention back to the breath. I suggest you meditate regularly, such as daily or every other day. Begin with minute sessions, then increase them to half an hour or more. Regular practice is important for making steady progress. The other two things I recommend for beginners are the goal statement exercise and writing meditation. These take only a few minutes to do, and yield tremendous results quickly. You can download them for free from the Resources section of our web site. Every day, researchers find new ways in which mindfulness meditation will enrich your life: Lower stress – Things that used to make you anxious will no longer bother you. Improved relationships – Your thinking and behavior will be more loving and compassionate. You will also be able to listen better and use more loving speech. In addition, your healthier lifestyle will reduce unnecessary strain on your body. You will also save a lot of money on medical expenses. Better cognitive abilities – Both your memory and ability to think will improve significantly. Imagine what this will do for your career. Greater sense of purpose – With greater clarity and development of your talents, you will find out how you can make a difference in the world. Helping other people is one of the most rewarding activities I have found. It will enrich your life in countless ways. Loneliness will be a thing of the past. Need Help Getting Started? One more suggestion that I would make is that you get involved in a mindfulness meditation group. The group will provide you with the support and spiritual nourishment you need to grow, and help you stay motivated and committed to your practice. If there are no groups near you, starting one is extremely easy with our group starter kit. The kit provides you with a sample format, a preamble to help you stay focused, and some literature about the practice. It guides you through the mindfulness meditation practice in 12 simple steps. I hope that these suggestions have taken away some of the mystery behind meditation for beginners, and that they lead to richer and more fulfilling lives for you and your loved ones. Best wishes for success in your practice!

Chapter 5 : Guided Meditation For Beginners | Intuitive Journal

This is an easy ten minute guided meditation for beginners. Please put some headphones on, find a comfortable place to sit, and then just listen to my voice. When you start your meditation practice.

Why I built QuietKit How to meditate for beginners QuietKit presents a very simple, direct type of guided meditation for beginners, perfect for anyone getting started: Find a quiet, comfortable place to sit, with your back upright. Put on headphones this will help block outside distractions. Press play and close your eyes. Focus your attention on your breath, breathing in and out. A big part of meditating is, when that happens, letting those other thoughts flow out of you, and then trying to bring your focus back to your breath. The real benefits of meditation listed below come from that practice: Even people who have practiced for years lose their focus when meditating. Using the guided meditation for beginners options from QuietKit is a great way to help you regain focus when you lose it, which is why we made them for you: Benefits of meditation The guided meditations from QuietKit offers three main benefits to anyone who uses them: Treat it as a daily habit. A lot of times meditation is talked about by how long you can do it in one sitting. Building a meditation habit Start small: Meditate at home, before you start your day. That might mean before going to work, school, running errands, or even before you start a day of relaxation. What you should look for are natural break points in your day. Maybe that means taking time right before lunch, or right after getting home from work, or before dinner, or before bed. Play around and experiment to see what context and situation works best for you. Every day in small amounts beats large amounts infrequently: Would you benefit more from working out really hard only one day a year, or from doing a little bit every day? Week 1 - 2 minute meditation session each day Week 2 - 4 minute meditation session each day Week 3 - 6 minute meditation session each day Week 4 - 8 minute meditation session each day Week 5 - 10 minute meditation session each day After week 5: Keep doing a 10 minute meditation session at the beginning of each day, and also do a meditation session at the end of the day of any length. Try doing this second session either when you get home from work, school, errands, or before you are about to go to bed. The benefits from meditation come from doing it consistently over time, so keep going! Meditation for Kids Note: Use our free Meditation in Schools resource! A few of the users of QuietKit have said they use it to help their kids meditate. Here are some quick tips for helping your children develop a meditation habit: It can work for a child of almost any age. As long as they have the ability to sit still, listen, focus on their breath, and understand what is being said in the meditation, then they can learn to meditate. Explain to them why meditation can be so helpful. Read through this page with them, and explain how meditating can help them deal with stress, learn how to focus which helps with school and sports , and can help them from having their emotions overwhelm them. Help them make it a daily habit. Just like teaching them to brush their teeth, having them meditate daily can do wonders. Just like spending quality time with them, make meditation something you do with them. Find a time and context, such as before school or at night before they go to bed, when you can make meditation something you do with them. Meditation is also great for schools. Not only can it help students decrease stress and increase focus, but it can also help hardworking teachers working hard in those schools. Use our Meditation in Schools resource to get started! If you have any tips that we should add to this section, send me an email: That was the problem I found myself facing. Even when things were going well there was still a lot of stress, and it started getting to me. Once I was sold on the very real benefits of meditation, I found that figuring out how to get started on meditation was surprisingly difficult. None of the tools, services and resources felt like they catered to the real challenges a beginner faced with meditation. It was incredibly discouraging, and out of frustration I ended up building the guided meditation for beginners tool I wish I had when I first heard about meditation. Not only did the tool I built work perfectly for a beginner trying to get into meditation, and help me deal with stress better, but it quickly improved every part of my life. It made me wish I had this tool when I was Something this powerful should be available for free to everyone in the world. So I built it out and released it as QuietKit.

Chapter 6 : Guided Meditations | The Chopra Center

Guided meditation MP3s or CDs as meditation tools. For beginners, audio guided meditations provide step-by-step instructions that help to introduce meditation in an easy and non-intimidating way. Experienced meditators may also benefit from guided meditation programs as they can reveal different perspectives and approaches that might have.

But I first need to tell you that there are many different ways to meditate. I will give brief explanations about the different meditation techniques, with free meditations you can try, and links to more specific information. Now if you fit into one of those categories, there is little point trying to sit motionless for hours, without conscious thought, in search of the doors to Nirvana and eternal enlightenment. I imagine your life is already pretty busy, with pressure from the responsibilities of work and family, and you are looking for a simple way, in which you can introduce meditation into your life, to see what benefits meditation can do for you. Look in local newspapers, notice boards, or walk into a hippy crystal shop and ask. The best thing for meditation beginners is that by joining a weekly class you are making a commitment to yourself, in an environment in which you can grow. With a good instructor, you will be introduced to meditation theory and practice at a pace to suit your abilities. If you have a question you can ask. But if your life is already busy, busy, busy, and adding another event to your already hectic social schedule would make your week more stressed not less, then it is not the meditation solution for you. There is no point rushing across town to your meditation class, squeezing in as much relaxation as humanly possible into shortest possible time, and then rushing home to continue with your chaos filled existence. And for these reasons, the next meditation technique I would like to suggest is Guided Meditation. Guided Meditation for Beginners Guided meditation is the best meditation for beginners as you just need to follow the instructions! The guide talks you through every step of the journey. There are many free guided meditations you can listen to on Explore Meditation, but to download them to your computer you will need to buy a meditation package. Guided Meditations usually start with an introduction explaining what the meditation is about, before giving you some time to make yourself comfortable. The guide usually draws your attention to your breath, systematically relaxes the muscles of your body and then when you are in this relaxed state, takes you on a journey in your imagination. You return with a mindset that gives you greater perspective on any problems or concerns you are facing. Free Relaxation Meditation for Beginners Please click play to listen to this free relaxation meditation. Please share your experience in the comments selection below. I resonate with your thinking and thoroughly enjoy these emails that arrive in my inbox. Many thanks and much love. It gives you the ability to fit regular meditation practice into your busy schedule without it being a burden. Advanced meditations are a natural and easy progression if you have experienced and enjoyed beginner meditations. Indian Yogis and Tibetan Buddhists can spend a lifetime training to sit in silence! But for the rest of us who have to schedule relaxation into our busy lives, Guided Meditation is the Best Meditation for Beginners, and is a great introduction to the many benefits that meditation provides. Reduced stress Connection to your true-self Other Meditation Techniques Guided meditation is just one technique at your disposal. If you enjoy it, you can then broaden your horizons by exploring the variety of Traditional Meditation Techniques available for you to practice. These different techniques have arisen in different parts of the world throughout history, but most have similar goals in mind! To become more relaxed and to become more aware. With degrees in Communications and Massage, Nigel Coates found it a natural progression to share his passion for healing and wellness through his Explore Meditation website. His quest for integrated well-being and spiritual insight has explored many modalities and principles, even taking him around the world to study with masters. As a natural communicator, he loves to share his findings with this community of truth seekers. For more information please click Nigel Coates. Explore your interests from this meditation menu. Download MP3 Meditations to your computer. Explore Meditation aims to provide you with the best quality information and resources to assist you to be the best person that you can be.

Chapter 7 : 10 Best Guided Meditation Videos on YouTube

Guided meditation was one of the best ways for me to get started. In the beginning, I found that guided meditations were appealing. They literally walked me through the meditation.

Declutter your mind and soul Learning how to meditate should be something you enjoy not stress over, so let these videos be your guide! The images flow through lovely views of nature with rich colors and floating clouds to whisk you off of your cushion and onto the wind. The beginning of the video is narrated with directions on how to accomplish deep breathing. This lasts about six minutes, and the final 10 minutes of the video are quiet except for the accompanying sounds of the images. Take an escape from the snow and bitter winds and float right back into summer for some extra sunshine and relaxation. The narrator uses detailed imagery "breathing in fresh, clean air" to guide you into relaxation and a state of meditation. The instructions are simple enough that you can listen to them with minimal effort from a state of detached consciousness. This meditation is designed to help you release your need of control by surrendering to the support of the universe. Not only does this work to release your mind, the narrator helps you relax your entire body from the tips of your toes to the crown of your head. My favorite line from the video: Deep breathing meditations are some of the best ways to transition you into sleep. This meditation is designed for helping you fall asleep with deep breathing, stillness, and internal awareness. The narrator guides you through your body using your breath and physical awareness to pull you away from consciousness. After this meditation, I felt significantly less stressed and anxious over the daily issues that get me all worked up. Setting an intention is something we all do during our yoga practice, but novice meditators often forget to set an intention for their meditation practice. You can certainly come up with your own, but this video gives you a pretty strong intention: The narrator uses colors to help guide you through 30 minutes of deep breathing. This video gives you the benefits of a minute meditation practice in just five minutes. It smoothly guides you through a deep breathing exercise, encouraging you to visualize your exhalations pushing away negativity and distractions while your inhalations embrace your imagination and the perception of your circumstances. The video gets you so focused on your breath that you ignore the noise in your head and focus on the sound of the waves in the video and the accompanying sound of your breath. You can meditate anywhere you want to with these guided meditations: Categories Mindfulness Post navigation.

Chapter 8 : Guided Meditation Scripts

Since focusing the mind is challenging, a beginner might meditate for only a few minutes and then work up to longer durations. In this form of meditation, you simply refocus your awareness on the chosen object of attention each time you notice your mind wandering.

A guided meditation is a meditation in which somebody an experienced meditator guides the beginner with his voice. The conductor indicates at every moment what the listener has to do in order to meditate. Many guided meditations also contain music in the background that helps introduce the mood for the meditation that is, a mood of tranquillity and calmness. Some guided meditations have a specific purpose: Others are just meant to observe your thoughts, how they appear and how they vanish, and how they try to take control of you. In any case, starting to meditate can be overwhelming at the beginning. Even if provided with instructions from a master or a book, even if you may have practised a couple of times with an instructor, the first times you do it on your own can be frustrating. Guided meditations try to reduce the frustration, providing a guidance during your first sessions on your own. The final goal is, of course, that you achieve to meditate without any guidance or external help that includes music. Is in the cold space of your inner mind where the real battle exists. You, alone with your thoughts. That is the war that you must win. But at the beginning meditating is too tough and boring. We need, hence, to do some baby steps towards that final goal. For this purpose, I have collected a list of guided meditations, with different durations and different purposes. The idea is that you progressively increase the meditation time while being guided, and, at the same time, practise meditations with different purposes. Then, once you have reached at least 20 minutes meditation with guidance, it will be time for you to move forward and start meditating on your own. The following workouts provides you with the steps to reach that goal. The Workout The workout included in this post aims to introduce meditation in your daily life by using guided meditations. If you follow this workout, you will be easily guided through the meditations along 20 days. Then on day 21, you will start your first non-guided meditation for one minute, and keep increasing your meditation time on your own. Each day increase your meditation time by doing the next meditation on the list do not skip meditation on the weekends. There are meditations up to 20 minutes long. Once you reach the 20th meditation and feel comfortable with it, start meditating on your own following the workout n. Decide which type of meditation are you going to do on your own. You can just remember what you did during your guided phase and do the same without guidance. Also, you can just apply a meditation technique and keep mastering it. You can learn one technique in this post. The first day, set 1 minute and meditate that time on your own. Next day, set 2 minutes of meditation on your own. Continue increasing 1 minute per day including weekends until you reach 20 minutes. Keep meditating for 20 minutes as many days as possible. Every 10 days, perform one of the extra guided meditations listed below. They will help you to progressively increase your meditation time and test new meditation techniques. The 20 Guided Meditations.

Chapter 9 : Guided Meditations - UCLA Mindful Awareness Research Center - Los Angeles, CA

Guided meditation is the best meditation for beginners as you just need to follow the instructions! The guide talks you through every step of the journey. The guide talks you through every step of the journey.

Get in touch with your inner self and learn how to access your intuition for greater clarity and peace of mind. I used to think that way too, until I actually tried it for myself. Now I have come to realize that by taking the time to clear your mind up front, I can be much more productive in what I want to accomplish, because I have clarity in my tasks and goals. I have recently started meditating and found it to be an absolutely wonderful experience. I always thought meditation was just something that some young new age person did and really had no idea what was involved with meditation and just thought he sounded a little bit off the wall. Well, I was definitely wrong! Just concentrating on being present allows the thoughts that are most important in my life to pop to the surface, crystal clear. I also get a flood of ideas for new business ideas when I meditate.

Relaxation Techniques Because you take the time to relax your mind and concentrate on your body, all the things that have gotten pushed to the back of your subconscious actually have a chance to come through. That is one of the beauties of meditation that I had no idea existed before. It is quite a wonderful feeling to be able to just sit back and relax and just be in the moment and block everything else out. I feel refreshed and it seems I have a lot more energy for the rest of the day.

Developing Intuition Meditating can also help you develop your intuition and that sense of inner knowing. By quieting the mind and your ego, the small quiet signals that may have been buried by the ego and a chattering mind full of daily tasks now have a chance to be heard. When you give yourself the time to let your subconscious thoughts come to the surface, the light will go on and you will have your answers. Is this the future of meditation? Or are you at least curious about how this ancient practice can help you? But with a difference. The audio uses a next-generation sound technology called Omharmonics, which Mindvalley has spent the past year developing with world-class consciousness engineers. According to Mindvalley, Omharmonics makes all these problems obsolete. Could this be the future of meditation? Grab a pair of headphones, set aside a few minutes, and be the judge: **Guided Meditation For Beginners.**