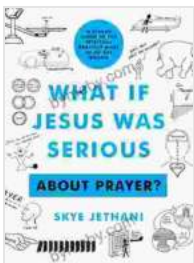


Visual Guide to the Spiritual Practice Most of Us Get Wrong

Meditation is a powerful tool for our physical, mental, and spiritual well-being. Yet, many of us struggle to maintain a consistent practice or experience its full benefits. The reason? We misunderstand the true nature of meditation.



What if Jesus Was Serious ... About Prayer?: A Visual Guide to the Spiritual Practice Most of Us Get Wrong

by Skye Jethani

★★★★☆ 4.8 out of 5

Language	: English
File size	: 15974 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 193 pages
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In this visual guide, we'll uncover the common pitfalls of meditation and provide step-by-step guidance to help you:

- Understand the different types of meditation
- Choose the right technique for your needs
- Create a sustainable practice that aligns with your lifestyle

- Overcome challenges and deepen your spiritual journey

Chapter 1: The Power of Meditation

Discover the scientific and spiritual evidence supporting the transformative power of meditation. Learn how it can reduce stress, improve focus, enhance creativity, and promote overall well-being.



Chapter 2: Choosing the Right Technique

Explore the various types of meditation, including mindfulness, transcendental meditation, guided meditation, and more. Identify the approach that best aligns with your unique personality and goals.

HOW TO START MEDITATING



BREATH

Don't try to "calm your mind." Instead, appreciate the sensations of your breath in the same way that a wine lover tastes a cabernet. When your mind starts wandering away into thoughts, just recognize that you're thinking. Then return to appreciating the sensations of your breath.



EMOTIONS

Long-term meditators show increased size in brain regions associated with emotional regulation. "Larger volumes in these regions might account for meditators' singular abilities and habits to cultivate positive emotions, retain emotional stability, and engage in mindful behavior," according to a UCLA study.



ARMS/HANDS

Relax your shoulders and arms, letting your hands rest on your thighs. Alternately place one hand on another as your lap.



EYES

Decide what you're going to do with your eyes. If you want the experience to be more body-based, close them. If you want to feel more anchored in the space you're in, keep them open.



LEGS/FEET

If you're sitting in a chair, keep your feet flat on the floor and your spine straight. If you're sitting cross-legged on a cushion, the important thing is to have your knees below your hips. If you need a higher seat, make one.



TIME

Meditation isn't about length; it's about frequency. In the same way, you don't get strong by lifting one giant weight one time; you should try and sit regularly. Five or ten minutes a day is a great start.



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Chapter 3: Crafting Your Practice

Develop a personalized meditation routine that fits seamlessly into your daily life. Learn how to choose the right time, place, and duration for your sessions, and create a supportive environment for inner exploration.



Chapter 4: Common Pitfalls and Solutions

Identify the obstacles that can arise in your meditation practice, such as wandering thoughts, physical discomfort, or motivation dips. Discover proven strategies to overcome these challenges and deepen your connection to your inner self.

OVERCOMING CHALLENGES

7 Strategies for Overcoming Challenges



Chapter 5: Advanced Techniques

As your practice progresses, explore advanced techniques such as mantra meditation, visualization, and spiritual inquiry. These practices can enhance your meditation experiences and lead to profound insights and spiritual growth.



With this visual guide, you'll gain the knowledge and tools to unlock the transformative power of meditation. Embark on a journey of self-discovery, inner peace, and spiritual fulfillment. Remember, the true practice of meditation is not about seeking perfection but about embracing the present moment and connecting with your authentic self.

Free Download your copy of the Visual Guide to the Spiritual Practice Most of Us Get Wrong today and transform your relationship with meditation forever.

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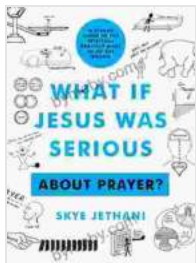
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