

Sample Meditation Techniques

Type	Steps for Meditation or Relaxation
Guided meditation	<ul style="list-style-type: none">- With the help of a teacher or guide, or even a pre-made recording, take yourself on a journey through a place you find calming or relaxing.- Visualize your surroundings, and try to incorporate as many senses as possible. Soak in the sounds, smells, and textures.
Mantra, or transcendental meditation	<ul style="list-style-type: none">- Choose a calming word or phrase. Repeat it over and over to yourself silently to prevent distracting thoughts from entering.
Mindful meditation	<ul style="list-style-type: none">- Take a break and make yourself acutely aware of your surroundings.- Take deep breaths and feel your lungs swell.- Allow yourself to think about your feelings, but do so without judgment.
Yoga or tai chi	<ul style="list-style-type: none">- Perform a slow series of varying postures while breathing deeply.- As you balance and move, focus on the movements and not on the stress in your life.- Attend a class to learn the basics, and then you can practice in your own home.
Prayer	<ul style="list-style-type: none">- Pray using your own words, or read prayers written by others.- Reflect on the meaning of the words or write in a journal.
Deep breathing	<ul style="list-style-type: none">- Take deep breaths from your diaphragm, rather than short, shallow breaths from your chest.- Continue until you feel calm.
Biofeedback	<ul style="list-style-type: none">- A doctor attaches electrodes to your body to monitor blood pressure, breathing, heart rate, and muscle tension.- A therapist will study your reactions and teach you how to reduce the types of stress you experience.
Exercise	<ul style="list-style-type: none">- Try going for a walk or run to clear your mind and reduce stress.

Source: <http://www.wikihow.com/Sample/Meditation-Techniques>