

Meditation Techniques



01: Guided meditation: Listen to a guide or video that explains relaxing images while you try to picture yourself in that environment.

02: Mantra meditation: Focus on a word or phrase and repeat it to yourself.

03: Mindfulness meditation: Focus on the present moment and observe it.

04: Walking meditation: Observe your surroundings and focus on what you observe and feel while walking.

05: Prayer: A part of many religions. You can read a prayer or write/say your own.

06: Read/write/reflect: Take time to read something meaningful to you or write down your thoughts and take time to reflect on them.

07: Focus attention on good things: Think of people you know with love and kindness.

Source:

