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Wild Fire



TOPIC AUTHOR

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Replied by Wild Fire on topic **The Light Side**

Meditation

All of us must of had some previous experience of meditation, so we know what it stands for, it calms your mind & soul, heart & body. It brings peace, harmony and serenity. It brings knowledge, guidance and wisdom. Clearing your mind, if even for a few minutes, can make a great change to your day, and the way you go about it. Meditation is the central part of any Jedi's day and it can make a great difference as to how you react in certain situations and how you control your emotions, not letting them get in the way of what you are set out to do. You can meditate in many different ways using multiple techniques.

You can do:

Mantra meditation - you repeat a word/phrase either out loud or in your head

Body-Awareness meditation - where you focus on relaxing parts of your body from your feet going up

Empty meditation- where you don't think about anything, you just centre your mind

Chakra meditation- where you focus on each of your chakras from the solar plexus going up to your third-eye chakra, in an attempt to unblock them and rejuvenate them.

You can even create your own meditation that suits you.

Meditation is a method not only great for your spiritual growth, but for your mindset in your daily life too. Take time for

yourself once a day to cleanse yourself of negativity and truly be ready for the day ahead.

May The Force Be With You!