

Meditation for Relaxation

Meditation is a way of self-relaxation

During meditation, we focus our attention while our body and spirit relax together so we are able to achieve a peaceful and tranquil state.

Meditation allows us to listen to our true feelings, access our subconscious minds, and gives us the power to face various stress and challenges in life.

Before you meditate, you need to select a quiet and comfortable environment, and try to avoid any disturbances.

You may choose to sit down in a comfortable position, keep your feet flat on the floor, and ensure that your body are supported.

You may also lie down. Then, let yourself to concentrate through deep breathing, and focus on the natural scenery...

