

Mental relaxation –Through Meditation



Relaxation is important to both physical and mental health. Your mind can get tired, so you need mental relaxation. You may not even be aware of it, but thinking, worrying, and all the things that go on in the back of your mind can get it exhausted. Mental relaxation benefits not just your mind but also your body.

Mental relaxation is of an entirely different kind in as much as it means, in effect, an absence of thinking, of conscious physical relaxation. Such mental relaxation liberates you from conditioning. You can easily find out for yourself that there is a period of silence between the thoughts that is totally unrelated to the thinking process. The meditation gurus may resent such focusing on the intervals between thoughts during one's day-to-day living being called 'meditation', but if you are able to do this focusing on the interval between thoughts during your working day, you will suddenly realize that at the end of the day, you are much less tired and that you have considerable amount of energy left for the rest of the evening.

BHAKTI YOG



Once your body can feel that warm and intense relaxation, it is much easier for your mind to release the tension and stress that it may have felt during the day. With the help of the audio from the CD, it is easier for your mind to have a tangible noise to concentrate on. Many people who try to meditate in complete silence find that their thoughts often become so loud; they cannot achieve the relaxed and meditative state they were seeking. The Relaxation Guided Meditation CD helps to guide your thoughts to achieve this state and guides your mind concentrate on total relaxation. Although the CD has you concentrate on total relaxation, it still keeps your mind awake and fully aware. This awareness allows you to achieve the deeper form of relaxation and the release of the tension that your body may have been building.