

## Benefits of Meditation and Spiritual Awakening

The practice of meditation is no longer considered to be a far eastern mystical practice where you sit in an uncomfortable position, surrounded by candles and chanting mantras. Mainstream culture has recognized the benefits of meditation and you will find people of all ages and walks of life using this ritual to relieve stress, awaken the spirit, heal the body and unlock the mind to the limitless potential we possess.

Meditation calms the mind and relaxes the body dissolving built up tension and anxiety the body stores. As we become more exposed to the stresses of modern day life it is imperative that we find a way to relieve the pressure. As the long-term benefits of meditation begin to unfold we notice the mind beginning to experience much higher levels of peace and serenity. We will see an increase in happiness, love, and an increase of our inner powers and abilities to connect with the higher powers of our mind. We find ourselves becoming physically healthier as we shed the years of stress related damage we have done to ourselves.

There are different schools of thought when it comes to meditation. There are those that believe you should choose a mantra that you repeat during the whole meditation. It could be a simple mantra such as the word Aum. You can make up your own as long as it has a certain vibrational quality that will allow your thinking mind to quiet down and achieve a silence that will open you up to your true self. You can use a guided meditation that uses voice to relax your body and get you into a meditative state. This may be the best option when starting out because it helps lay the foundation for getting you to a relaxed state. Once you can recognize that state you can eliminate the guided meditation and use either silence or you can use music depending on the nature of the music. The real key here is to be able to get to that place in your mind where thought doesn't interfere with the experience. We are trying to tune into a higher vibrational level where thought has no place.

As our powers of concentration increase we learn to control the multitudes of thoughts that flood our minds and halt the growth of awakening our higher levels of consciousness. It is these very thoughts, which separate us from the lower life forms that will keep us from realizing our true potential. Through meditation we can learn to quiet our mind and listen to our inner voice, which is not a voice at all, but a feeling of deep awareness and connectedness to the true vibrations of our higher self. As this awareness increases we will learn that these true vibrations of our higher self are actually not our higher self but the vibrations and realm of an even more basic understanding of universal consciousness.

While weighing the benefits of meditation there can be no argument about the physical benefits you will receive from daily practice. The benefits of a more spiritual and mind expanding consciousness is hard to quantify because of the subjective nature of the person meditating. The benefits gained will be in direct proportion to the level of one's awareness and desire to reach their full potential. As we shed the years of destructive thinking and behavior there can be no doubt that you will begin the process of realizing your true spiritual self. With this realization comes the understanding of how limitless we truly are and the real work of meditation can begin.

## About the Author

Begin your journey of discovery and shed the years of destructive self-programming. [Meditate To Achieve Your Higher Balance](#)

<http://www.higherbalance.wordpress.com>

Source: [www.isnare.com](http://www.isnare.com)

Source: <http://articles.exospy.com>