

# Cynthia waters

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Cynthia Waters Information | Website 1 | Website 2 | Website name and address (URL): | <http://www.freemeditation.com> | <http://www.freemeditation.com/meditation-basics/meditation-and-chakras/> | Summary of the resource: | This site has a several way to use meditation and different kinds of mediation the aim of this site is be an inner self for peace and harmful . A peace way to a calmer way is to use meditation. Meditation is focus on the mind. The meditation of the elements. Is the one I have taken to use on this assignment. | The meditation is using energy channels and seven energy centres aka chakras. The chakras meditation is somewhat of a balancing for body so the mind maybe more of a balance and clearer thinking. This is the top chakras. | Two interestingfacts: | One interesting fact about this site is the several ways of meditation from Japanese to paramahansa The best way that we can create that change is to change our thoughts from being netagive to positive . The positive thoughts . It is best of way to focusing within yourself. | There is seven chakras that can a meditation for each one. The top chakra is one that helps with the memory, mind, This mediation for this charkas meditation can open the mind more to forgiving people for a more inner peace. With medatition we can melt away the dgo and conditionings for being nervous in class and open a window of thoughts and process. | What happened after you tried each technique? | After trying the meditating for the foot soaking . I feel that my feet was a door way to a meditation. I was more calmer and will to do my school work without being stress on what I needed to wrong . It was a relaxing point in the technique. It was a great way to relaxing today. | Charkas medatition is something that I have done in a long time. It was a point that I was in deep thought of one of my friend that had pass away. I was talking to her like it <https://assignbuster.com/cynthia-waters/>

was yesterday. She gave me some strong advice on my life to push on with it and enjoy life. | 1. Do you think meditation leads to heightened sensation and perception? Explain why or why not. The mediation does leads to a heightened sensation and perception. The meditation is away for the mind to open up. At night when you go to sleep meditation can help the mind rest better at night time . The nagging thought of the day can be erased what that saying. A mind that doesn't relax at night will keep a person up at night. Yes I do think the mind can get a heightened sensation of what is going around us and the perception is something that we can defined it more in meditation. 2. Have you considered integrating meditation into your own lifestyle? If so, list one strategy for fitting meditation into your schedule. If not, explain why. I have been doing meditation in my life for a few years now. I will go outside in the summer or fall when the weather permits me too. I will connect with the mother earth to have a good cleansing for myself. Then we have special days that we can use the elements to help increase the meditation for us. I am called in my world as a shamanic healer. I am healer that I know what I am doing but my handwriting is bad. It is like the words are there but connecting to the paper is another thing. So medatition help me center and focus on my schoolwork.