

## How to Do a Guided Meditation

The term itself is a clarification of its meaning. If you still find it somewhat confusing, picture this: a person or a group of people meditating and guided through the process by a professional instructor; a person reading a meditation script while they meditate; a cassette or CD you bought or prepared yourself to help you through the mediation process. All of these are illustrations of a guided meditation. Since one is supposed to obtain a state of deep relaxation during any meditation, guides are an excellent motivator.

So what is attractive about a guided meditation? Well, for one, a guided meditation is often less expensive than a private session. If you use tools like CDs or cassettes or if you ask the help of a friend to help you, it wouldn't cost you as much as a private session would. Still, these private sessions are considered to be guided meditations as well. A guided meditation can make you understand the basics of meditation more perceptibly. It can help you rid yourself of all distractions and meditate more effectively. Most of the group guided meditation has specific objectives, from physical healing to spiritual-related goals. While guided meditation may be used to accomplish healing, the guides are not the healers. Your naturally healthy state is merely being restored through the flow of energy freed by your meditation.

A lot of online resources offer information on self meditation and guided meditation. Most of these sites even offer prepared scripts, sounds, and several calming images for exercise to help you stay focused. One fine site to visit is [www.selfhealingexpressions.com](http://www.selfhealingexpressions.com). It is a virtual guided meditation room of some nature with the same goals # to provide you minutes of deep relaxation and reflection.

If you think adults are the only ones who should do meditations, think again. There is also an online guided meditation site for kids. Visiting [www.susankramer.com](http://www.susankramer.com) will take children to a place serene and revitalizing. The prepared scripts are very interesting and will mostly make children stay focused on the meditation exercises.

Some guided meditations provide around half an hour of relaxing music to calm the mind and body. A guide's voice can sometimes be heard over the beat of the music to cue you on what to think of and how to maintain a deep focus. These guided meditations can be practiced as an individual or with a group. Using CDs or cassettes commercially available will also give you the same attributes.

A guided meditation is ideal for people who are still learning the basics of meditation. While it may be somewhat drawn out for those first timers, it can still provide them with a lot of advice on how to go about acquiring a feeling of deep calmness.