

“There are many popular forms of meditation in today’s world.

All recognize that quietness, relaxation and attention are core necessities.

Here are 9 examples:

MINDFULNESS meditation, FOCUSED meditation, MOVEMENT meditation, MANTRA meditation, TRANSCENDENTAL meditation, PROGRESSIVE-RELAXATION meditation, LOVING-KINDNESS meditation, VISUALIZATION meditation and SPIRITUAL meditation.

SPIRITUAL meditation practices can stand alone or be combined with other forms of meditation.