

What Is Meditation?

InsightTimer

Meditation is the practice of focusing your attention and increasing awareness—often by concentrating on your breath, a word or phrase, or physical sensations. The goal isn't to “clear your mind,” but to observe your thoughts without judgment and gently bring your focus back when it wanders.



[Learn To Meditate In 7 Days](#)

Benefits of Meditation

Body

- Lower blood pressure
- Chronic pain relief
- Improved immune function
- Better sleep quality
- Slower heart rate
- Reduced inflammation
- Higher energy levels
- Enhanced digestion
- Improved body awareness

Mind

- Stress reduction
- Increased focus
- Better memory
- Higher cognitive performance
- Emotional resilience
- Mental clarity
- Enhanced creativity
- Heightened self-awareness
- Emotional balance
- Greater patience

Spirit

- Inner peace
- Deeper self-connection
- Sense of unity or oneness
- Spiritual growth
- Compassion and empathy
- Stronger intuition
- Gratitude and presence
- Detachment from ego
- Insight and transcendence
- Sense of meaning and purpose

Common Types of Meditation

Metta

Vipassana

Yoga Nidra

Mindfulness Meditation

Breathwork

Body Scan

Visualization

Mantra

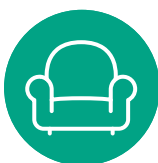
MBSR

Focused Attention Meditation

How To Start Meditating



Find a quiet space (or put your noise cancelling headphones on).



Sit, lie, or stand in a comfortable position.



Close your eyes.



Breathe naturally, and focus your attention on your breath.



Follow your breath moving through your nose, throat, chest and abdomen.



When your mind wanders away, gently bring it back to your breath.