



Meditation

Medastrana, the unique in the world alternative holistic personal analysis for your MEDITATION, provides you with methods of meditation which are useful to your soul progress and improve the quality of your life, for example you can use the Medastrana Relaxation in order to relax and dissipate your stress. You also take information about your completion as a human being.

For the continuously improvement of the Medastrana website, if you see a problem-error on your screen, or if you have any suggestions please contact us by clicking "contact" on the home page. If you see an error please describe what data did you entered and which analysis did you choose. In the centre of Medastrana is your personality and needs.



Name: John

Lastname: Jackson

Thank you for choosing Medastrana.

■ Medastrana meditation for relaxation

■ Helps you to dissipate the stress.

The duration of your meditation should not be over 20 minutes. Choose a quiet and, preferably, isolated environment. Sit on a chair and keep your torso straight in a vertical position, or lie down horizontally and comfortably.

Close your eyes and begin to relax your body. Feel the muscles which are in tension, concentrate to them in order to loose them. Then concentrate on your breath, gradually breath deeper and deeper until you reach a point where your inhalation last for seven seconds and your breathing out for two seconds. Try to hear only the beats of your heart. Open your palms and imagine that a gold bright light comes through them. Imagine that this gold light gives you a warm energy and feel its relaxing effect. Feel your body vibration which comes from the beats of your heart.

Imagine that the gold warm energy light runs in your veins. Negative emotions, like sorrow, stress, anger, hate, any other negative emotions that may arise, give them the forms of black spots, which light and positive energy that fill you up and flow inside you push them out from your body, out of you. When outside, these black spots transform into light balls. You are now into light, you feel very light like without a body. Enjoy your situation for a few minutes. Then you can sleep, but if you have to stand up, prepare yourself that the meditation is coming to an end, you feel totally calm and secure, now gradually bring you breathing in to a normal situation. Open your eyes and slowly stand up.

■ Medastrana meditation Mind

■ By using this Medastrana meditation you develop and give strength to your mind in order to have a good life course. You also improve the effectiveness of your projects.

The duration of your meditation should not be over 20 minutes. Choose a quiet and, preferably, isolated environment. Sit on a chair and keep your torso straight in a vertical position, or lie down horizontally and comfortably.

Concentrate on your breathing. Relax. Close your eyes. Listen to your heartbeat, there is no thought in your mind. You feel your body relaxed and lighter. Imagine that you are in a meadow, the wind caressing your hair, you feel you can touch the sky and the sun. Sunlight comes through your body, you are relaxed and safe. Imagine the picture that those who love you, embrace each and every one and then join together surround you all embraced. Declare to them that you forgive them for their mistakes, you will show understanding and you will be ready to listen to a different opinion without necessarily to adopt it. Now concentrate most light in the area of your head and create a halo around your head.

Imagine now that you hold a balance and declare that in any dilemma you come across in your life you have the will to balance your decisions correctly, calmly and considering your personal peace of mind as well as of the people you love. In addition you will practically materialize your inspired projects, you will be open to

new and different opinions, which can enrich your programming and your projects. Feel calm and secure, ready to gradually restore your breathing to a normal rhythm. Open your eyes and slowly stand up.

■ Medastrana meditation Love

Helps you to strengthen the love around you. Also helps you to go up on higher conscious levels, keeping away the criticizing and the bad attitude.

The duration of your meditation should not be over 20 minutes. Choose a quiet and, preferably, isolated environment. Sit on a chair and keep your torso straight in a vertical position, or lie down horizontally and comfortably.

Relax every muscle of your body. You are perfectly calm and safe, enjoy your relaxation. Close your eyes. Imagine that you are on top of a mountain, open your hands and open them like to embrace the sun, sunlight enters your body from your fingers and fills your entire being. Feel the light which gets in your body, it eliminates the presence of all negative emotions thoughts you may have. Feel free to love and live life to the fullest. You deserve to give and receive love. By exchange love you contribute to the universe. Imagine you have your dearest ones around you.

Combine with them with rays of light, and declare your love and understanding to them, and that you wish them the best. If you are parents, you can picture precisely the image of how happy your children are now and in the future. Imagine small details, like how smiling your child or children are, moments of joy, of fulfillment, but generally imagine everything submerged to light. Finally, imagine a great network of human souls, all connected together and to you by rays of light, and declare you want to join in empathy, accepting all people around you as they are, with no criticism. Feel calm and secure, ready to gradually restore your breathing to a normal rhythm. Open your eyes and slowly stand up.

■ Medastrana meditation Heart

Helps you to keep "clean" your heart from hate, anger, and other negative influences for your soul.

The duration of your meditation should not be over 20 minutes. Choose a quiet and, preferably, isolated environment. Sit on a chair and keep your torso straight in a vertical position, or lie down horizontally and comfortably.

Close your eyes, you feel calm and safe. Allow your body to gradually relax, enjoy the process of relaxing your muscles. Imagine that you are in your favorite place, maybe in the hug of your mother, perhaps a place where you used to play with your friends as a child. Now you feel that a big bright ball is next to you, this bright ball begins to take the shape of a heart, and fills your existence with light, peace and joy. Concentrate most of the light in your heart. Now, imagine that around you there are one or more people that for some reason you want to apologize to them, say you are sorry and ask for forgiveness with honesty and apologize with true suffering.

Now say that your heart is always open for them, and that you forget all their mistakes. Then imagine that your heart is full of light and warm radiating rays of light are all around you, being ready to accept every person and every thing that happens around you without criticism for being good or bad. Feel calm and secure, ready to gradually restore your breathing to a normal rhythm. Open your eyes and slowly stand up.

■ Medastrana meditation for your personality and good image

Helps you to have a self respect and a good image. Also helps you to make other people to see the positive side of your personality.

The duration of your meditation should not be over 20 minutes. Choose a quiet and, preferably, isolated environment. Sit on a chair and keep your torso straight in a vertical position, or lie down horizontally and comfortably.

Take deep breaths and clear your mind of thoughts no matter good or bad. Gradually make your breathing in to last for five seconds and the breathing out for two seconds. Close your eyes. Feel relaxed and calm, imagine that you are in a lake which is surrounded by trees, birds flying around you, singing to you. The lake gives you peace of mind. You see the reflection of blue clear sky the waters of lake and feel the greatness of mother nature. You can see yourself mirrored in the lake, you are united with nature. Watching your reflection brings you euphoria, joy and happiness. Put your hands in the lake and wash your head, as you're washing your head you "clean" your senses, everything becomes clearer, you gain "distinction" (distinction-greek word diakrisis= see clearly the truth and make the best decision).

Share your feelings and things with joy and serenity, you are ready to keep yourself on track of self-improvement. Imagine that you open your arms and expand your aura. You feel ready to embrace people who approach you, ready to have a beautiful communication. Make a statement that you are friendly, receptive and that you love dialogue, being ready to hear an opposite opinion. Feel calm and secure, ready to gradually restore your breathing to a normal rhythm. Open your eyes and slowly stand up.

Medastrana meditation soul and mental development

You develop your soul to a higher level.

The duration of your meditation should not be over 20 minutes. Choose a quiet and, preferably, isolated environment. Sit on a chair and keep your torso straight in a vertical position, or lie down horizontally and comfortably.

Gradually relax your body starting from the head and end up on your feet. Breathe deeper, it is nice to relax, feel safe and calm. Imagine that you are on a hill and watching a flock of birds that migrate. The courage of the birds on their journey gives you strength in order to be able to change anything you want in your life. Your existence is filled with light. Gather your beloved ones around you, imagine your aura spreads and engulfs them. Declare your relationship will be harmonic and you are determined not to stick on details. In continuance, state that your image in society will be full of calmness, harmony, determination without postponements and unsolved dilemmas.

Now concentrate most light in your heart and then create a multi-colored bridge of light to connect it with your head and declare that you will express innovatively and diligently your need to creation. Also that you will manage your energy wisely. Feel calm and secure, ready to gradually restore your breathing to a normal rhythm. Open your eyes and slowly stand up.

Medastrana meditation Final integration

| Helps you to your fulfillment as an individual.

The duration of your meditation should not be over 20 minutes. Choose a quiet and, preferably, isolated environment. Sit on a chair and keep your torso straight in a vertical position, or lie down horizontally and comfortably. Concentrate on your breathing. Relax. Close your eyes. Listen to your heartbeat, there is no thought in your mind. Gradually breath deeper, the duration of your breathing in reaches five seconds and the duration of your breathing out reaches two seconds. Imagine that you are surrounded by light. Now concentrate most of the light around the area of your head and create a halo around it. Then form a ray of light that moves circularly and joins your heart with your brain. Declare now that you will manage your need for joy, creativity and sociability productively and with discipline. Also declare you will express your feelings and what you think is true with no hesitation. Feel calm and secure, ready to gradually restore your breathing to a normal rhythm. Open your eyes and slowly stand up.

[Top Of Analysis](#)