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Are you suffering from concentration problem? Can't you do your work whole heartedly and suffer from distractions? Most of the people under the sun are having this grave problem. You go to your work place every day and have a tremendous work pressure. You work like a machine. You get stressed too much and cannot sleep properly at the night. The next day it becomes very difficult for you to concentrate and you cannot do your scheduled work with great care. However you need not worry. There is a remedy to get out of the problem. Certain meditation techniques are discussed in this article.

Need for meditation

If you cannot give your full concentration in whatever work you do, no matter how petty it is, you must meditate. Secondly, meditation gives you relaxation and you can do away with extreme tension and stress. Excessive tension and stress stimulates disorders of the nerves and you cannot focus on your mind. If you meditate your mind gets focused on a particular point and your nervous system, especially your brain gets a lot of energy. Therefore meditation is necessary.

Thirdly and finally, our body will only function properly if you have a safe and sound sleep. A deep slumber is very essential in order to get rid of malfunctioning of hormones. For this reason you need concentration in your sleep too, and it is only possible if you can meditate. You should follow some meditation techniques for this reason.

Few guidelines for helping you in meditation

There are several meditation techniques for beginners. You cannot deny the fact that meditation is difficult. Isn't it? When you first try to meditate for sometime sitting in your bed room, you will find it difficult to focus on your mind. You will feel distressed as a lot of things will start coming to your mind and you will get distracted of unwanted thoughts.

Some meditation techniques for you are-

Breathing exercise – this is a very important technique. You should sit anywhere in your room. It should be an enclosed area without any noise. Close your eyes and start counting. Focus on every breath you take. Count till 100. You should keep your mind absolutely blank during this exercise. At first you will have problem, but gradually you will get used to it.

Meditation CDs- these are also useful meditation techniques. Darken your room and put a meditation CD into your music system. Follow the instructions of the speaker of the CD and do it properly. This will help you a lot.

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This Article on a [meditation techniques](#) is constructed by Rockeysheen. He has in-depth knowledge on different issues related to health and contributes his skills writing different topics related to health

and meditation techniques, which has left a mark in the industry. For More Information he recommends to visit a <http://themeditationmind.com/>

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