Analysis Of Christian Meditation

if you don’t meditate then you will automatically be more stressed then someone who does meditate and has time to unwind and relax. Meditating or being still has so many benefits and there are so many ways to do it that there is guaranteed a way that you can relax and be still. One of the many ways you can be still is through a type of meditation which is called Christian meditation and is one of my personal favourite ways to meditate and relax. Christian meditation involves many aspects and there is more than one way to practise Christian meditation. Christian meditation is when you reconnect to god on a spiritual level and have a conversation with god not just by talking but listening to what god himself has to say. There are three times a day when you can practise Christian meditation which are when you first wake up, just before you go to sleep and finally set yourself a time during the day when you can remind yourself of gods thoughts and reconnect with god on a spiritual level so you can get through the days challenges.

The history of Christian meditation dates all the way back to the bible times and time that Jesus was alive on the planet. Christian meditation. Christian meditation is when you reflect upon gods’ actions and forget about the stress and pressure of reality. It may be difficult for many at the start but once you get used to it then you can get the true benefits from it and become a better person at home and in the school or workplace. Christian meditation was created by Guigo the second, where he introduced the practise of meditation to the western civilisation and because he was a monk many people didn’t listen or just ignored him but sooner he came up with the idea to combine Christianity with meditation to give people a sense of something familiar to reflect upon and help them meditate and relax.

These days the average person spends over 6 hours a day on their mobile phone and many think that while they are spending time on their phone texting a friend or browsing on Instagram or Facebook that it’s a way to unwind and relax but there is still a lot activity happening inside your brain which means that if you on your phone while you are being still then you are technically not getting the full benefit out of meditating. However, this is not the case with Christian meditation as there is little to no stimulation in the brain as you are focusing on god and his actions and not worrying about the outside world and the people in that world reactions. In a summary Christian meditation is one of the most effective ways for many people to meditate as they can reflect on god and his actions, which is why Christian meditation is one of my personal favourite ways to be still and meditate.

Reference list:

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