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Jason stephenson guided meditation morning

We hope you love our posts! Just so you know, If you buy something through our posts, LearnRelaxationTechniques may collect a share of sales or other compensation from the links on this page. Sharon Wu i is someone who believes in living his best life, focusing on balance, happiness, and relaxation. He fosters a positive lifestyle in terms of his body, mind, and environment, and he is a huge proponent of learning to be balanced via relaxation techniques integrated into our busy lives. A healing deep sleep guided meditation by Jason Stephenson. Come inside the log cabin with the log fire...enjoy the moments as fire crackles and the rain begins to fall.Final 25 minutes rainfall and crackling fire to drift off to.– I create positive affirmations and guided meditations to help you live in the present moment and become mindful. Using my relaxing music on my channel, (which has been selected from various new age artists world-wide) will help you to relax deeply, sleep, or reach tranquil states in your meditation practice. Take time each day to listen to a guided visualization, meditation music with which you can reflect and meditate. Even if only for five minutes each day. Meditation, like anything, takes time.– Come to the edge, he said. They said, “We are afraid.” Come to the edge, He said. They came. He pushed them. And they flew! –Guillaume Apollinaire. This happens to be one of my favourite quotations and I do my best to live by this. We can take the leap of faith in our lives by trusting that we are safe beyond measure. And to develop this trust, it is important for us to have a calm and focused mind. The best way to the other side, is through deep meditation.– My mission here on Youtube is to spread love and peace to the masses, through gentle, healing music, positive uplifting affirmations and peaceful guided meditations. I hope that you will enjoy your experience on my channel. – The music I select is music from various ambient and new age artists across the world that have inspired me, relaxed me and that I have personally used for reflection or meditation. You can expect to hear gentle sounds of the piano, peaceful guitar, binaural beats, isochronic tones, yoga music, music to meditate to, study or concentration music, music with positive affirmations, reflective music, healing music, Buddhist and Tibetan tones, singing bowls, and more. In today’s fast-paced, technology-driven world, chronic stress, insomnia and fatigue are more prevalent than ever. After a long, stressful day, you may find yourself lying awake at night, unable to sleep. Your churning thoughts and lingering anxiety can prevent you from getting a good night’s rest, leading to a less productive morning. Feeling stressed out and tired are more than just day-to-day “challenges.” Chronic stress and insomnia can wreak havoc on your health. You might experience frequent muscle tension, fatigue, digestive issues and anxiety. Long-term effects can include heart disease, stroke, type 2 diabetes and high cholesterol. But, according to recent statistics, more and more Americans are becoming aware of how stress, insomnia and fatigue negatively impact health, giving rise to the popularity of mind/body balancing solutions. Nearly 18 percent of all U.S. adults practice some form of meditation. Meditation is one method that’s been proven to be effective in reducing stress, improving sleep quality and beating fatigue. In fact, meditating for as little as 10 minutes per day can control stress, decrease anxiety and improve cardiovascular health. During meditation, an individual learns to focus attention to eliminate stressful, energy-zapping thoughts. Meditation practices can give you a sense of calm, peace and emotional well-being. If you’re new to meditation, listening to a guided meditation may help you establish a regular practice. By listening along, you’ll discover new ways to put your mind at ease, beat stress, sleep better and increase energy. Here are seven guided meditations to help get you started. Guided Meditations to Reduce Stress and Anxiety In the U.S., 40 million adults suffer from anxiety disorders. Daily stress can lead to chronic stress, which can lead to numerous short- and long-term health problems. Experiencing stress from time-to-time is completely normal (and expected). From work life to home life, stressful events and situations are bound to occur. Stress is the body’s natural way of sensing and dealing with danger. When a person is stressed, the body releases hormones like adrenaline, cortisol and norepinephrine in preparation for either “fighting” or “fleeing” a dangerous situation. This response may have been useful thousands of years ago, but in today’s modern world, stress can be damaging to one’s health and well-being. Meditating regularly can help you remain calm when stressful situations arise. A daily meditation practice can give you the emotional tools needed to deal with stress in a healthier manner. Meditation can help you increase self-awareness by helping you to focus on the present moment. Listening to a guided meditation can help you get into a calm mindset so you can reap the benefits of meditation. Enhance the stress-busting benefits of your meditation practice by wearing an anti stress watch from our collection. Each watch uses a proprietary technology called Natural Frequency Technology whereby a metal disk embedded in the watch acts as an antenna to tap into the Earth’s relaxation-inducing frequencies and then channel them back into the body. Aligning your energy with the Earth’s could help you feel calmer and less stressed. Healing Sun Guided Meditation with Jason Stephenson with Singing Birds Sounds By Jason Stephenson Jason Stephenson is no stranger to the damaging effects of living a stressful life. Before getting into meditation, he suffered from drug and alcohol abuse. Meditation helped him reconnect his body, mind and spirit, and helped with his sobriety. In this guided meditation, Jason Stephenson takes the listener on a journey into nature. Relaxation-inducing bird songs help the listener tune-out any negative inner “chatter.” Jason encourages the listener to turn inward to a place of peace and relaxation. Using the “healing sun” as a visualization, he calls upon the healing power of the sun to help nourish and harmonize the mind, body and spirit. Celebrity Russell Brand is a huge fan of Jason’s guided meditations. He encourages new listeners to “try some of Jason’s amazing meditation techniques. Allow this gentle Australian brain alchemist to dabble in your semi-conscious brain.” Guided Meditation to Ease Anxiety, Worry, Overthinking & Urgency | Soothing | Calm | Powerful By Positive Meditation Positive Energy Magazine This 10-minute meditation by Positive Meditation Positive Energy Magazine can help you relax and ease anxiety and worry. Overthinking and racing negative thoughts can lead to chronic stress. The goal of this guided meditation is to help the listener replace damaging, negative thoughts with positive affirmations. Listen to this guided meditation in the morning to start your day with a jolt of positivity, or listen to it at the end of a long day to help you unload or de-stress. No matter how packed your schedule is, it’s likely that you have a free 10 minutes to practice this guided meditation. Guided Meditations to Boost Your Energy Given the relaxation benefits of meditation, it might seem strange to think of meditation as a tool to increase energy. One of the best methods to help calm and focus the mind can also be an effective energy-boosting tool. When you’re stressed, the hormone cortisol is released into the bloodstream. High cortisol levels have an energy-draining and fatigue-inducing effect on the body. Meditation helps counteract the effects of stress to help bring the mind and body back to the present moment. Research indicates that regular meditation increases the level of serotonin, the “feel good hormone” by inhibiting activity in the stress-producing areas of the brain. In fact, your serotonin levels directly influence your mood and emotions. When serotonin levels are high, individuals tend to feel more energetic and confident. Kick-start each day with a guided meditation to help you stay focused and energized throughout the day. Wearing an energy bracelet during the day can give you an extra energy boost. Our Horizon sport bracelet helps channel the Earth’s energy-boosting frequencies into your body to help you stay focused and alert throughout the day. Wear it to the gym to help enhance your physical and mental performance. Guided Morning Meditation By Mantra Malta Begin your day by setting positive intentions with this guided meditation. Soothing visuals of flowing water and sunrises can help ease you into a calmer frame of mind and reinvigorate you with positive energy. Sounds of crashing waves and seabirds help you imagine that you’re sitting on a beach watching the sunrise. Listen to this 10-minute guided meditation in the morning to help you start your day feeling centered, confident and more powerful. Fight Fatigue - Guided Meditation to Feel Great, Renew and Reenergize By Delilah Helton Overcome feelings of fatigue with this relaxing guided meditation by Delilah Helton. When you’re tired, you may feel unmotivated to do the activities you want or need to do. This meditation helps you tap into an infinite source of positive energy to restore and recharge your mind and body. Hypnotic music and subliminal positive affirmations can help deepen your relaxation, while also tapping into your inner source of motivation and energy. Delilah Helton has been practicing meditation and hypnosis for over 25 years. Through her guided meditations, she teaches the power of positive thoughts and affirmations in helping to turn dreams and ambitions into reality. Start your day with this guided meditation to feel more self-aware, confident and energized. Guided Meditations for a More Restful Night’s Sleep Sleep is essential to maintaining good health, energy and an overall sense of well-being. Chronic insomnia can lead to devastating medical conditions like type 2 diabetes, strokes and heart attacks. Getting sufficient “healthy sleep” means sleeping soundly, regularly and without interruptions or disturbances for seven to 10 hours each night. But for people who are always on-the-go, getting a good night’s rest might seem challenging. If you find yourself lying in bed most nights, staring at your smartphone and unable to sleep, you might want to consider meditation. Research suggests that people who meditate produce more alpha, theta and delta brainwaves. These brainwaves promote deep relaxation and sleep by decreasing insomnia-inducing beta brainwaves. Meditation helps “cancel out” beta brainwaves to help you get more restful sleep. Our Sleep Bracelet is an innovative sleep wristband that can help enhance the relaxation benefits of your evening meditation session. Using Natural Frequency Technology, the bracelet can help channel the Earth’s relaxing vibrations into the body to help boost the body’s production of melatonin, the sleep-inducing hormone. Wear the bracelet before bed and throughout the night to help you fall asleep faster, stay asleep and wake up feeling more refreshed. Guided Meditation - Blissful Deep Relaxation By The Honest Guys Put yourself in a deep state of relaxation with this guided meditation by The Honest Guys. Immersive sounds of Tibetan singing bowls, splashing waves and gentle narration help guide you into a deep state of relaxation. Meditation might seem “out there” for individuals who have never tried it before. Some individuals might not know how to meditate. The Honest Guys believe in making the practice of meditation as accessible and straightforward as possible. Therefore, each meditation is written for the regular meditator, as well as individuals who might be skeptical of meditative practices. If you happen to be the latter, give this simple and straightforward meditation a try. Guided Sleep Meditation for Insomnia (Sleep, Relaxation, Calm your Mind) By Lina Grace Lina Grace is a Certified Practitioner in hypnosis and Neo-Linguistic Programming. This guided meditation begins with a relaxation metaphor and a sleep story, followed by soothing rain sounds to ease you into sleep. Lina’s calming voice will help reduce your anxiety levels and negative thoughts to prepare your mind and body more restful, deeper sleep. Listen to this meditation each night to help improve your sleep quality. A regular meditation practice will help you wake up feeling more refreshed and ready to take on the day. Sleeping better each night is a gift to yourself (and your health!). Guided Meditation for Deepest Sleep: Ascension from Earth to Stars (Sleep Meditation Dreaming) By Michael Sealey Hypnosis is a therapeutic technique in which practitioners make positive suggestions to individuals to help relax or focus their minds. It can help individuals regain self-control and make healthier choices in their day-to-day lives. In his meditations, certified hypnotist Michael Sealey uses “positive voice suggestions,” along with ethereal images, background sounds and meditative music to allow the listener to enter a deeper state of relaxation. Positive voice suggestion is a form of hypnosis created to help individuals remove the barriers that interfere with getting a good night sleep, including negative thought patterns and stress. The subconscious mind “absorbs” the positive voice suggestions to help the individual enter a more tranquil dream state. Enhance your health and well-being by giving meditation a try. It’s free and relatively easy to practice with some guidance. If you’re new to meditation, guided meditations might be the perfect entry point to help you start your daily practice. Meditation can give you the tools you need to take control of your stress levels, increase your energy and get a more restful night’s sleep.

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