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## Meditation Helped Me Beat Tinnitus

Posted by SingleAgain - 2007/10/01 18:01

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I started to learn meditation when I was young-just about 12 years old. I had been diagnosed with tinnitus a couple of years before and was struggling to cope with it, especially at night.

The royal national institute for the deaf put me in touch with a meditation class that frequently worked with tinnitus suffers. I was taught a technique of visualisation where I imagined a volume control for my ringing.

When I reached a certain point, I would reach out with an imagined hand and turn the volume down. This helped me to tune out, and certainly seemed to turn down the level of the ringing.

I would then move onto other methods that helped me relax for sleep.

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## Re:Meditation Helped Me Beat Tinnitus

Posted by Archbob - 2007/10/06 07:28

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That is very encouraging to hear and great for those wondering if meditation truly works. I also like your method of meditation of reaching out and turning the volume down with an imaginary hand.

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## Re:Meditation Helped Me Beat Tinnitus

Posted by mareika - 2007/10/16 21:18

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I have heard of similar methods being used for other conditions, where you take control of the condition with your imaginary hand, or other way of making happen what needs to. Things like visualising tumours shrinking or bones healing.

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## Re:Meditation Helped Me Beat Tinnitus

Posted by hazephase - 2007/10/28 21:43

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Wow . I have been to many meditation classes and I have never heard about this one . Its very interesting . I wonder if there are more things that it can do

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## Re:Meditation Helped Me Beat Tinnitus

Posted by sweetangel18 - 2007/10/30 00:17

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Well,thats a good news!meditation is effective in all you want to do it helps us also to relax ourself in any problems that we are encountering.

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## Re:Meditation Helped Me Beat Tinnitus

Posted by Johnson486 - 2012/01/18 16:40

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You are really too young when you started that good. I also like your post its also really amazing.

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