
What style of meditation?

Posted by Rohitpatel - 2007/09/22 15:08

My brother suggested a new podcast that has some nice meditations and conversations that deal with practical stuff like relationships, however, he does not proclaim any type of style so I wondered if anyone could tell me what his style would seem to be.

Please reply me.

Post edited by: Rohitpatel, at: 2007/09/22 07:08

Re:What style of meditation?

Posted by hazephase - 2007/09/25 03:15

When is come to meditation you are taking away names and labeling. I some times like to think over things when I am meditation but that is not the best way to meditate . While you meditate you should try to watch your breath and thats not easy . You should try , I have been doing it for over 3 years .
