**Any time Meditations**

**– Sri Sri Vedananda**

**Welcome to the world of Meditations!**

**Usually, most meditation techniques come with pre conditions. But, in day-to-day life, it becomes more difficult to have them at all time whenever we need the most.**

**Hence, I am giving out certain techniques which are free of such pre-requisites. Of course, even I say 'I am giving out', no technique is created by me. These are taken from various religious scripts and modified. These techniques may not lead one to enlightenment or knowledge of the Ultimate. But for sure, it will provide relaxation and overall enthusiasm in one's body and mind.**

**There is no rule that you should take bath before doing any meditation techniques. Instead, if you can relax with a shower just after doing these meditations, it will be still better.**

* **Clapping Hands: This technique hardly takes few minutes to do. Apart from immediate refreshing, if done regularly, it soothes the body and mind. As a result, hunger and sleep are optimised. Inner organs are stimulated naturally for better health.**

**You can be standing, sitting or even lying down while doing this. However,  take a little caution. Don't do it just after food. Leave atleast 30 minutes gap.**

**Clap your hands rhythmically. Not so fast, Not so slow. Maintain the rhythm. Keep focused on the force which with both the hands meet. Don't be harsh.** **Clap One hundred times and count it. Let your mind be focussed on the clap.**

**After clapping for one hundred times, take a small gap of few seconds and now raise your right palm by two inches above your left palm so that the base of your right palm presses the middle portion of your left palm. Clap. Now, lift your left palm a little to make the base of left palm press the middle portion of the right palm and clap. This makes one set of clap. Likewise, alternate your palm position and clap 50 sets. Keep counting. Let your focus be still on the clap.**

**Again, take a small gap and now clap as done in the first part, but count from hundred to one. That is all! Relax and you will find it highly retreating.**  **You can do this twice a day.**

* **Laughing: Though this technique is highly effective and an anytimer, Social conditions may differ and it may not likely be done in public.**

**Please don't do it immediately after food. Leave 1 Hour gap. Be relaxed and laugh to your heart's content. Let your entire body shake in laughter. Though it may sound little hard, laugh without a reason. In the beginning, it will be tough. But, regularity makes it easier. Laugh without any barrier. Jump, roll, shake, dance, let tears roll on. Laugh louder. But, set a timer. When time ends, stop suddenly and relax. You can start with fifteen minutes in the beginning and can extend it upto one hour.**

**Keep yourself focused on laughter and involvement of your whole body.**

**This is not only for refreshment. This may take you easily to enlightenment.**

* **Deep Breathing: This technique should be done only in sitting position. Sit on floor with folded legs or normally in a chair. Let your spine be erect and relaxed. Don't rest your back over anything. Now, breath thin and deep. Let your body fill with your inhale and be exhausted with your exhale. Don't be in a hurry. Relax and breath thin. Let your inhale and exhale be slower, the passage of air thinner, but uninterrupted.**

**You can begin with 30 minutes session and extend it to hours.  Relax for few seconds after doing this technique. If you feel sleepy, and if you can afford, sleep for a while.  This may even cure minor headache and breathing problems.**

* **Walking:  You will be very well aware that walking is a best exercise. But it is brisk walking. In this technique we talk about relaxed and slow walking. You can opt for a walk or jogging. As usual, only condition is that this should not be done immediately after food. Ensure a gap of One Hour after food and 30 minutes after a cup of coffee / tea.**
* **If you opt for a walk, walk slowly and steadily. Narrow down the gap of your step. First move your right leg. Then lift your left leg and place yourleft foot on the ground within the border line of the right leg. Do this very slowly and steadily. Let your total focus be on your foot. Feel as if your foot is your whole body. Feel the touch of the foot and ground. Slowly, very slowly, continue walking.**

**If you feel tired or painful, stop, sit and relax. This walk can be done upto 2 Hrs. Do it only once a day. You can start with 10 minutes and extend the time and distance later. Immediately after a walk, sit down or lye down and relax for 10 minutes silently without doing or thinking anything.**

* **If you opt for jogging, jog in the same place. You can hold a chair or something to prevent from moving further. Your focus should totally be in your throat portion and feel as if your throat is an energy center and it supplies energy for your entire body. Forget your whole body and focus simply on the throat portion.  Do this continuously for 25 minutes in the beginning. You can extend the time upto One Hour. Don't give up even if you feel some pain. Everything will be all right. Never do it more than once a day. After jogging is over, sit or lye down and relax for some 10 minutes silently without doing anything. Let the energy flow fill your entire body.**