

Vibetracker.com

Raise Your Vibration

Masterclass

Video 30: The Benefits of Meditation

Meditation is something that many people have been exploring in recent years, but in my opinion, it is not fully understood.

Over the years, I have done a transcendental meditation course, a Vipassana retreat, and, of course, my own optimal timeline meditation.

In this video, I want to explain the basics of meditation and why you might want to incorporate some form of meditation into your life to raise your vibration.

To begin with, it's important to recognize that our consciousness is not our brain or our ego.

Our consciousness and what we truly are exist above our ego and body.

As Anthony de Mello beautifully explains, we have an "I" (our consciousness) and a "you" (our body). "I" observes "you."

But what we don't want to do is label and identify "I" with "you."

We all say... "I am Mitchel."

But is "I" really Mitchel? "I" is not my name. "I" is not my body. So what is "I"?

The observer.

"I" is the sky. "You" are the clouds.

Anyway.

Throughout the day, we have a constant conversation in our heads. We are always talking to ourselves, reacting to everything we do, our ideas, and our thoughts. We believe that this voice is us, the one constantly making comments.

But that's not who we are.

This is just a voice in our brain, constantly stimulated by all the impulses we experience daily. This is our ego.

And nowadays, the ego is extremely present in everyone, simply because there is so much external stimulation.

What you want to do for yourself is distinguish between that voice that is always analyzing and your true consciousness.

And the best way to do that is through meditation.

There are two types of meditation. The first and most common type is where we focus all our energy and attention on one focal point.

This could be a mantra, like in transcendental meditation. It could be our breath, the tip of our nose, or simply nothing at all.

The idea is to keep your focus there for an extended period.

It could be five minutes, or an hour, like in Vipassana sessions.

If you're just starting and have never meditated before, I would suggest five or ten minutes.

You can gradually increase this over time.

There is also a second type, which is guided meditation.

This probably needs little explanation. You detach your consciousness from your ego simply by following an audio guide.

You can do this, for example, with the optimal timeline meditation audios that I have recorded.

When you meditate regularly, here's what you can expect.

You will live longer. Meditation strengthens your chromosomes, making them more resilient to stress. When you experience chronic stress, your expected lifespan decreases significantly, and you will age faster.

It also reduces stress, and the less stress you experience, the happier you feel, the higher your vibration, and the stronger your immune system becomes.

You will sleep better and more deeply. Your connection with your higher self will improve.

Meditation is truly a no-brainer to practice.

And that's exactly what meditation should do—create a "no-brain" state.

The disconnect between ego and consciousness.

In the next video, I want to talk to you about meditating to manifest.