

The Importance Of Meditation In Wicca

Wiccan Meditation 101

Meditation is one of the most useful tenets of Wicca. Wiccan rituals and practices require you to be in a very relaxed and peaceful state of mind. Because how can you connect with the natural forces around you, if your mind is cluttered?

The ability to calm your thoughts and control your mind is a sign of discipline. And mental discipline is very important in your spiritual growth.

Now, reaching a meditative state is not as easy as one two three. Beginners will find it very difficult and will find the quiet very uncomfortable. This is where various aids come in. For example, incense oils and sticks, candles, chanting and drumming. All these can help you reach the meditative state of mind.

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HOW LONG?

How long and how often you should meditate really depends on you and your own goals. Are you meditation to get rid of stress or is it a matter of getting closer to your gods?

No matter what, a little meditation is better than no meditation. So, simply start with a couple of minutes and slowly work your way up to 15 minutes a day (or more if you need to).

WHEN?

You should carve out a space where you can meditate daily. Your place of meditation should have peace and quiet. One example is a natural place, somewhere in nature, like in a park. Imagine the sound of the tinkling of the water in a stream or birds chirping about. How relaxing, right?

MEDITATION POSITIONS

Any relaxing position is a good meditative position. The most popular positions are: lotus, lying back, and cross-legged. Plus if you do yoga, there are more positions at your disposal.

The key here is that you should be able to sit (or lie) in this position for a while, without getting tired in the back or legs. Be careful not to choose a position too comfortable though. You don't want to fall asleep.



Lotus



Cross-legged



Yoga

CLEARING YOUR MIND

There are steps you can take to take a break from chaos, clear your mind, and prepare you for meditation:

1. **Go for a 5-minute walk**- the release of endorphins will put you in a good.
2. **Do deep breathing exercises**- even just a minute or two of this will do.
3. **Get Rid Of Negative Thoughts** - Practice Gratitude by thinking of all the positive things in your life that you should be thankful for.

MEDITATION EXERCISES

Imagine your mind is a pond; peaceful, tranquil, and still. A clear and still pond reflects the beauty that is around: the flowers, the trees, and the blue sky.

1. Close your eyes and become aware of your breathing. Be aware of all the workings of your body, starting with your feet, and working all the way up to your head.
2. Imagine yourself scanning every part of your body for any tension and pain present. Then, let every tension in your body melt away.
3. Be conscious of any negative thoughts that come to you, and release them. Let them go.
4. Breathe deeply for a few minutes. At this point you should be aware of all the tension, pain and worry that you feel.
5. You are now ready to make a connection. Chant. Call out to your deities. Talk to them. Think of symbols and what they mean.

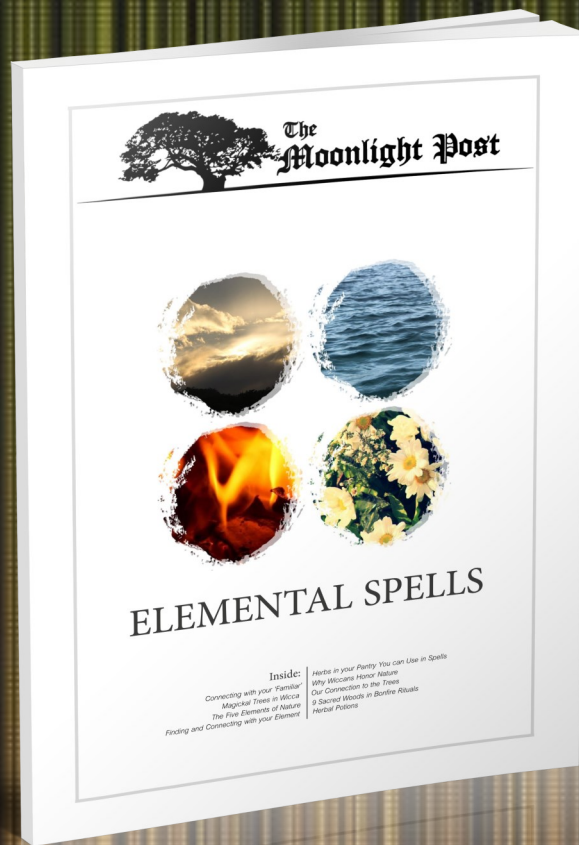
WICCAN MEDITATION SUBJECTS

There are many meditation subjects for Wiccans. If you don't know where to start, you can start by meditating about the following:

- I am one with the Gods and Goddesses
- Change is Growth
- The Pentagram
- Magick
- Trees

Whenever you meditate, it is also helpful to have a notebook and pen with you, so you can write down your realizations and what you have learned from your meditation session.

Meditation is a practice that can have holistic results. It may be a discipline of the mind, but you will also reap the good benefits in your mental, physical and metaphysical health.



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