

## Can You Learn Meditation Online?

Meditation has earned respect in today's fast-paced modern society. Many people have found it to be a very effective way to cope with the very stressful lifestyle most of us have. It gives people a sense of spiritual growth and inner peace. And thanks to its popularity all over the globe, a lot of ways have been conceived to accommodate the increasing demand of learning and practicing meditation.

Since we live in a highly technological world, the Internet can now be a way of learning and practicing meditation, through online meditation. Online meditation is the most efficient way of learning how to meditate. If you don't really have the time to go out and join a school of meditation or yoga sessions, it would be much easier to turn on your computer, go online and join online meditation. At times it's a much more convenient way of learning meditation, although of course it's different than an expert teacher of meditation personally teaching you. Still, as they say, there's no right and wrong method of meditating. The only important thing is your mind and body is ready to do it.

Here is a small selection of online meditations groups:

### The Worldwide Online Meditation Center

This online meditation center is a user-friendly site that provides a clear, straight-forward online meditation instruction for people anywhere in the world. If you are just learning to meditate, you'll find everything needed to get you started quickly and effortlessly. If you are already practicing meditation, you may discover new methods to improve your practice. You'll find an assortment of meditation techniques included, and the instructions for each meditation are written concisely, making it easy to read through them and try them right away. They have a directory that you can access to get into any room in the center, each including instructions for a specific meditation or information to improve your online meditation experience.

They also have a meditation tape and CD room where you can find a variety of tranquil meditation CDs and cassettes including guided meditation, meditation instruction, instrumental and vocal music that you can purchase.

### Grace Cathedral # Veriditas Online Finger Meditation

This is a different kind of online meditation. They have created a state-of-the-art online finger meditation tool based on the real labyrinth that the Grace Cathedral church has on their premises. With the real labyrinth, visitors meditate by walking the path. The labyrinth has only one path so there are no traps to it and no dead ends. The path winds around and becomes a mirror for where we are in our lives; it meets sorrows and releases our joys, walking it with an open mind and an open heart. Using the same approach that you walk through it on the real labyrinth, the online finger meditation of the labyrinth has the same concept, allowing you to walk through the path using your finger on your mouse and slowly going through the path meditating and reflecting.

### The Meditation Society of Australia

This site emphasizes the exploration of inner peace, spiritual happiness, self-awareness and spirituality in a clear, concise and free way for everybody. They offer free online meditation lessons. The classes feature a mixture of online meditation methods from an array of spiritual teachings, including mantra, visualization, music, breath and scene-based guided meditation.

These sites are just a few of the online meditation centers and groups that someone who is interested in learning, practicing, and experiencing meditation can do online.