

As I promised above, here is a chart of conclusion about the 6 most popular types of meditation, what they mean and a practical example for it either from my stories or from my suggestion:

Type Of Meditation	What is it (I copied and pasted from Google)	An example from the blog
Mindfulness Meditation	Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. ... When we practice mindfulness , our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.	- when you go for a walk and just feel everything you do, how your feet touch the shoes etc - when you smell and look at a flower or your child
Spiritual Meditation	Spiritual meditation is used in Eastern religions, such as Hinduism and Daoism, and in Christian faith. It's similar to prayer in that you reflect on the silence around you and seek a deeper connection with your God or Universe. Essential oils are commonly used to heighten the spiritual experience.	- Through of prayers, rosary or when you become Love and light yourself
Focused Meditation	Focused meditation involves concentration using any of the five senses. For example, you can focus on something internal, like your breath, or you can bring in external influences to help focus your attention. Try counting mala beads, listening to a gong, or staring at a candle flame	- I shared my tries and errors on staring one thing on the wall, my moms' dolls or the clouds
Movement Meditation	Although most people think of yoga when they hear movement meditation, this practice may include walking through the woods, gardening, qigong, and other gentle forms of motion. It's an active form of meditation where the movement guides you.	-walking on the beach and keep repeating a mantra, or dancing, or when I went to my first and last Kung Fu classes

Mantra Meditation	Mantra meditation is prominent in many teachings, including Hindu and Buddhist traditions. This type of meditation uses a repetitive sound to clear the mind. It can be a word, phrase, or sound, such as the popular "Om."	-Repeating a mantra: "Ohm mani pad me hum" or, "My mind is empty..." my other favorite ones: "I am one with Light and Light is me" or " I am one with Love and Love is me"
Transcendental Meditation note: this is the 6th type of meditation according to this author, but to me it is very close to mantra meditation, on a higher level ----- to me the next line is the 6th type; this is the one i consider a very different type of mediation	Transcendental meditation is the most popular type of meditation around the world, and it's the most scientifically studied. This practice is more customizable than mantra meditation, using a mantra or series of words that are specific to each practitioner.	-What Deepak Chopra and Oprah do together
Higher Self Meditation And Channeling	Through spiritual exposure, a person is thought to make a conscious connection with their higher self or other higher beings. In this state, the meditator may tap into this higher intelligence in order to develop a more enlightened perspective on world matters. (from Google, also)	- I refer to this mention type "which brings a lot of insights, and very often tears of realization or healing. "