

SLEEP MUSIC THERAPY MEDITATION



LEARN TO PERMANENTLY HEAL YOUR
SLEEPING PROBLEM WITH MUSIC
THERAPY & MEDITATION



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Professionally Psychotherapist, Life Coach, Reiki grandmaster - The Right-hand path - United States, Master of business administration & Music Producer.

I have helped hundreds of people with issues bothering Health, wealth, Relationships, the spiritual, and mental all over the world.

ASI SAID THIS BOOK IS GIVEN AWAY FOR FREE FOR LIMITED TIME BECAUSE I BELIEVE THAT SLEEP IS BASIC RIGHT OF A HUMAN BEING AND NOW A DAYS ITS DISTURBED DUE TO BUSY LIFESTYLE AND ENVIRONMENTAL DISTURBANCES LIKE HEAVY POLLUTION.

A research says that the air pollution around you could affect how well you sleep, a new study finds. Researchers found that people in the study who lived in areas with high levels of air pollution were 60 percent more likely to sleep poorly, based on the measures used in the study, than those who lived in areas with cleaner air.

Millions of trees are disappearing from our planet yearly.

And Trees improve air quality through several mechanisms: they absorb carbon dioxide and release oxygen through photosynthesis, they increase humidity by transpiring water vapour through microscopic leaf pores, and they can passively absorb pollutants on the external surfaces of leaves and on the plant root-soil system .

After limited time this book will be going to massive print and distribution or paid digital e-book global distribution.

And the money collected from each sale will be donated to **Restore Environment campaign** (Planting more trees) and Let us nurture nature to have a nurturing future.

And i strongly believe that a little effort towards saving the environment is better than no effort. Best part is any one can be part of it even you can if you wish to we accept donations from as little as dollar one (1 \$) to any amount of contribution for a great change, but there is no obligation. You are still free to use this book and benefit. (in case you wish to contribute or any of your friends/relatives wish to put a small effort in this good cause you can PayPal it at mysticalastroworld@gmail.com



So Lets begin the healing...

Introduction

Sleep is the golden chain that ties health and our bodies together. ~
Thomas Dekker

Every one of us suffers from insomnia at some point in our lives. It could be triggered by stressful periods in our careers, a personal crisis, fear of an upcoming event or worrying about finances may keep us awake and restless.

Feelings of guilt or grief are another culprit. Whatever the reasons that keep you tossing and turning, you know how it feels to drag yourself out of bed in the morning. You are sapped of energy. Your body aches and your brain is foggy.

You feel irritable and grumpy. Your sleepless night is going to reflect on your whole day – and not for the better.

Over time, sleep issues can become extremely debilitating. Persistent lack of sleep will negatively impact your career, social life, and personal relationships. At times, they may challenge your very sanity. For some people, insomnia is a chronic issue.

For others, it comes and goes sometimes. While for most people, insomnia may be closely related to the quality or length of sleeping hours. Sleep deprivation can really take its toll on our mind and physical health.

It can lead to serious issues such as depression, high blood pressure and an out of control hormone system. This puts our body at a higher risk of chronic illnesses and speeds up the aging process.

Since you are reading this book, you probably have a sleep problem and want to do something about it. You may have tried countless remedies (the warm glass of milk before bed or counting sheep).

You may have resorted to prescription medication, adding to your problem the risk of addiction. And yet, nothing seems to work. Are you then doomed to live with your sleep problems for the rest of your life? Absolutely not.

Biohacking is the solution to beating sleep deprivation issues once and for all. It's totally safe, easy, relatively cost free and guaranteed to help you overcome stubborn sleep issues.

The biohacking tools you're about to discover will help you easily change and regulate your individual sleep patterns. They will help you tailor a plan that will result in concrete changes to optimize sleep, and improve your overall health and well-being.

Incorporating these biohacking techniques into your lifestyle will make the changes permanent so that you can always be assured of sound, restful sleep.

What should you focus on?

Sleep scientists tell us that it's not the number of hours that matter. It is the quality of your sleep that is essential for physical and mental health. Many people sleep for 7 – 8 hours a night but still wake up feeling drained and unrested.

This is because the quality of their sleep is poor. They are unable to enter into the state of deep sleep that relaxes and rejuvenates the body. Quality sleep means waking up energized and filled with vitality, regardless of how many hours you have slept.

This needs to be your main focus; not just falling asleep, but sleeping well. We can use a number of safe and natural biohacking techniques to improve our overall sleep quality.

The following chapters will discuss about meditation for relaxation and using sound therapy for successful sleep hacks.

Chapter – 1 Meditation for Relaxation

Mediation activities and their daily practice is not a new thing as it also belongs to our ancestors.

People of old times were very well aware of meditation art and its advantages. Now-a-days, individuals like to include meditation as an indispensable part of their lives to bring an immense distinction in their lifestyle an attitude.

The process of mediation includes numerous postures and steps. Most commonly used of these postures are as under.

1. Cross Legged Posture
2. Seated posture
3. Kneeling posture
4. Corpse posture
5. Hand gesture

At present, the most recent technological advancements are considered as the best way of introducing techniques of meditation to people across the globe. Generally, Meditation CD is considered as the best way in this regard.

Meditation plays a vital role in the lives of a lot of people with an aim of cultivating pleasure and internal peace.

These are two most important parts of a person's internal nature. But, the impending barriers in human nervous systems results in deprivation of getting such things.

Therefore, it is required to perform any of the meditation activities on a daily basis. It will help in the removal of these hindrances in your nervous system.

Yoga practices also enhance your capabilities to cope with stressful situations of your life. Quietness of your internal nature can only be attained with the aid of proper enlightenment and nourishment.

The meditation CD is a good source, which can offer proper guidance to perform different meditation activities. Orientation is the most important and vital aspect of all kinds of meditations. In fact, if you understand the philosophy behind the meditation then you can get maximum benefits out of it.

Meditation is basically a simple process of conscious relaxation. It is a combination of processes and postures, which involves human brain to achieve a state of pleasure and tranquility.

Concentration is the backbone of all meditation techniques. Free your mind of all thoughts and try to get rid of all sorts of distractions to fall in the deep meditation state. Numerous health specialists revealed that patients of stress and anxiety do not need drugs for curing purposes.

They can easily overcome such problems by bringing into play any of the best suitable meditation technique. The meditation has been proven as a successful cure from years to reduce depression and anxiety. It is also the best solution to prevent you from panic attacks.

Meditation is nothing but an enjoyment of flow of positive energy in your body. So, you can do meditation by just feeling relaxed by lying on the floor.

All you need is that your back should be in a comfortable mode. Conventional styles of meditation like prayers are the most excellent ways to bring your brain in an ideally relaxed state.

Chapter – 2

Meditation Exercises for Relaxation

After a full hectic day scheduled with meeting deadlines, documents preparation and attending meetings etc. you will have a strong desire of being relaxed. Numerous ways are now available to relax yourself.

The most effective and easy of these ways is meditation. How will a person do it? Possibly he has already listened to other people discussing about meditation processes.

In contrast to your thinking that it is hard and difficult to perform meditation; it is quite an easy job. The idea of meditation revolves around the bringing of your thoughts at a focal point (any relaxing item) over a persistent time period.

Your mind will become able to rest in this way and your stressful thoughts will definitely be diverted somewhere else. Your body and brain will surely build up their strength and become relaxed through meditation.

The contaminant build ups of your body will also be cleared away. You will become aware of that during meditation your breathing slows down and blood pressure is also reduced.

Moreover, it also brings following results and keeps you more focused in daily routine.

- Muscles relaxation
- Reduction in nervousness and irritability
- Eradication of nerve-racking thoughts

- Elimination of lactic acid
- Clearance of way of thinking
- Decrease in headaches and anxiety Focusing on one thing is the real essence of all meditation activities.

It is the most active procedure contrasting that of hypnosis. All mental faculties of a person must concentrate on the subject of meditation.

Approximately 30 minutes are required to accomplish any of the meditation's activity and you will surely be in comfortable situation. Choose the meditation posture according to your comfort.

Breathing, sound, imagery or any object can be your point of meditation. The most important thing of consideration in any meditation activity is focusing.

Distractions may result due to external thoughts and you have to struggle hard to get rid of them. This problem is mostly observed in beginners experiencing difficulty in composing their wandering thoughts.

Only practice can make you perfect in practising meditation and you will feel improvement soon. Some of the most commonly used Meditation Exercises for relaxation and to get rid of stress.

1. Tense Relax: Clench the fists and pull your forearms against your upper arms firmly. Keep all your muscles tight including leg muscles and jaws. Now breathe deeply for at least 5 seconds and then relax your body at once. You will feel the tension releasing sensations.
2. Heaviness/ Warmth: This can be done by feeling heaviness and warmth in your feet and legs. You can do so by imagining that you are wearing lead boots. In this technique you are required to feel warmth and heaviness spreading in your body.

3. Ideal Relaxation: In this meditation exercise you have to close your eyes and build up a supreme relaxation spot in your mind. Select a place and furnish it according to your personal style. Now imagine you are going there after wearing comfortable clothes. Create a mellow sense of being at your relaxation place.

Chapter – 3

Meditation Techniques

Our soul, just like our body, needs food to grow and perform efficiently. We try to get our hands on every possible luxury of life so that we can lead a comfortable life.

But besides the availability of several material resources we constantly face cacophony because we fail to pay proper attention to our soul which results in dissatisfaction and frustration.

Meditation teaches us to strike a balance between our internal powers and external environment. A person practicing mediation is in a strong position to control his thoughts and emotions to use them positively for his wellbeing.

Though meditation is a healing process of internal structure but it's not something that must be postponed until one observes the signs of aggravation and agitation in him.

You can devote a certain part of the day for this spiritual exercise. Meditation reveals the strengths and weaknesses of your inner being and introduces you to a mechanism that can bring peace to your fast-paced life.

Confusion and uncertainty about your own self and regarding fellow beings diminish, which can practically help you to maintain social contacts more confidently.

On contrary to the general perception that people hold regarding the complexity of meditation, beginning is fairly easy. In this era of urgency and rush, you have to find time for your inner self.

To empower your awareness and realization capability, you can initiate this soothing process easily.

You'll notice a revolutionized life once you get to know the power of meditation and the way it can enlighten your intricate problems. You don't have to join a healing center for this.

Try this at home and reap the benefits of self-realization. Find a corner in your house where you can sit peacefully and will not be distracted by noise or any other activity.

If you have a large sofa or a chair where you can sit at ease with legs crossed, sit there in a comfy posture. Otherwise sit on carpet. Try to forget every appointment and engagement that you have for the upcoming days.

You have to disconnect yourself from the outer world in order to listen to your soul. Close your eyes and all other receivers that can possibly distract you.

The moment you close your eyes, you move one step closer to your inner self. When you save your energy, and dedicate it solely to meditation, a new sense of unveiling your deep-down realities surrenders you.

Focus on what your soul shows you. Try to bring peace in yourself. Examine your thoughts that come through your mind and pay attention to internal mental activities.

Thoughts that were pushed to subconscious begin to clarify and more explicable. You must indulge your thoughts into some kind of rhyme.

A Sanskrit verse is suggested 'amaram hum madhura hum' which reinforces bliss and immortality. After this spiritual process, don't spring to world abruptly rather make a slow end. Touch your face with your hands to provide warmth.

Make meditation an integral part of your routine and try it twice a day, especially at the beginning and ending of the day.

Chapter – 4

Meditation Postures

Mediation and its daily practice is a centuries old phenomenon. People of ancient times were also known about mediation and its advantages.

Today, people love to incorporate meditation as an essential part of their lives to bring a great difference in their attitude and lifestyle. The procedure of mediation involves various postures and steps.

Following are the most common postures which are considered as daily guide to success.

1. Cross Legged Posture: Most of the spiritual customs and rituals as well as meditation instructors suggest a number of physical postures for mediation. Cross legged is one of the most popular postures, which is in fact a lotus position.

In this posture spinal cord should be straight. Slouching is not allowed in the majority of meditative positions. The reason behind is that when a person sits by keeping spinal cord straight, it enhances the good circulation of spiritual energy- a life force.

2. Seated posture: In this posture meditator needs to sit on chair with bare feet. In traditional Christianity, a meditator can sit on stool instead of chair.

On the other hand, a meditator bemoaning to Theravada Buddhism can walk in mindfulness. Walking meditation of religious people is termed as bas-relief in Sukhothai (Thailand).

In this posture the meditator is required to sit by keeping his back straight to hold spine, and thighs parallel to the ground you are sitting on. There should be no inclination in head alignment. Meditator's hands should rest on arm's chair comfortably or on his knees in case of floor sitting.

3. Kneeling posture: In this posture meditator kneels on floor with his buttocks relaxing on his heels and toes. Hands will rest on his thighs.
4. Corpse posture: This is a lying down style posture. In yoga this position is called as savasna.

Technique of this posture is that the meditator has to rest on carpet by keeping his legs relaxed plus straight. However, it is a less commonly used posture because there are chances that meditators' may fall asleep.

It is due to the resemblance of corpse posture with natural sleeping position. So, this posture usually used to reduce stress instead of meditation purposes.

5. Hand gestures: Hand gestures and incorporating mudras have a theological importance behind them. These gestures affect meditator's consciousness according to Yogic philosophy.

The position of Buddhist's hand is the best example. In addition, there are numerous still repetitive activities which incorporation with each other brings outstanding meditative results in performer's life.

These activities include deep breathing, chanting and humming. The time interval and frequency vary according to different meditation techniques. Lifetime meditation generally belongs to the religious people like monks, nuns etc.

On the other hand, 20 to 30 minutes is widely accepted time span for mediation. This duration may increase for the experienced meditators as process continues. Instructions and advices of a Spiritual teacher are required to get the maximum advantages of meditation.

Most of meditation methods need practice on routine basis. Determination and acceptance are required to get successful results from meditation. This will aid you in extended hours of meditation.

Which ever Posture is comfortable for you, you can start practising it at you convenient time for better relaxation.

Chapter – 5

Music Therapy For Better Sleep

If you love music then music therapy is the perfect hack for you.

Music therapy or the use of soothing music has been scientifically proven to promote relaxation and sleep.

It is a great alleviator of physical stress which could be causing bad sleep. Moreover, music therapy has been shown to balance the circadian rhythm.

How does it work?

When soothing waves of music interconnect with our brainwaves, we begin to relax and drift off to sleep. Over time, the brain will associate this type of music with restfulness and sleep.

It will learn to relax almost immediately and you will have no trouble falling asleep.

What is meant by "soothing" music? Loud, fast music like hard rock or rap will alert your brain and keep you awake. Soothing music is the opposite. It is slower with soft beats and rhythms.

Research has shown that the best music for sleep is:

🕒 Classical music like Sonatas and piano pieces. A popular favorite is Beethoven's Moonlight Sonata

🕒 Soft rock. If you're a rock lover, save the hard rock for daytime. Instead, listen to your favorite soft rock tracks during bedtime. These should be tracks where the emphasis is on melody and words rather than on beat.

🕒 Ambient music. This includes instrumentals with slow to medium beats. You can find instrumental versions of your favorite songs as well. One of the most popular is Hotel California.

🕒 Hymns. A great choice for the more religious or spiritually-inclined. Again, it's a good idea to experiment with these different audio therapies as well.

You may find that some genres – not necessarily your favorite – work better for you. Who knows? You may not be religious but discover that hymns do the trick for you!

But in my personal experience with my clients sleep issues, i found that most of my clients benefited from Binaural beats - music therapy which i recommended to them.

So what exactly is Binaural Beats and Music Therapy?

Binaural beats are auditory tones that affect brainwaves.

The frequency of the beats changes the brainwaves to achieve specific outcomes. Binaural beats are used to improve creativity, concentration, and sleep.

How do binaural beats work?

🕒 The sound frequencies presented to each ear are different, therefore, a good set of stereo headphones is required.

There are special binaural beat headphones available on the marketplace but any good quality headphones will work just as well.

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