

## Spiritualization and extrasensory perception

Many people have the fore feeling of some event or something before something is going to happen which one never expect to occur or happen and this type of feeling is known as extrasensory perception. This type of extrasensory perception happens to everyone but most of [our website](#) the people try to over look it by telling it that it was a coincident or simply a misconception. Some people sometimes know that someone is going to give them a call or sometimes they have a feeling that some of their near and dear one is unhappy or sick simply by sitting in their home without having any communication with them and this is due to the inner feeling. The meditation is thus a personal experience as well as in the same time a spiritual experience too. There are many types of meditation techniques for beginners and based on one's need one should select the best technique. In the meditation techniques for beginners one comes to know about how to raise their mind power and how can give total focus on their mind power. Generally almost all of the meditation techniques for beginners advise the people to keep themselves quiet and calm during meditation if they want their meditation techniques to be affective. In the meditation techniques for beginners it is advised to all who want to go for meditation

[www.8ballpoolhackcheat.com/8ballpoolhack/](http://www.8ballpoolhackcheat.com/8ballpoolhack/) that they should start off with by keeping their body in a relaxed manner and in the meditation techniques for beginners one should start off by relaxing their body like one should move down their scalp, face, neck, throat, arms slowly and comfortably and also should move slowly their abdomen, pelvic girdle, legs, feet toes etc and after that one should talk gently and slowly and should try to repeat the word relax as many time [check here](#) as possible. Mind has a capacity to wander to any places and to anything within a fraction of seconds and from where it can come quickly at a rapid pace and so there are many mind control techniques which one can use to control one's mind power. Of all the mind control techniques available some has proven to be very useful and successful in controlling one's power of mind while there are some mind control techniques which are not beneficial at all. One of the popular and the most commonly used mind control techniques is the breathing meditation which is easy to follow and at the same time beneficial to one too. The mind control techniques like yoga and meditation are directly based on the concept of the breathing exercise only and these two methods of exercises helps one to peep into their subconscious mind. And in this stage of meditation or exercise a sublime calmness is felt in one's mind which induces one to talk with their unconscious mind thus by providing [clashofclanshackonlines.com/clashofclanshack/](http://clashofclanshackonlines.com/clashofclanshack/) peace and relaxation in one's mind. In past many people realized their mind power and find it difficult to bring it under their control.

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