

# Spiritual meditation

By *anajara*

Created 19.05.2019 - 21:01

At its core, spiritual meditation is the mindful practice of connection to something that is greater, vaster, and deeper than the individual self. It may seem paradoxical, but the path to that connection passes through honest self-reflection. While there are many meditation techniques that look to increase spiritual awareness, they all require an attitude of integrity and authenticity when looking at ourselves and how we view the world. Different religions practice meditation in different ways. Mindful practice isn't limited to any particular faith or religion – anyone can follow a guided spiritual meditation. The blessings of spiritual meditation have a ripple effect: as our awareness and spiritual confidence increase, so do our desire and ability to be of benefit to others.

Read the whole article: <https://mindworks.org/blog/what-is-spiritual-meditation/> [1]

## Comments

[Your comment to this magazin.](#) [2]

**Source URL:** <http://spiritualnetwork.com/content/spiritual-meditation>

### Links:

[1] <https://mindworks.org/blog/what-is-spiritual-meditation/>

[2] <http://spiritualnetwork.com/user/login?destination=printpdf%2F35451>