**The Essential Elements of Meditation**

Mindfulness meditation is an ancient practice that is ideally an effortless state of being. It involves attending to the present with non-judgmental acceptance. Practice your meditation using these five essential elements to help you to regulate your emotions better, bring about positive changes in your body and mind, and reach a state of relaxation. These essential elements will help to ensure that you get to realize the most significant impact from your meditation practice.

## Motivation

Engaging in meditation entails focusing on various things. However, it is your underlying motivation that will determine whether the actions you take will bring about positive or negative results. Taking the time to cultivate your desire that everyone deserves true happiness and allow those intention to guide your efforts. When you combine your meditation with deep motivation, even the simple act of breathing can bring powerful transformations.

## Letting Go

When you begin your meditation practice, the major step that you have to take is letting go of any expectations about what should or should not happen. Experiences continue to change, so being hopeful of a specific expectation isn’t important. The most important thing that you need to do is be aware of the present moment.

## Approach

The approach of meditation is how you get to view the process of meditation by viewing the contents of your mind and the specific meditation technique. When you have a clear view of both, the process of meditation will be effortless and smooth. The practice of meditation requires a certain level of commitment to be successful.

## Practice

This involves making the actual move of doing meditation. Once you have chosen the meditation technique that best fits your needs, you need to begin your practice. This means sitting in a comfortable position and space and engaging in the process by observing your breath, body sensations, and other objects.

## Integration

This entails incorporating the clarity and calm that you’ve developed during your meditation practice into other parts of your life. Integrating the process of meditation enables you to be in a meditative state wherever you are. This means that you can be in a meditative state when you are walking, sitting on the bus, or traveling in the car.

Mindfulness can be practiced during your meditation sessions, as well as in everyday situations. Engaging in regular meditation can help to improve your emotional, mental, and physical health.

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