

Meditation, is it spiritual, medicinal, or even mystical? Let's bring it into focus.

There is no religious conversion or conviction needed to meditate. Meditation does have spiritual origins. But today many people use it to relax and improve their daily lives.

Most meditation forms, and there are plenty, have the same core elements.

A quiet location. To meditate we need a distraction free environment.

A specific posture. Sitting, standing or even walking depending on the technique.

Focused attention. On breathing, an object in the room, or a simple phrase.

And most important, an open attitude. Keeping focus takes practice, distractions are recognized, but not treated like a failure.

Research is still out on the physical benefits of meditation. But lots of people use it to deal with anxiety, stress and depression. Meditation shouldn't replace a trip to the doctor. In fact, let your doc know about your meditation practices.