

## Make Meditation a Routine

### Make Meditation a Routine

It is said in Hindu culture, particular among the Yogis, that meditation is most effective when it is practiced the same time every day. It is also said by Yogis that there are four different times during the day when you and nature are in sync and therefore the quality of meditation can last for approximately 45 minutes.

The times of day are sunrise, mid-day, sunset and midnight. When you think about it, these periods of the day are totally in sync with nature. When the sun rises you wake up to nature in all its glory. Mid-day is a time when you are at your peak performance. Sunset is a time when you are most mellow, and midnight is a time when all is calm around you.

The Yogis also believe that these four periods during the day are most favorable since they are the times when nature seems to be in a state of meditation as well. They also believe Yogis who meditate during these periods send out vibrations to others who are in the meditative state and it is a perfect time to become harmonious and in unison with each other.

While Yogis also understand the culture of the west is not conducive to meditation during all four periods as outlined, they stress the importance of meditating at exactly the same time every day. They use the analogy of having dinner at a certain time because that is usually the time when you become most hungry.

There is routine in most everything we do and meditation is no exception. It's similar to setting the clock for work. After a while you find you automatically rise at the precise moment the clock will ring. Meditation is the inner clock that tells you it's time to find that quiet place and begin.

<http://www.firstmedicalonline.com/thankyou8.htm>

Source: <http://www.articlecircle.com>

### About the Author

The author has written this book to give you further insight into this discipline. [meditation](#)