

Transedental Meditation Blog With Mindfulness Expert Techniques For Beginners Launched

Child On A Cloud promotes the practical benefits of various forms of meditation and mindfulness practices, including lowering stress and anxiety.



San Francisco, Feb 10, 2020 ([Issuewire.com](https://www.issuewire.com)) - A new meditation blog called Child On A Cloud has been launched. The site was built from the ground up to allow readers to see how their thoughts and feelings move in certain patterns, how they can deepen their spiritual practice through guided meditations. It features practical information about meditation classes and program worldwide and invites readers on a wonderful journey with the world's top healers, gurus, meditation teachers, and spiritual leaders.

Find the latest mindfulness guides and news at <https://childonacloud.com>.

Users can learn mindfulness and meditation through video masterclasses, free meditations, interviews with world-leading experts and science-based articles.

A spokesperson for Child On A Cloud explained: "The blog is designed to function as an information hub. Our team aims to provide practical information about meditation and mindfulness to allow the reader to free their mind from suffering, to experience altered states of consciousness, or to connect with the sacred in a certain form. We tried to provide answers to common questions related to meditation. We hope that people can learn more about how they can improve their meditation practices and enjoy better physical health, mental performance, well-being, and personal growth."

Child On A Cloud serves features introduction articles to the meditation types and the benefits of regular practice, plus numerous lessons on how to meditate. The site also offers products that feed the spirit, inspire the mind, and revive the body.

The editorial team explores the Science of Meditation and shares the most recent news related to meditation research, webinars, mindfulness events and conferences. They share study results about the benefits of meditation practice and how meditation can help practitioners start living a longer, better, fuller and more joyful life.

The meditation blog Child On A Cloud brings unprecedented transformations, connections, and breakthroughs in various aspects and areas of the reader's life.

A satisfied user shared: " I was looking for some inspiration for my meditation practice. I really loved the awesome meditations shared by Child Out A Cloud- they helped me jumpstart my practice. The meditation guides helped me heal, rejuvenate and recover faster. Today I feel great. Energized and healthy, I have deepened the connection with myself and continue to upgrade and rewire myself exploring new meditation practices with Child On A Cloud. "

The blog encourages readers to experiment and find the meditation practice and type that best suits their individual needs and personality. The authors explore different meditations that can help against anxiety and depression or are specifically practiced for spiritual awakening.

The team meets and interviews meditation teachers and groups and shares their practice and habits to allow readers to better understand the meditation process.

Child On A Cloud is a personal development and stress management blog that reveals the change of mind mode which is characteristic of different types of meditation. The mindfulness instructions shared on the blog can be used to focus the attention on the breath and raise awareness of current experience.

Visit the site at <https://childonacloud.com>

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Source : Child On A Cloud

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