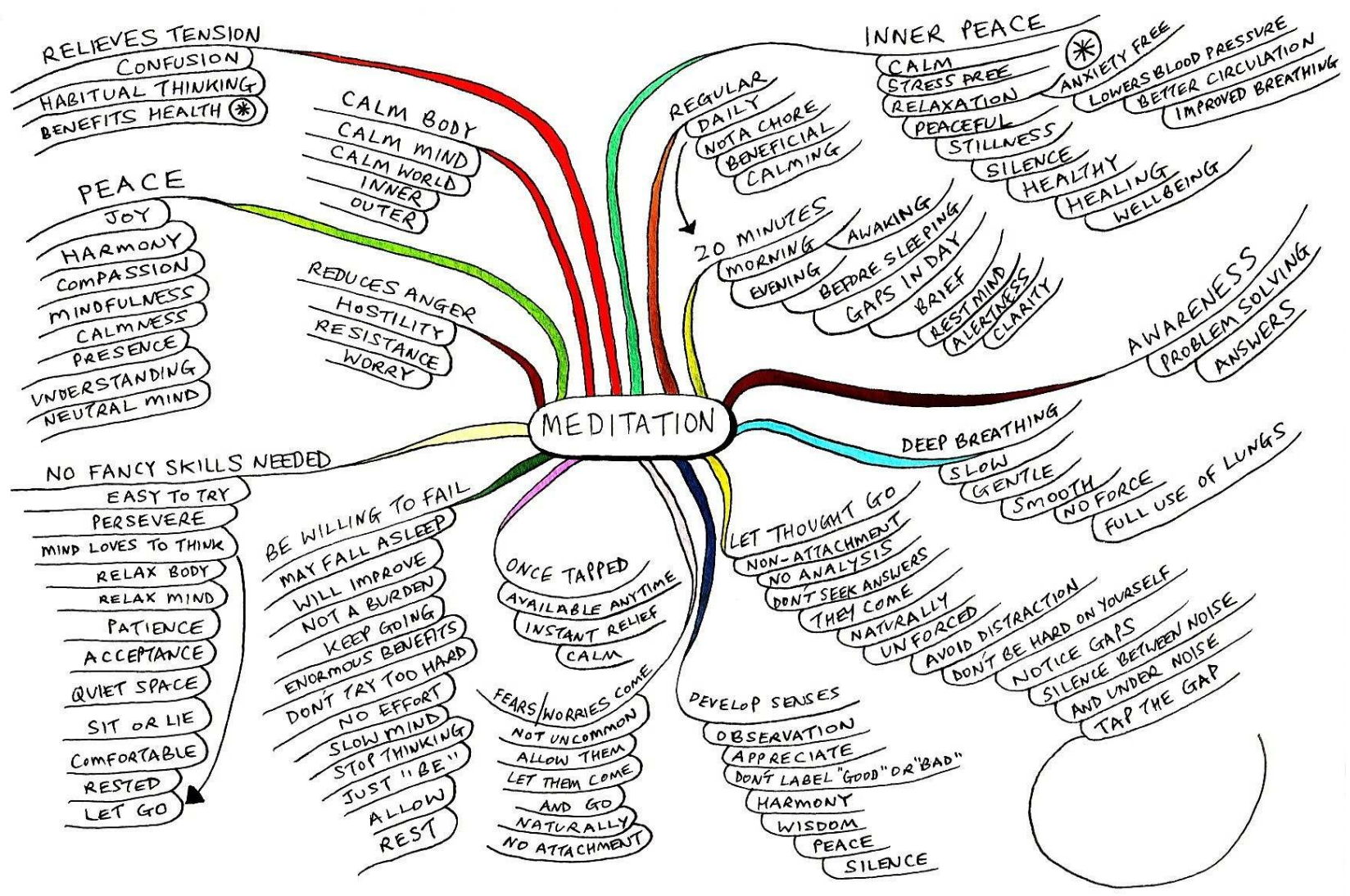


MEDITATION



Why meditate?

Meditation calms the mind and helps you tap into a state of awareness that brings you inner peace.

It gives you total relaxation and is ideal to relieve stress and anxiety.

There are many health benefits associated with meditation, including lower blood pressure, less stress and improved breathing and circulation.

It relieves tension and brings peace, joy, harmony and compassion into your life.

Where can I meditate?

Initially, you may prefer to find a quiet space to sit or lie down for about twenty to thirty minutes.

Later, as you become more accustomed to meditation, you will be able to meditate whenever and wherever you wish, even next to road-works without worrying!

How to meditate

Ideal times to meditate are on awaking and prior to sleeping.

Meditation can then very easily become part of your daily routine.

Sit with a straight back or lie down whichever feels more comfortable.

You can if you wish, place each thumb on the first two fingers of each hand and relax your arms either by your sides or on your stomach (this is not essential, yet it may help you focus without trying too hard).

Close your eyes and slowly start to let go of everything.

If you wish, say to yourself 'Let go' to help encourage relaxation.

No effort or force is required.

Let go of all your problems, any planning, future appointments, future concerns, past concerns, fantasies, whatever might be occupying your mind - just let go.

The only energy you need is an awareness that stops you falling asleep or day-dreaming!

That takes a bit of practice so be patient and don't be surprised if you do nod off at first!

Try to calm your mind and observe silence.

If there is noise present, pay attention to the gaps between the sounds.

If it helps, you can observe your breath or navel or imagine an object. If you feel your mind wanders or thoughts come in, you could try imagining a white or black wall and just be patient as you wait for your thoughts to subside.

If thoughts arise, simply observe them and note – "there is a thought", then let it go.

There is no need to investigate the thought.

It may take several attempts to clear your mind.

It is common for your deepest worries to appear;
allow them in and observe them, without making any judgment
and you will notice that they will float away naturally.

You will soon see how thoughts cannot harm you unless you let them.

They are just thoughts!

Often more thoughts appear than normal in the
early stages of practicing meditation –
observe them and try to let them go.

Laziness, impatience, restlessness, doubt and fear
can all creep in when meditating.

Simply relax, as it takes patience and practice at first.

When going about your day, start to listen more
to the silence and stillness beneath the sounds
and the space between words; music is created by
the space between the notes not the notes themselves.

Develop your senses when you are with nature and
observe nature in silence, becoming aware of the
stillness in trees, plants and flowers.

Soon you will start to experience the present moment
with greater appreciation and attention, clarity and alertness.

Book Excerpt

From "One Minute Wisdom" by Anthony De Mello ISBN 0385242905

"The governor on his travels stepped in to pay homage to the Master.

"Affairs of state leave me no time for lengthy dissertations," he said. "Could you put the essence of religion into a paragraph or two for a busy man like me?"

"I shall put it into a single word for the benefit of your highness."

"Incredible! What is that unusual word?"

"Silence."

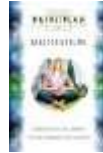
"And what is the way to Silence?"

"Meditation."

"And what, may I ask, is meditation?"

"Silence."

Suggested Reading



Principles of Meditation by Christina Feldman



The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle



One Minute Wisdom by Anthony De Mello



What is Meditation? DVD version - this is also available on Audio CD

Links

Advice for inspiration, happiness and motivation

<http://www.spiritualinspiration.co.uk>

Hand-drawn Mind Maps shared to help inspire and motivate

<http://www.mindmapinspiration.co.uk>

X UPPER CHEST BREATHING

SENDS "STRESS" SIGNALS TO BRAIN

ABDOMINAL BREATHING

SENDS "OK" SIGNALS

"SAFE TO RELAX"

✓ BENEFITS

LOWER BLOOD PRESSURE

LOWER HEART RATE

RELIEVES TENSION - HEADACHES AND ANXIETY

INCREASED IMMUNE SYSTEM

IMPROVES LUNG EFFICIENCY

OPTIMIZES HEART

IMPROVES BLOOD CIRCULATION

BOOSTS ENERGY

IMPROVES STAMINA

8 OR LESS BREATHS PER MINUTE
CONSIDERED IDEAL

1/2 NORMAL RATES

"NORMAL" MEANING LAZY HABIT!

EASY TO RETRAIN BREATHING

DO WHAT IS COMFORTABLE

NO STRAINING

DON'T STRESS YOUR BODY

RELAX IT

MAXIMUM AIR
MINIMUM EFFORT

NATURAL

RELAXED

EASY

GENTLE

FREE

IMMEDIATE

FEELS GOOD

NO FIGHTING

NO FORCING

NO STRAINING

* CAUTION! *

YOU MAY EXPERIENCE
LIGHTEADEDNESS

HEADACHE OR SIMILAR

WHEN TRYING ABDOMINAL

BREATHING: IF SO

CONSULT A

HEALTHCARE

PROFESSIONAL

BEFORE

CONTINUING

ABDOMINAL BREATHING
IMPROVES HEALTH

RELAXATION

WELLBEING

PEACE OF MIND

IMMEDIATE BENEFITS

KEY AREAS



KEY AREAS

SLENDER

SILENT

DEEP

EMPTY

PAUSE

NO FORCE

BREATHING PROPERLY

GREATER RELAXATION
IMPROVED BODY FUNCTIONING
PHYSICAL AND MENTAL
THINK CLEARLY
MEDITATIVE STATE
STILLNESS
TRANQUILITY

DRAW AIR INTO NAVEL AREA
IMAGINE INFLATING BALLOON
LOWER BACK AND CHEST EXPAND
PAUSE MOMENTARILY
COMFORTABLY FULL
LET GO - EXHALE
IMAGINE BALLOON DEFLATING
SLOW
NO FORCE
FILL FULLY DEEP
EMPTY FULLY
RELAXED

DEEPER BREATHING
LARGER VOLUME OF AIR IN LUNGS
SLOWER
DON'T FILL TO BURSTING POINT!
OR HOLD YOUR BREATH
GENTLE
SLOW
DEEPENING

* REMEMBER THE CAUTION ABOVE *

DO NOT OVERDO IT
TAKE IT EASY

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