



Meditation



What is Meditation?

Meditation is an ancient practice used in all cultures and spiritualities and meant 'communing with Spirit'. Its history is an oral one. Over time, more structured methods of meditation were developed and documented.

There are many types of meditation as well as both active and passive meditations. The one definition that fits almost all types of meditation is:-

“Directing your attention on an object of focus to alter your state of consciousness”.

The object of focus can be a symbol, candle, positive affirmation, your footsteps or your breath.

For beginners: altering your state of consciousness means relaxation, finding peace and well-being.

For right now, our **object of focus** is the breath.

How Does Meditation Reduce Stress?

Meditation reduces stress in a number of ways. First, when you relax the body and mind, your muscles let go of tension. As you relax, your blood pressure lowers and the release of stress hormones are decreased. This is due to the relaxation of the fight or flight mechanism centered in the cerebellum.

At a deeper level of this process, the consciousness expands. Expansion relates to relaxation and release. When your consciousness expands in meditation, the entire body-mind system follows and lets go of both surface and deeply rooted stress.

As your meditation practice develops, you eventually bring a greater degree of serenity and awareness into your daily life – the key to stress prevention.

It is important to remember that you are a spiritual being having a human experience. You have and are creating the body, thoughts and emotions for this earthly journey. The body is not your identity. With practice, you will see that your true Self is: pure light, expansive and aware and realize the interconnectedness of emotions, body, mind and spirit.

Why Become Intimate With Your Breath?

Developing a relationship with your breath & learning how to fine-tune your breathing is the first step in learning to meditate
Meditation works with your breath to access energy responsible for nourishing emotions, mind, body and spirit

What is the light?

For thousands of years, Eastern approaches have focused on the electromagnetic field of the body. This energy field has been given different names by different cultures. Prana (India), Ki (Japan) and Chi (China) is the Universal Life Force that is the life essence of the air we breathe. If visible, prana would appear as particles of light.

Where can I find prana?

There are 3 sources of Prana: **solar** prana, **ground** prana and **air** prana. Certain areas or places tend to have more prana than others.

How is the light absorbed?

Prana is accessed through your pores, your prana tube and your breath. The light then flows through meridians and channels. **Meridians** are the pathways that bring energy to nourish and replenish each organ. **Channels** are the pathways that balance the energy between the meridians. Your light nourishes you internally, extends out from you and radiates around you. This is known as the aura.

How does the light affect health?

Prana is the energy behind all healing. When this energy is flowing and in balance, you experience health and well being. When this energy is blocked or out of balance, illness manifests.

As you journey through your life, the flow of energy may become restricted or limited. These restrictions are referred to as energy blockages. Some causes of energy blockages are: physical trauma, surgery, disease, exhaustion, emotional crisis, suppressed feelings, stress and self-limiting thoughts.

How does meditation help?

Meditation produces a cleansing that eliminates toxins responsible for discomfort, disease and limitations. It is a gradual process that infuses you with nourishing and healing spiritual light. Every time you meditate, you are connecting with the Spiritual Source within you. Sometimes you may perceive this light.

What Are the Benefits?

- ☞ Releases energy blocks and tension from your physical body.
- ☞ Cleanses your emotional body, endocrine and chakra systems of accumulated and unnecessary energy.
- ☞ Fuels your brain and nervous system, providing mental clarity, serenity and creative inspiration and Joy.
- ☞ Returns you to a natural state of well-being, helps you live in the moment.
- ☞ Elevates your entire state of awareness to levels of inner & higher truth and insight.
- ☞ You experience synchronicity.

Time for YOU to Try!

Pay attention to your breathing. Breathe slowly and deeply. This will bring you back to your calm centre.

Take several slow, deep breaths. With each in-breath, imagine you are pulling all of your scattered energy and attention back to your calm inner center. As you exhale, let go of all stress and negativity. Continue with this until you feel yourself relax and become calm and centered.

You can use this breath awareness exercise anywhere or at anytime. I like to begin a meditation with 3 deep breaths. Your meditation practice has begun and you have been introduced to your breath. The next step is:

What is the Best Posture for Meditating?

Whether sitting in a chair or in lotus position, your posture is important in order to allow prana to flow freely through your body. Ideally, sit with your spine straight, uncross your legs, place your feet on the floor. If you need to, put a cushion under your feet, or lie on the floor. Place your hands on your lap with index finger and thumb touching.

Now, close your eyes take 3 deep breaths and sit in this position of dignity for 30 seconds.

Note how you feel in this position of worthiness. You are the Buddha.

How would it be to stand with dignity? What would it mean to walk with dignity, in this moment and this one and this one and this...?

Mindfulness Meditation

- ☞ Assume your position of dignity.
- ☞ Close your eyes.
- ☞ Take 3 deep breaths.
- ☞ Breathe with relaxed effort.
- ☞ Direct your attention to your breathing.
- ☞ When thoughts, emotions, physical sensations or external sounds occur, simply accept them, allowing them to come and go without judging or placing attachment to them.
- ☞ When you notice that your attention has drifted off and become engaged in thoughts or emotions, simply bring your attention back to your breathing and continue.
- ☞ It is natural for thoughts to arise, and for your attention to follow them. No matter how often this happens, just keep bringing your attention back to your breathing.
- ☞ Take time to journal about your experience.

Benefits:

- ☞ Maintaining your calm inner awareness
- ☞ Balance, insight and clarity in any situation.
- ☞ Gradual shift to a higher level of consciousness
- ☞ Centered in the peace, joy & freedom of your Spirit.
- ☞ Stress reduction.
- ☞ Return to a natural state of wellness

How Often Do I Meditate?

In the beginning 10 - 15 minutes a day.

As your practice develops, you may increase this to 20 minutes 1x a day or 10 minutes 2x a day.

Eventually, you may begin to meditate unconsciously throughout the day.

What Time of Day is best for Meditating?

Find a space and make this your sanctuary; this can be a physical space or it can be in your mind's eye.

Experiment and then choose the time that works for you.

If choosing a time is a challenge, meditate in the morning

What Might I Experience when Meditating?

Cycles of "clearing" and "clarity."

During periods of clearing - when toxins release - experiences may be more thought-filled and seem less deep.

During periods of clarity - less clearing means fewer thoughts, more depth and insight.

TRUST and GO WITH THE FLOW