

## **Meditation—The Practice**

I am so glad you have decided to take this step to begin a practice of meditation. Make an appointment with yourself daily so that you can experience the benefits. As you feel these you will notice the days when you DON'T meditate!

Below are just some things for you to know about meditation

### **The Aim is Mental Silence**

1. **Space:** Create a space for your self.....make it special, sacred. Put in a chair or cushion. Light a candle, have a flower, a shell, a picture - anything that is meaningful to you. As you begin to use that space to meditate, you will feel peaceful just stepping into it
2. **Posture** matters. By that I mean that having an erect spine is the most important aspect. I sit cross-legged on the floor but sitting on a chair with your legs uncrossed with your feet flat on the ground is fine, as long as it is with an erect spine (this is the vital part), resting hands in your lap is perfectly fine.
3. **Frequency:** 20 minutes 2x a day is great, but anything is good. It is better to meditate for 10 minutes then not at all.
4. **THOUGHTS:** The biggest issue that comes up for everyone when they meditate is the thoughts that are ever present – the chatter of their mind. The thoughts will be there but you are just observing them. You don't go with them, you don't do anything. Imagine that you are the door keeper (your inner witness) of a grand hotel (your mind), standing there keeping watch as people (your thoughts) stream past you through the revolving door. Your only job is to stand and watch, to let them go past. You do not stop people; you do not exchange anything with them, you just watch. The anchor you will use is the breath. Your part in this is just to keep breathing slowly, rhythmically and hold your focus on the breath. If in this process thoughts intervene, as they will, bring you attention back to the breath. If this happens 500 times you bring your attention back to the breath 500 times.
5. There are few points to mention first
  - a) **NO JUDGEMENT** - please do not go into how often you had to refocus yourself, or how good or bad it is, what thoughts came up – just watch them all – You are the observer.
  - b) Lie down for a couple of minutes after you finish to just allow yourself to integrate it all.
  - c) Persist for 4 weeks daily - it is like any thing you want to make into a routine. You would do that if you wanted to create a habit of going to the gym regularly

d) It is good to keep a diary / journal – images, feelings, and emotions may come up and it is useful to keep track.

6. Some things that may come up:

Body issues - aches and pains

- -itches
- -irritations
- -sneezing/ coughing
- -restlessness

Heightened awareness - may see colour, see images

- -feel tingling electric charges in body often in extremities
- -may see light
- -may see, smell smoke.
- -may smell other things

7. Sleep. If you fall asleep that is perfectly fine. It just means that your body is tired. Allow it to be. Sleep is not meditation, though!

8. Desire, practice and commitment **will** get you results.

### **Benefits:**

You will feel calmer and more peaceful. It is a most potent reliever of stress.

You will notice that the things that bothered you no longer do or at least not in the same way.

Your blood pressure, heart rate and immune function will improve. It has been proven that meditation has significant benefit on health and well being.

You will find increased alertness and creativity.

Your relationships with the people around you will change and get better as you feel more still within.

Gandhi said “We have to become the change we wish to see in the world”

Meditation is such a powerful way to become that change. Do not judge yourself.

Enjoy, just enjoy.

*Ranjani*