



:: Meditation Practice ::

Introducing daily meditation practice into your life offers many benefits including: stilling your mind; bringing your attention to living in the present moment; lowering your heart rate; & bringing an overall sense of calmness throughout your day. Establishing a daily ritual of meditating in the morning before your day begins & at the end of the day before retiring to bed will bring remarkable benefits with dedicated practice. Begin with a daily 10-minute meditation & aim to increase the length each additional week. Important: If at any time during your meditation practice you feel light-headed, dizzy, or short of breath pause for a few moments until these feelings ease before resuming.

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Sit comfortably in a straight-backed chair with your feet on the floor or sit cross-legged on the floor, hands comfortably resting in your lap. Feel your back & neck lovely & long.

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Gently close your eyes. Bring your awareness to your surroundings. Notice the room temperature, any interior or external sounds, & notice how you are feeling at this moment in time.

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Begin to let go of any tension you may be carrying in your toes, your feet, your legs, your buttocks, your belly, your chest, your back, your fingers, hands & arms, your shoulders, your neck, your jaw, your eyes, your forehead. Breathe into any tension you feel letting it go with every exhale.

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Bring both palms together in front of your heart centre, called Gassho, & focus your attention on the tips of your middle fingers. Whenever you feel your mind wandering during meditation bring your focus back to this point.

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Breathe in deeply through your nose, expanding your belly, then your chest all the way up to your underarms. Hold this breath for a brief moment. Fully exhale on the outbreath. On your next inward breath silently count how long you breathe in & on the outbreath fully exhale for double this time. (E.g. if you inhale for 4-counts then exhale for 8-counts.) Repeat this several more times.

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Open your meditation practice with tuning into your Higher Self by chanting three times the mantra:
"Ong Namo, Guru Dev Namo" [Phonetically: ohng-naaahmow-gooroooo-daaaav-naaahmow]
which means "I bow before my Highest Self/Consciousness" Tip: roll the "r" in "Guru".

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<< Then follow one of the meditation styles mentioned overleaf or another of your choosing.>>

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Closing your meditation practice:
Bring your palms together in Gassho in front of your heart centre & when you feel ready, say the following aloud:

[To someone you'd like to forgive]

"May the long-time sun shine upon you, all love surround you, & the pure light within you guide your way on."

[To yourself]

"May the long-time sun shine upon you, all love surround you, & the pure light within you guide your way on."

[To every sentient being in the Universe]

"May the long-time sun shine upon you, all love surround you, & the pure light within you guide your way on."

"Sat Nam."

Keeping your hands in Gassho at your heart centre, bow forward so your head is below your heart (your forehead to the ground if you are seated cross-legged on the floor). Pause in this position for whatever length of time feels comfortable to you & then return to an upright sitting position.

"Sat Nam."

This concludes your meditation practice.

As we meditate thoughts may drift into our mind & sometimes it's not so simple to let them drift away like a cloud. Rather than becoming focused on any thought refocus your attention on your breath. As Shunryū Suzuki, Sōtō Zen monk & teacher advised, "Leave your front door & your back door [of your mind] open. Allow your thoughts to come & go. Just don't serve them tea."

<< Three meditation styles you may wish to explore>>

1. Breathing Meditation

This mantra has a strong balancing effect & is believed to awaken the Soul & means, "Truth is my identity"

Resting your hands on your legs, connect the tip of your thumb to the tip of your index finger on each hand in Gyan Mudra (hand position), a receptive Mudra encouraging knowledge, wisdom, & expansion.

On each in breath mentally repeat "Sat" [Phonetically: Saht];

On each out breath "Nam" [Phonetically: Nahm];

Repeat

2. Chanting Meditation

This mantra "Sa Ta Na Ma" [Phonetically: Saaah Taaah Naaah Maaaah] describes the eternal Circle of Life. Try chanting this mantra for two minutes in your normal voice (the voice of the body), followed by whispering it for two minutes (the voice of the mind), then silently/mentally for two minutes (the voice of the spirit); then reverse the order.

During this meditation rest your hands comfortably on each leg & at regular intervals (Eg. each second) lightly connect your thumb & finger corresponding to the chant sound:

Sa: Thumb connects to index finger (birth)

Ta: Thumb connects to middle finger (life)

Na: Thumb connects to ring finger (death)

Ma: Thumb connects to little finger (rebirth)

Repeat

3. Simple Meditation

As you breathe in silently think, "Breathing in."

As you fully exhale silently think, "Breathing out."

Repeat

Further reading which could be of interest:

"Meditation As Medicine – Activate the Power of Your Natural Healing Force", by Dharma Singh Khalsa, M.D., & Cameron Stauth. ISBN 9780743400657