

Chapter 1 : 7 Steps to Take Your Meditation Practice to the Next Level

Meditation is an important spiritual, mental, emotional, and physical practice. It is a natural practice and can easily be learned! There are many kinds and levels of meditation.

The first three states – waking consciousness, deep sleep and the dreaming state of sleep – are known to every adult human being with a functional nervous system. The last four levels – transcendental, cosmic, god and unity consciousness – are usually not available right away. These states become accessible only as one engages in regular practice of meditation. What are these higher levels like? Here are some essential points from Jerry Freeman, student of Maharishi Mahesh Yogi for over 40 years. To cultivate the ability of the nervous system to sustain that. Eventually, that becomes stabilized and it becomes a permanent state of consciousness which Maharishi called the Cosmic Consciousness. My sublime self is actually that pure, eternal consciousness. My little ego that motors around and feels so important – you discover that oh, that is not what I am! And yet it is still just one unfoldment, just that first permanent awakening. But because now there is this connection with the deepest within, this creates the capacity to see more deeply. As the perception of the outer world becomes deeper and more subtle, attention goes to more and more pleasing levels – subtler is more pleasing, more unbounded, closer to that pure level where everything is bliss. The heart can overtake anything. You begin to approach that same silence that you found within yourself at the subtlest level of what you see outside. Any contact, any experience in the material world – even the scolding of a black crow – becomes delightful. It may come out as a deep devotion in a religious sense. It may be in a more generalized sort of way – a heart goes out and is overtaken with the perfection and the beauty of everything that is encountered. That is called God Consciousness. What does modern science say about reality? It will always keep on unfolding – in the way of expansion and deepening. In Unity Consciousness, myself is the Self of all. There is only one Self. One discovers that this Atman which was once inner, is actually all encompassing. Everything which is in myself is myself. There is no other. Jerry Freeman explains the four higher levels of consciousness. Maharishi Mahesh Yogi, the founder of the Transcendental Meditation program, expounded on seven states of consciousness to set pointers for practitioners. Jerry Freeman is presently working on a book tentatively titled: However, the great insights about awakening, human consciousness, enlightenment, etc.

Chapter 2 : How to Master the 10 Stages of Meditation & Evolve Your Mind

These are especially significant transition points in your practice where mastery of certain skills takes your meditation to a whole new level. The Stages and Milestones, considered together, form a broad map to help you figure out where you are and how best to continue.

Aimee Hughes February 26, Source: Regularity, self-love and fun are just a few ways in which you can deepen your meditation practice. You may have a sitting practice where you focus getting quiet, still and brining your awareness to your inhalation and exhalation. How can you make your practice longer or go deeper into it? The following is a list of seven suggestions that will help you on your way to progressing further in your meditation practice. Your mind will begin to want to practice and that desire will naturally deepen your practice. Increase the time you spend in meditation gradually. Be gentle and proceed slowly and with care. You want this practice to work as a stress reliever, not create more stress. Both your mind and body need time to adjust to an increase in practice. This gentleness toward yourself is also known as Ahimsa: Make sure you know what feels truly comfortable for you. Find a position that supports a straight spine and naturally easy breathing. Look for a place that feels safe and use a cushion that supports proper alignment. Finally, make sure your breath is smooth, slow and serene before taking your practice further. For more on Mastering Sitting Meditation. Hatha yoga asana , pranayama breathing, various relaxation techniques, even learning to use a neti pot – all of these practices are helpful precursors to meditation. If you find one that resonates with you or a new mantra that you really enjoy reciting, give yourself the freedom to explore these techniques further. Ayurveda teaches us that there are three different kinds of foods: Tamasic foods can leave us feeling tired and groggy while rajasic foods can make us hyper. Sattvic foods, on the other hand, have a calming and energizing effect. Examples of tamasic foods are meats and even stale foods. Rajasic foods include caffeine, sugar and certain stimulating spices. On the opposite spectrum, sattvic foods are fresh fruits, vegetables, whole grains, beans, legumes, nuts, seeds, and grass-fed dairy. You literally are what you eat so it makes sense to eat a healthy clean diet in order to support the more subtle layers of your being. While meditation is a solitary, inward-focused activity, the support of a community, or satsang , can help advance your spiritual growth. Seek out fellow yogis who also wish to advance their meditation practice. You can also look for gurus who can guide you on your path. Feeling a sense of connection to like-minded individuals will naturally help not only bolster your motivation, but keep you on track as you take your practice to the next level. Since a journey to India when she was 20, the practice has been her constant companion. She loves exploring the vast and seemingly endless worlds of yoga. Aimee has also written a book titled, " The Sexy Vegan Kitchen:

Chapter 3 : The Best Way to Start Meditating as a Beginner - wikiHow

2. Understand what meditation can do for you if you have issues with stress, anxiety, irritability, or overthinking.. Meditation is a great way to increase your resilience to stress. If you have.

How to Master the Art of Meditation: The entire process of training the mind unfolds through Ten Stages. Each Stage of meditation has its own distinct characteristics, challenges to overcome, and specific techniques for working through those challenges. The Stages mark gradual improvements in your abilities. As you make progress, there will also be Four Milestone Achievements that divide the Ten Stages of meditation into four distinct parts. These are especially significant transition points in your practice where mastery of certain skills takes your meditation to a whole new level. The Stages and Milestones, considered together, form a broad map to help you figure out where you are and how best to continue. Yet, because each person is unique, the route your spiritual journey takes will always be at least slightly different from that of somebody else. For this reason, we will also talk about how the process unfolds, how fast or slow you may experience progress, and about what kind of attitude to have. Just as you have to learn to walk before you can run, you must move through the Stages in order. It will be helpful to revisit it from time to time to keep the big picture fresh in your mind. The more clearly you understand the Stages of meditation, and why they happen in the order that they do, the quicker and more enjoyably you will walk the path toward happiness and freedom. How the Process Unfolds Each of the Ten Stages on the path to becoming an adept meditator is defined in terms of certain skills that you have to master. Only when you have mastered the skills of a particular Stage of meditation will you be able to master the next Stage. This is because your abilities as a meditator gradually build on each other. Just as you have to learn to walk before you can run, you must move through the Stages in order, without skipping any of them. Mastery of one Stage is a requirement for the mastery of the next, and none can be skipped. Diligence is all you need to make the fastest progress possible. Free Enlightened Living Course: For example, a beginning meditator will be working on Stages One and Two at the same time. As your practice progresses, you will frequently find yourself navigating several Stages at the same time, moving back and forth between them over weeks, days, or even during a single session. This is perfectly normal. You can also expect to have times when you seem to have jumped to a more advanced Stage, as well as days where you seem to have gone backward. In every case, the important thing is to practice according to whatever is happening in your meditation in the present. On the other hand, once you have overcome the obstacles for a given Stage even temporarily, then you can work with the obstacles for the next Stage. You will also notice that many of the techniques are similar in several different Stages of meditation. A meditator at Stage Three, for instance, uses similar techniques as a meditator at Stage Four. The same is true for Stages Five and Six. However, the goals for each Stage are always different. The secret to progress is working with the specific obstacles and goals appropriate to your current skill level. The earlier Stages of meditation take longer to master. However, because the Stages build on one another, the methods overlap, and the skills you develop in one Stage are used in the next, you start making faster and faster progress. Advancing from Stage Three to Four might take a long time, but progressing from Four to Five usually happens more quickly, and so on. Even a beginning meditator at Stage Two may have experiences that resemble those of advanced Stages. When this happens, you might overestimate your abilities and try to replicate that experience instead of working to master the skills for your current Stage. Such experiences have no real significance in terms of your progress, although they do show you what is possible. Use them as inspiration, while continuing to work toward mastering your current Stage of meditation. Once your practice matures, you will have the knowledge and skills to consistently create these kinds of experiences. The Rate of Progress through the Ten Stages Some books give the impression that it takes many, many years or even decades to become an adept meditator. What you need is a regular daily sitting practice of one to two hours per day in combination with some of the supplemental practices described in the appendices. Meditation retreats are quite helpful, but ones lasting months or years are certainly not necessary. Diligent daily meditation, combined with occasional longer periods of practice, will be enough for success. To start with, different people have different natural abilities

for working with attention and awareness. Some lifestyles and career paths are more conducive to developing these skills. Also, some people are better able to discipline themselves to practice regularly and diligently. Life factors and stressful events can also affect the process. Losing your job, the death of a spouse, or a health problem can set even an advanced meditator back to the earliest Stages of meditation. In fact, almost anything that happens outside of meditation can potentially have this effect. This just serves as another reminder that meditative accomplishments, like everything else, depend on certain conditions, and can therefore be influenced by worldly events. Another factor that affects your progress is the problem of compartmentalization. We have a common tendency to separate meditation practice from the rest of our life. This may be one reason why some people consider long retreats the only way to make real progress. Retreats are certainly wonderful and can help bring your practice to a whole new level. Yet, we can only experience the full benefits if the wisdom we acquire permeates every facet of our life, and that takes work. Otherwise, long retreats are like filling an even bigger leaky bucket. The most important factor for improving quickly is a clear understanding of each Stage of meditation. That means recognizing the mental faculties you need to cultivate, as well as the correct methods to overcome specific obstacles. It also means not getting ahead of yourself. Be systematic and practice at the appropriate level. Just as a scalpel is more effective for surgery than a large knife, skillful means and positive reinforcement are much better for pacifying the mind than blind, stubborn persistence. Finesse and patience pay off. Four particularly significant achievements divide the Ten Stages of meditation into four distinct parts: It is helpful to think of each Stage in terms of the Milestone that lies ahead. You will also notice a number of bold and italicized key terms. Establishing a Practice Stage Two: Subduing Subtle Distraction Milestone Two: Tranquility and Equanimity Milestone Four: The monk is the meditator. The rope he holds represents vigilant, alert mindfulness. The goad in his other hand represents strong intention and firm resolve. The elephant represents the mind. The black color of the elephant represents the Five Hindrances and the Seven Problems they give rise to. The monkey represents scattering of attention, and the black color represents subtle and gross distraction, forgetting, and mind-wandering. The rabbit represents subtle dullness. The flames represent vigilance and effort, and when effort is no longer required, the flames disappear. The length of the road between successive Stages indicates the relative time required to progress from one Stage to the next. Because the road folds back, it is possible to jump up to higher Stages or fall back to lower ones. Establishing a Practice This Stage of meditation is about developing a consistent and diligent meditation practice. Diligence means engaging whole-heartedly in the practice rather than spending your time on the cushion planning or daydreaming. Develop a regular meditation practice. Resistance, procrastination, fatigue, impatience, boredom, lack of motivation. Creating practice routines, setting specific practice goals, generating strong motivation, cultivating discipline and diligence. Never missing a daily practice session. Interrupted Attention and Overcoming Mind-Wandering Stage Two of meditation involves the simple practice of keeping your attention on the breath. This is easier said than done. Forgetting quickly leads to mind-wandering, which can last a few seconds, several minutes, or the entire meditation session. In Stage Two, you only work with the last eventâ€”mind-wandering. Shorten the periods of mind-wandering and extend the periods of sustained attention to the meditation object. Mind-wandering, monkey-mind, and impatience. Reinforcing spontaneous introspective awareness and learning to sustain attention on the meditation object. Appreciating this moment causes it to happen faster and faster, so the periods of mind-wandering get shorter and shorter. You can sustain attention on the meditation object for minutes, while most periods of mind-wandering last only a few seconds. Extended Attention and Overcoming Forgetting Stages Two and Three are similar, but mind-wandering gets shorter and shorter until it stops altogether. The biggest challenge during this Stage of meditation is forgetting, but sleepiness often becomes a problem as well. Overcome forgetting and falling asleep. Distractions, forgetting, mind-wandering, and sleepiness. Use the techniques of following the breath and connecting to extend the periods of uninterrupted attention, and become familiar with how forgetting happens. Cultivate introspective awareness through the practices of labeling and checking in. These techniques allow you to catch distractions before they lead to forgetting.

Chapter 4 : How to Get to the Next Level in Meditation – I Should Be Meditating

If you've been in the early stages of a meditation practice for some time, you're probably wondering how to advance your practice. You may have a sitting practice where you focus getting quiet, still and bring your awareness to your inhalation and exhalation.

This means that you must constantly ask yourself the most courageous questions and find the answers with great perseverance. They do not think about tomorrow, they do not understand the reasons of their actions guided by emotions and instincts, mechanically and thoughtlessly. They are not used to think, to take independent decisions, and the majority of their actions are dictated by momentary impulses, instead the sober assessment of the situation. As a result, they do not achieve harmony with themselves, because they do not understand themselves, they do not achieve harmony with other people, because they do not seek to understand other people and they do not achieve harmony with life, because they do not think about what is happening around. Living in Illusion Many people live in an eternal illusion. They spend money in the belief that owning expensive things will bring them happiness. They spend all day long at work and drown a weekend in alcohol, believing this to be the whole meaning of existence. They quarrel over a mere trifle, are angry with each other and suffer. Awareness is like a flashlight, which pierces the veil of illusion and illuminates what is hidden behind it. In this light absence, the existence plunges into the darkness of blind desires, instincts and deception. Awareness is sobriety and clarity as opposed to intoxication by emotions and fears. Awareness is the desire to acquire knowledge about yourself and the world around. Without this knowledge no personal development is possible. This quality does not come from above since birth, as well as many other human skills. Further we will discuss the issue of how to develop awareness. An Ability of Being an Observer Have you ever thought about why the great writers, like Leo Tolstoy and Dostoevsky, have managed to describe in detail the inner world of a man, revealing human characters so precisely that fictional characters become real? In my opinion, people like Leo Tolstoy had some phenomenal awareness. They have developed a habit of constantly watching themselves and other people, noticing everything that occurred round them, analyzing, reflecting, drawing conclusions, and keeping all this in memory. None of us is able to be inside the other person, therefore, the fact that an adult man had managed accurately to describe the inner world of a young girl, is so amazing! Like the astronomer who studies the distant stars using the knowledge of physical processes on the earth, the writer compares the observation data over people with the knowledge gained from the observation over his own inner world. Such observation gave birth to the complex fictional nature of characters based on real ones and to the novel situation, in which these characters existed. This example demonstrates the basic principle of awareness development. There is no need to be a genius to understand the nature and desires of the other person and to understand yourself. To achieve the purpose, you need to become an observer. Tips to Improve Awareness Be Aware of Your Inner World To develop awareness you need to develop a habit of constantly watching what is going on inside you and realize it. What do I want to prove? For example, you might want to blame other people or external circumstances not to feel yourself guilty. Therefore, take your time and try to be the most honest with yourself. The majority of people never ask themselves these questions. And if they do ask, they cannot answer them honestly. There is no need to be together with this majority. Be Aware of Your Emotions Constantly realize your emotional state. Your task is to take the position of a detached observer, as if you look at the other person. What does this person feel? Anger, shyness, fear! Your task is to notice any changes in your mood constantly: First, simply observe your feelings and try to maintain a certain distance between your true self and your feelings. Then, try to analyze your emotions. Why did they occur? How often do they occur? Where do they lead? Do they make sense? As an example, consider a common situation. You had a bad day, you are annoyed. You start to quarrel. What do you feel? You are annoyed and you know that in such a situation any trifle can drive you mad. When you calm down, you will find out that the reason of the quarrel was ridiculous, despite the fact that at the moment the whole situation seems a conflict one for you. This occurs many times, and you can perfectly imagine the mechanism of event development. If you do not stop, the conflict will start and your claims will

cause a reaction in your husband or wife. Mutual accusations will bring the situation to the extreme, which can lead to disaster. There is no point in quarreling. It will not lead to the problem resolution; it will create a new one instead. In short, you do not need it. Awareness gives you the right to choose, or to go on about your emotions and to provoke trouble, or not to allow a conflict to be developed. This is an example of how to keep track of your emotions. Many people believe that their emotions are a part of their true self. Therefore, they cannot resist their feelings and keep them under control. If they are angry, they begin to cry, even if they know that it will lead to disaster. Then, calming down and watching the effects of the disaster they think: Due to this behavior, they become like a cat that jumps out of the window to catch a bird, even if the window is on the 12th floor. But man, as opposed to an animal, is conscious and has the freedom to do what the mind tells him, instead of instincts or emotions. Emotions are not your true self. We can be aware of them and manage them. The statement may seem vague to someone, but this understanding comes with practice of awareness development. It sounds difficult and it is really difficult, but it is susceptible to practice and training. If you build a habit of constantly watching yourself, then you will no longer identify yourself with your emotions. You will deduce awareness beyond the emotional world and you will be able to observe yourself as if from the outside. You will find out that many negative emotions, fears ruin your life. They do not make any sense. Envy and anger pursue no other purpose, except indulgence to your ego. They control you and deprive you of free choice to act reasonably. **Be Aware of Your Body** Pay attention to your physical feeling. How does do you feel the next day after drinking alcohol? How do you feel after exercising? Are you less tired if you do breaks during the work, in comparison with those days when you have no rest at all? What do you feel in the evening, if you drink a lot of coffee during the day? On what days you sleep better? On what days you have more energy? Notice all this and remember. Learn to listen to your body and give it what it needs. How will I pay? What if I lose my job? Will I be able to pay for the car service? Why do I need an expensive car now? Are my current relations at an impasse? Have I done everything I can in order to bring the relations out of the impasse? What will happen to my children? **Be Aware of Other People** Watch for other people. Look how they live, what they feel. Try to understand the reasons for their actions and especially their attitude towards you. Stop labeling other people. Evaluate each person as an individual and independent personality, with all the depth of character peculiar to this personality. Listen to the People Listen to people and pay attention to what they say. You are not the only one who has valuable ideas. You can hear a lot of things from other people, including things about yourself. You will understand that you are not the only person that have some problems and that your troubles are not the worst ones. Each, even the most mean, unethical man, acts up to his feelings, his thoughts, his experiences and his ideas of good and bad. All the irritation occurs because of misunderstanding. Sometimes we get angry because a friend of ours deceived us; because we do not understand such action as we believe that we would never act the same way.

Chapter 5 : How to Increase Awareness and Your Consciousness Level

A brief mindfulness meditation practice to relax your body and focus your mind. A Minute Meditation Practice for Anxiety This meditation combines breath awareness, the body scan, and mindfulness of thoughts to explore sources of stress and anxiety.

Sleep problems Tension headaches Be sure to talk to your health care provider about the pros and cons of using meditation if you have any of these conditions or other health problems. In some cases, meditation can worsen symptoms associated with certain mental and physical health conditions. But it may be a useful addition to your other treatment. Types of meditation Meditation is an umbrella term for the many ways to a relaxed state of being. There are many types of meditation and relaxation techniques that have meditation components. All share the same goal of achieving inner peace. Ways to meditate can include: Sometimes called guided imagery or visualization, with this method of meditation you form mental images of places or situations you find relaxing. You try to use as many senses as possible, such as smells, sights, sounds and textures. You may be led through this process by a guide or teacher. In this type of meditation, you silently repeat a calming word, thought or phrase to prevent distracting thoughts. This type of meditation is based on being mindful, or having an increased awareness and acceptance of living in the present moment. In mindfulness meditation, you broaden your conscious awareness. You focus on what you experience during meditation, such as the flow of your breath. You can observe your thoughts and emotions, but let them pass without judgment. This practice generally combines meditation, relaxation, physical movement and breathing exercises to restore and maintain balance. This is a form of gentle Chinese martial arts. In tai chi TIE-CHEE , you perform a self-paced series of postures or movements in a slow, graceful manner while practicing deep breathing. Transcendental Meditation is a simple, natural technique. In Transcendental Meditation, you silently repeat a personally assigned mantra, such as a word, sound or phrase, in a specific way. This form of meditation may allow your body to settle into a state of profound rest and relaxation and your mind to achieve a state of inner peace, without needing to use concentration or effort. You perform a series of postures and controlled breathing exercises to promote a more flexible body and a calm mind. Elements of meditation Different types of meditation may include different features to help you meditate. Some of the most common features in meditation include: Focusing your attention is generally one of the most important elements of meditation. Focusing your attention is what helps free your mind from the many distractions that cause stress and worry. You can focus your attention on such things as a specific object, an image, a mantra, or even your breathing. This technique involves deep, even-paced breathing using the diaphragm muscle to expand your lungs. The purpose is to slow your breathing, take in more oxygen, and reduce the use of shoulder, neck and upper chest muscles while breathing so that you breathe more efficiently. As you get more skilled at meditation, you may be able to do it anywhere, especially in high-stress situations where you benefit the most from meditation, such as a traffic jam, a stressful work meeting or a long line at the grocery store. Just try to be comfortable so that you can get the most out of your meditation. Aim to keep good posture during meditation. Let thoughts pass through your mind without judgment. If you choose to, you can attend special meditation centers or group classes led by trained instructors. But you can also practice meditation easily on your own. And you can make meditation as formal or informal as you like, however it suits your lifestyle and situation. Some people build meditation into their daily routine. For example, they may start and end each day with an hour of meditation. But all you really need is a few minutes of quality time for meditation. Here are some ways you can practice meditation on your own, whenever you choose: This technique is good for beginners because breathing is a natural function. Focus all your attention on your breathing. Concentrate on feeling and listening as you inhale and exhale through your nostrils. Breathe deeply and slowly. When your attention wanders, gently return your focus to your breathing. When using this technique, focus attention on different parts of your body. Combine body scanning with breathing exercises and imagine breathing heat or relaxation into and out of different parts of your body. Examples of religious mantras include the Jesus Prayer in the Christian tradition, the holy name of God in Judaism, or the om mantra of Hinduism, Buddhism and

other Eastern religions. Combining a walk with meditation is an efficient and healthy way to relax. When you use this method, slow down your walking pace so that you can focus on each movement of your legs or feet. Concentrate on your legs and feet, repeating action words in your mind such as "lifting," "moving" and "placing" as you lift each foot, move your leg forward and place your foot on the ground. Prayer is the best known and most widely practiced example of meditation. Spoken and written prayers are found in most faith traditions. You can pray using your own words or read prayers written by others. Check the self-help section of your local bookstore for examples. Talk with your rabbi, priest, pastor or other spiritual leader about possible resources. Many people report that they benefit from reading poems or sacred texts, and taking a few moments to quietly reflect on their meaning. You can also listen to sacred music, spoken words, or any music you find relaxing or inspiring. You may want to write your reflections in a journal or discuss them with a friend or spiritual leader. Focus your love and gratitude. In this type of meditation, you focus your attention on a sacred image or being, weaving feelings of love, compassion and gratitude into your thoughts. You can also close your eyes and use your imagination or gaze at representations of the image. Adapt meditation to your needs at the moment. What matters is that meditation helps you reduce your stress and feel better overall.

Chapter 6 : Meditation: Take a stress-reduction break wherever you are - Mayo Clinic

Until now, the specific brain mechanisms of how meditation relieves anxiety at a neural level were unknown. Psychology Today. Find a Therapist. Find a Therapist. Therapists v.

It is everywhere and surrounds us every day, when we are awake and when we are asleep. This energy binds us all together. Earth energy can be very powerful. There are chi masters out there that learn to use it for healing, and others who use it in martial arts tai chi. In daily life, the mastery of chi energy can help heal and defend against disease, among other benefits. Meditation Exercise In this article I will describe a basic meditation technique that you can try out. The aim of this exercise is to unify the body and mind and to build the chi energy and awareness in your body. This exercise comes from the tradition of chi kung or qi qong practice. There are many different chi meditation techniques and practices, but they are in some ways very similar in practice and theory. Chi kung was developed in China and is a very popular technique. The first thing to do before meditating is to shut off your mobile phone or any other electronic devices you have around you. Make sure you are sitting in a comfortable position. Sitting in meditation pose on the floor with legs crossed so each foot rests on the opposite thigh or knee is ideal, but sitting in a comfortable chair works too. The main thing is to ensure that are comfortable and silent. There are ten steps in this exercise. Meditation Exercise in 10 Steps Use a natural breathing rhythm, concentrating on breathing deep into the lower abdomen. Keep your eyes open and focus on a point directly in front of you at eye level. This step should last 3 to 5 minutes. Keep breathing naturally, but now shift your eyes to a point 45 degrees down about three feet in front of you. Shift your gaze to a point directly between your feet and tilt your head down slightly. Bring your eyes together and focus on the tip of your nose. The aim is to get the eyes to look at the same unified point. Allow your eyes to close, but hold the position of looking at the tip of your nose or something close by. Continue breathing naturally and feel the air entering the nose and descending into your lower abdomen. The air should feel cool as you inhale and warm as you exhale. Continue your natural breathing rhythm and listen to the sound of the air as it flows in and out. Continue breathing and shift your concentration to your lower abdomen as you breath in and out. Now, with your eyes still closed, imagine that you are looking into your abdomen. Change your breathing to follow this pattern: Inhale for three counts follow your heartbeat rhythm , hold for three counts, and exhale for six counts. We are coming close to the end now. Now imagine the impurities from your body leaving you as you exhale through your mouth. Now, before opening your eyes, rub your palms together counter-clockwise and place them over your eyes. Inhale naturally, absorbing the warmth into your eyes. Bring your hands down to your lower abdomen. Repeat this three times, then slowly open your eyes. Wait for your body to cool down before moving. Meditating daily can bring you health and unify your body and mind. Good luck to all! A Story of Healing One of my favourite stories demonstrating the power of meditation is about a man who lived in the mountains in Asia. He developed a severe case of tuberculosis and was told he had only a few days to live. After hearing this news, he walked to a nearby mountain peak. He sat down next to a large rock and began meditating. While he was meditating, he accepted his fate and was totally free. His body and mind where working together perfectly and he had an incredible sense of calm. He sat and meditated on the top of that mountain, just sitting and meditating and waiting for death to take him away, but it never came. People say that the meditation and the perfect connection between his mind and his body healed his condition.

Chapter 7 : 7 LEVELS OF CONSCIOUSNESS: Know the potential of your mind

Through mindfulness meditation, you can see how your thoughts and feelings tend to move in particular patterns. Over time, you can become more aware of the human tendency to quickly judge an experience as good or bad, pleasant or unpleasant.

Chapter 8 : Getting Started with Mindfulness - Mindful

It's important to find a calm and comfortable area to meditate, where you won't have any distractions that might disrupt your zen state of mind.

Chapter 9 : Energy Meditation Exercise to Increase Chi and Balance Body and Mind | RemedyGrove

In this article I will describe a basic meditation technique that you can try out. The aim of this exercise is to unify the body and mind and to build the chi energy and awareness in your body.