

## Meditate with [yogaplustherapies.com](http://yogaplustherapies.com)

**Meditation** is NOT about stopping your thoughts, but is...

A 4<sup>th</sup> state of consciousness besides being awake, sleeping or dreaming, where you create space – space between you, your body and your mind. It is like coming home to your self, restoring your centre and it is a place of healing. Meditation helps you to see your limited thinking or consciousness, and discover your unlimited nature.

Meditation is really good for YOU... Enhancing your awareness and your consciousness...

It feels good... It reduces stress and restores your inner harmony... your brain works better... more coherence... it helps you perform better...and it aids with your healing...

**You can meditate simply by this 4-step process...**

1 Sitting or lying – with the spine resting with its 3 natural curves aligned

2 Breathing slowly and easily – try inhaling for 4 counts & exhaling for 4 counts.

If you feel tension, then lengthen your exhale – inhale for 4 counts & exhale for 6 counts

3 Grounding – Exhale and Let go of tension. Relax ... and feel your feet grounded... feel your sit bones grounded... feel your shoulders drop... feel your lower jaw drop and teeth separate... Take the inner smile... relax...

4 Practice your meditation technique – as described below

*Remember during your practice:*

- Don't try too hard, just do it, no need to struggle... just enjoy...
- Have a positive accepting attitude – all is well and accept whatever happens
- Treat each practice as new; don't try to re-experience a positive meditation
- Practice regularly – once or twice daily is best
- Start with 3 minutes at a time – build up to 9 mins, 21 mins, whatever works best
- *Become present focused – bring your awareness to the now...*

**Here are 3 great ways to help you move into Meditation... What works best for you?**

**Mindfulness** – become *fully present* and watch as though an observer, but with curiosity and an accepting attitude... Be present and attentive to your thoughts and feelings, but stay detached... Be fully AWARE... Experience it fully, all the sensations... Contemplate “am I just this?”

- Your *Breath*
- Your *Movement*, such as exercise, yoga, tai chi, chi kung, dance, walking, running, martial arts...
- Your *Action*, such as being aware of what you are doing ie eating, driving ...
- Your *5 Senses* – bring awareness to seeing... touch... smell... taste... sound... just listen...
- *Gravity* – standing or sitting, feel how gravity acts upon you...downward... feel your response...
- Your *Mind* – watch your thoughts & feelings arise and pass...

**Sound Vibration** – Use the power of Vibration to TRANSFORM... listen, sound out loud, whisper or say in your own inner mind...traditionally this is often repeated 108 times... Find a sound, which holds your interest, consider the key sounds “aa”, “oo”, “ee”, “ii”, “mm”. What works for you?

- *Breath Sound* – in your own mind sound “so” as you inhale and “hum” as you exhale
- *Spinal Sound* – in your own mind sound “ham” as you inhale & draw your awareness up your spine, and “sa” as you exhale & return your awareness back down the spine
- *Mantra*, a special vibration, which has special effects on your consciousness, such as AUM, Hreem, Shreem, aaa, mmm, or \_\_\_\_\_
- *Meaningful Word* or phrase, such as calm, one, love, peace, or \_\_\_\_\_
- Try *Music*, which you can immerse yourself within.

**Visualisation** – immerse yourself by visualising fully in your mind's eye...

- *Gazing* – look at a beautiful scene, a meaningful photo or picture, sacred object – see the thing completely, observing every detail... then close your eyes and visualise it... Repeat if needed... This gets better with practice
- *Light* – close your eyes and visualise a light within you ie light travelling from the base of your spine, upward through your spine and brain, and out through the crown of your head. Feel this light energy nurturing, purifying and cleansing...
- *A Beautiful Place* – close your eyes and visualise a place you love to go, a place where you feel calm and at peace... see that place in your mind's eye completely... feel its texture, temperature & touch... smell its aroma... taste it... listen & hear all its sounds... immerse yourself in that special place...
- *Healing Energy* – close your eyes and bring your awareness to your navel... inhale & feel the navel expand... exhale and feel your navel sink... visualise a ball of energy at your navel... give it a colour, which is healing for you... feel it expanding with each inhale and on each exhale let go of any tension or negativity... send this healing energy out to any part of your body or mind needing healing... feel its soothing energy helping you to heal...
- *Positive Heart Meditation* – close your eyes and bring awareness to your heart area, feel your breath at the heart area...remember a time when you felt the heart's positive emotions of compassion... love... joy... happiness... Remember the feeling... take that feeling to your heart area... feel it expand outward through your body... lower limbs... upper limbs, trunk... head... feel every cell permeating with that positive heart feeling... send it out to all who need it...
- *Blue Sky* – close your eyes and visualise yourself lying outside on a beautiful warm day with a soft breeze... look upward and see an expansive blue sky... soothe yourself in the blue sky... To the distance a soft white cloud is blowing across the sky with the breeze... Send unwanted thoughts and feelings into the cloud... hold your awareness on the blue blue sky...
- *The Chakra* (energy centre awareness) – close your eyes and bring your awareness to each of the energy centres called the chakra.

Begin at the base of the spine – ground yourself with the earth energy

Spiral your awareness upward to the level of the sacral bone – be fluid with the water energy

Spiral awareness upward to your navel level – feel your fire of transformation with the fire energy

Spiral your awareness upward to the lower end of the breastbone – the home of your heart centre and air energy

Spiral your awareness upward to the notch in your lower throat – feel your power & truth with the space energy

Spiral your awareness upward to the level of your eye brow centre, but back within – feel your peace & calm

Spiral your awareness to the crown and feel your connection to the universe

Slowly let your awareness descend back down, returning to your base...

- *Protective Energy Field* – close your eyes and visualise a protective energy field all around your body, above... below... behind... and in front... give it a meaningful colour... feel it like a protective cocoon around... safe... relax...

**Other Meditations** – 112 are described in the ancient text called the Vignana Bhairava Tantra. Whatever you are doing, immerse your awareness completely in to that experience...