

MEDITATION

A GUIDE TO
SELF ENLIGHTENMENT

BROUGHT TO YOU BY PROMOLIFE
WWW.PROMOLIFE.COM

Limits of Liability / Disclaimer of Warranty:

The authors of this information and the accompanying materials have used their best efforts in preparing this course. The authors make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this course. They disclaim any warranties (expressed or implied), merchantability, or fitness for any particular purpose. The authors shall in no event be held liable for any loss or other damages, including but not limited to special, incidental, consequential, or other damages.

This manual contains information protected under International Federal Copyright laws and Treaties. Any unauthorized reprint or use of this material is strictly prohibited.

Introduction

Have you tried meditation to solve your stress and health problems? If you haven't done so yet, now may be one of the best times to make that experience a reality. Meditation is one of the most sought after forms of stress relief and is even recommended by many doctors.

Something that valuable is something that you should be striving to learn. If you are someone that spends your evenings worrying, stressing about all that needs to get done and even feeling physically bad without being sick, then meditation may be an ideal solution for you.

In meditation, you transform the way that your mind is working. While you can't say that it's a simple process, meditation is something that you can easily learn to do and then use daily.

In fact, studies show that when you do allow yourself (especially your mind) to meditate for just a few minutes each day, you can reduce the stress levels you face, improving your quality of life. Indeed, lowering stress levels can improve your physical self.

In this book, you'll learn how meditation can change your life. It is merely a guide to get you started, though. There are many great resources to further you study after you are done here.

Most individuals that are successful at meditation are those that seek out resources locally to help them learn the process as well as to practice it. Meditating with others is something that can be powerful to the individual. With more and more meditation clinics and classes popping up around the country, you are likely to find one relatively close to you. But first you need to learn a bit more about how meditation works and what it can do for you.

This book will prepare you to begin meditation and take you into a world that far too many people don't realize exists with such benefits. If you are skeptical, there is nothing to lose by investing a few minutes in learning this process. In fact, you'll find yourself striving to learn more once you have just one or two sessions of meditation.

Learn to meditate alone or with friends. In either case, you'll find many different methods to select. More so, you could be improving your health and well being. That's worth just a few minutes of your time!

Chapter 1: Exactly What Is Meditation Anyway?

Before you can begin practicing meditation you need to understand what it is and why you need to use this method of relaxation. The brain is the primary tool that you'll use to define this process. But, you may not realize that when the brain is in a "normal" state that it actually is very abnormal in what it is doing.

To help you to understand meditation, we must first break down the different stages in which the brain functions so that you can see the state of mind that you are functioning in most often.

The Stages of the Mind

There are three unique stages in the brain that depicts how it is functioning at any one time. When you consider meditation, only going through these three stages can actually help you achieve the serenity that you are looking for with meditation.

Stage One: The Normal Mind

In the "normal" state of mind, your mind is working in various directions. It is functioning as it usually does which means it is bouncing from one idea to the next. In fact, this is quite abnormal activity for the brain because it needs to focus on a lesser amount of ideas if it is to be successful in resolving problems.

Stimuli from all over the place are coming in to the brain. When something new stimulates your mind, it moves from its previous thought to the new one. Although you feel like you are completely in control of yourself during this type of brain function, you likely aren't.

You have very little control over the way that you behave and think during this type of situation. Not only do your thoughts move from one thing to the next quickly, your physical being is doing the same thing. Your emotions follow suit.

An example of this type of brain activity can be as simple as seeing a child playing. If you see that child while you are driving, your mind goes from control of the vehicle to the child. She's cute, playing and riding her bike. Then, your mind moves to thoughts from your own childhood. You feel good and smile at the happy memories.

Of course, it doesn't always play out so innocently. You can go through this same thought and emotional processes with negative images too. Consider if that child was a teenager, doing something that they shouldn't be doing. Now, you are wondering about your own children, what they are doing that you don't know about. Your emotions follow with thoughts that are fearful and tense.

In a negative situation, you will likely become distracted by the thoughts playing through your mind which then directly impact the way that you drive your vehicle. Perhaps you run a red light or you narrowly miss a car accident.

As you can see, in your normal state of mind, your emotions as well as your physical being are at stake. Each plays their own role in the outcome of these events.

Often, stresses build up during this process and since it is our "normal" state of mind, they pile on over time. You can find yourself unable to concentrate on anything and overtime you can have trouble balancing all that you have to do in your everyday life.

For the most part, your "normal" way of thinking may be one of the worst things that you can do for yourself.

Stage Two: Concentration

When you enter into concentration, you enter into the first state that will lead you to meditation. Yet don't confuse concentration with meditation. It's something quite different.

During the second stage of meditation, you can begin to get control of your mind. When you learn to keep yourself in this type of mind frame, chances are good that you'll improve the quality of your life considerably.

In concentration, your goal seems simple but it is actually quite difficult to master. You need to concentrate on one thing.

To be successful, you need to keep your mind focused on that one thing and not distracted by any type of diversion that happens to spring up. Focus on it, without allowing your mind to wander. It's very difficult, but possible.

Although the process of focusing on one element is simple enough, the problem is the mind's ability to trick you back into its "normal" state of being. By pulling your concentration off of the topic and focusing on another, the mind pulls you back where you don't want to be.

For example, if you need to concentrate on a paper for school, you could be sitting down thinking and working. You'll allow your mind to focus on the topic at hand. You think about the topic and can really clearly see what it is.

Then, you think of what your teacher had to say about the paper. That leads to thoughts of what your friend said while the teacher was talking. Within a matter of minutes, you are thinking about something completely different than the original thought.

The end result is that you are distracted so much that you are back at the "normal" stage of thinking, having accomplished little in way of concentration. That's not what will help you.

The goal with concentration, though, is to realize what's happened. When you can realize that you've been distracted and that your mind has fooled you, then you can come back and actually concentrate.

When you can master the art of keeping your mind focused and concentrating, you will experience a new type of thinking. You'll be able to relax more and you'll be able to feel better about life. That's an amazing feeling!

Stage Three: Final Meditation

In meditation, the third stage of the process, you enter a completely different realm. Now, you are able to fully concentrate on the object or thought that needs to be accomplished without falling for any type of distraction. Here, no distractions or mind tricks happen to you during the process.

It's a stage that you should strive for because it really can offer you a new way of looking at things. In many ways, you'll be able to fully focus and better understand and educate yourself.

During concentration, your mind is only really concentrating on the objects you present it in a minimal way. Distraction breaks the continuous stream of thoughts. This leaves you with having to recognize the problem and to go back and change it.

In meditation, though, this is no longer the case. Now, you are keeping an ongoing stream of thought moving. There's nothing breaking it and nothing that is able to pull your mind from it. This is the ultimate experience in meditation because of the amount of focus it provides you.

In an example of what meditation can do for you, consider this. If you think about just one topic, over and over again, anything and everything connected to that topic will come to you in one form or another. Let's say that the word that you use is Love.

If you think of love in a meditation stage, you concentrate on that one word which leads to other love terms. You love something or someone. Eventually, you have connected virtually every way possible to love. You physically feel it, you emotionally feel it. You have thought about it. And, eventually, you have connected everything you can to Love.

When you have achieved this type of meditation, you've elevated yourself to a new enlightenment. You've gone far beyond the simple level of concentration. Now, you have entered the final stages of meditation which is called contemplation. This part of the final stage of meditation is the very best level of consciousness that your mind and body can enter.

Although it takes some time to work through these various processes to achieve this level of understanding, the end result is well worth it.

Understanding Contemplation

Contemplation is the final level of meditation. In this state of mind, virtually anything and everything is possible. You cannot really understand what contemplation is without experiencing it.

During contemplation, you enter an entirely new world of thought and mind. Instead of thinking about yourself and your own problems, you are now connected with the entire universe. Here, your body and your own mind are let go. Now, you are experiencing a level of consciousness that allows you to connect with the cosmos. You realize that you are part of a much grander scheme of things. You know that you are just one small part of a very large world. But, the key to contemplation is the ability to become united with all of this.

When you obtain this highest level of meditation, you enter into the state of Realization of Cosmic Consciousness. Now, you have entered into a very enlightened, meaningful and completely connected level. Those that practice meditation know that this stage of being, of being in the highest form of meditation, is what you should be experiencing. In fact, most believe it is something that you are born with the need and ability to accomplish.

The process of meditation is rather drawn out, but each stage in the game is something that must be fully understood if you are to find yourself experiencing all that it can offer.

Look at the way that your mind works today, right now. How does it feel? Are you thinking about this book, reading it, but your mind is going over that theme song you heard on TV? Or, are the kids bellowing for you? Each time that you face a distraction, your mind is pulled in another direction making it nearly impossible for you to focus and to obtain true meditation.

Yet, this is something that you can learn. In fact, it is something that you are born with the ability to achieve and even given the right to obtain. Allow yourself just a few minutes a day to work towards total enlightenment with meditation and you'll find yourself in a completely different frame of mind.

Chapter 2: Wait!

What Will Meditation Do For Me?

The largest and most profound benefit of meditation is reaching enlightenment through the Contemplation phase. Achieving this allows you to become a whole new person, one that has the ability to live a full and happy life beyond that of what a person dealing with only “normal” brain activity can.

You can learn to be more compassionate. You’ll learn how to become a better person. You can learn to be more understanding, more interesting, and more educated. You’ll also become a person that is able to enjoy life to the fullest, knowing what is out there and what role you play in the universe.

When you can fully reach this state of being and of consciousness, you can transform yourself and experience true Grace.

Benefits You Experience

There are additional benefits that can come from meditation. Here are some more that you may experience.

- Meditation allows you to focus, allowing you to accomplish your tasks in a better method, faster.
- Meditation allows you to decrease your level of stress. By reducing stress, you will make better decisions and handle problems more effectively.
- Meditation allows you to communicate better
- Meditation allows you to improve your health: it helps to improve heart conditions, cancer risks, high blood pressure and plenty of other conditions. By lowering stress levels in the body, you can heal faster and more effectively from any of these experiences.
- Meditation allows you to be a better friend and family member. Through the dedication of those around you, you all can become enlightened and therefore achieve a higher sense of being.
- Meditation promotes health of the mind, too. By allowing your mind to enter this improved state, you will think clearer. It helps to keep your mind sharp.

- Meditation allows you to become the real you, the one that you want to be, rather than the person that is held captive by the world around them. If you meditate, you can learn quite a bit about yourself as well as the world around you!

There are many more benefits to meditation. For each person, this experience is going to be quite unique. If you wish to find out what it can offer you, you must learn to meditate. There is nothing negative that can come of meditation and there is quite a bit of good that can come out from it.

Chapter 3: The Types of Meditation

There are many different types of meditation. Some are very ancient methods that have been used for thousands of years by various cultures. Others are much more modern and, in such, are sometimes more popular.

Finding the right type of meditation for you is the key..

There are two classifications of meditation.

Concentrative Meditation

The first type of meditation is **concentrative meditation**. In this type of meditation, the focus is on the way that you breathe, on an image, or on a sound. Sound, or a mantra, is often used. By using these tools you are able to clear your mind and allow for greater awareness as well as clarity.

To focus on meditation, you'll use one of these elements to help you.

Breathing

One method of concentrative meditation that is commonly used is that of concentrating on your breathing. It is probably the most simple to use because you can do it any time without preparation.

Breathing is effective because it plays a role in your daily life and well being. Many of those that practice other alternative medicines, such as yoga, also believe that breathing is essential to maintaining the correct state of mind. In meditation, it is believed that breathing must be regulated in order to meditate properly.

You can see this clearly in your everyday life without considering meditation at all. When you are relaxed and comfortable, your breathing is slower and deeper. But when you are worried, stressed or anxious, your breathing speeds up. If you are distracted, this happens as well. By regulating your breathing, you can focus your mind and gain control over it more effectively.

How does breathing effect meditation? Have you ever felt overwhelmed and anxious? Were you afraid or even terrified? If so, then you may have told yourself to take a deep breath and calm down. As you can see, you can control your own breathing.

As a tool in meditation in the concentrative methods, you can gain control over your mind using breathing. You'll need to focus on the rhythm. The rhythm is the movement between inhaling and exhaling.

When you do this, sit and close your eyes. Focus on your breathing, the movement of air in and out of your body. You'll need to concentrate on it.

Soon, your meditation on breathing will become something that helps to ease your mind. You'll see this as your breathing becomes more regular and then deeper and slower.

When this happens, your mind too is changing. It becomes quiet, calm and collected. You'll feel serenity and peace. You are also more aware of your surroundings and more likely to gain the benefits of meditation.

Breathing is just one example of concentrative meditation. There are many other forms, some of which we will talk about later in this book.

Mindfulness Meditation

Mindfulness meditation is quite unlike that of concentrative. If we use the example of a lens to help show the difference, you can see this. In concentrative meditation, you are concentrating on one single thing, focusing the lens on that one element, like breathing or something in the room that you are in.

On the other hand is Mindfulness meditation. Here, you are not focusing your lens, but widening it to include more and more information.

You may wonder just how including more of what is happening in any one moment helps you collect your thoughts and focus your mind. Using your abilities, you'll become very much aware of everything around you including all of your feelings, the things that you see, the things you hear, the smells and sounds, the very elements that you may want to filter out of your mind.

From here, though, something is unique. You'll notice and be Mindfulness of these things, but you will not react to them. Instead, you are simply taking in whatever is happening in your mind. Don't become overly involved with these elements. You won't allow for images, thoughts, or memories to filter into your mind here as they do when you are concentrating.

You are not becoming involved with the images and elements that are filtering through your mind; you actually calm down. Your mind is now clearer because it has taken in many of the things that are happening around you. You aren't focusing in on any one thing. Instead, you are aware of everything going on, but not participating in it.

Although this method of meditation is one that is less well known, it is still an ideal choice because it allows for a renewed sense of being and wholeness. By focusing on everything and not on one single thing, you can clear your mind fully.

All types of meditation fall in one of these groups. You will either use methods that are concentrative, in which you will concentrate on one thing to enter into a meditative state, or you will use a Mindfulness meditation method.

For those that are looking towards these methods and wondering which to choose, don't. You can use both types of meditation to gain benefits and sometimes one method will work better than the other. With the ability to learn either type, you'll be that much better at meditation that fits what you are doing and what your body and mind needs at any one time.

Chapter 4: What Happens During Meditation?

Modern medicine does not say that meditation works. You won't find a doctor that will prescribe meditation as the sole means of healing your illness in traditional medicine, anyway. Yet, meditation is something that doctor's do tell you about in other ways.

For example, how many times has your doctor told you that stress was a problem in your health issue? Or, perhaps he told you of the need to relax more so that you can overcome your headaches, your pain, or your tension? In your doctor's words, he is encouraging you to clear your mind of the things you worry about and concentrate instead on relaxing. That is what meditation can do for you.

In studies there is evidence that meditation can produce a reaction in the body. It has been shown to provide a healthy state of relaxation. Physically, your body reacts in several ways.

1. Your breathing becomes regulated, smoother and deeper.
2. Your heart rate decreases which means your heart is beating slower.
3. It can help to decrease the amount of the stress hormone that is produced by your body.
4. It can decrease your pulse rate.
5. It can increase a brain wave stimulation that causes you to relax. This is called your EEG or electroencephalograph alpha which is directly associated with the body's ability to relax.
6. Probably the most astonishing physical experience to the body is the decrease in your metabolic rate, or the rate at which your body takes fuel and burns it for energy. This rate seemed to have dropped by some 20 percent in those that had otherwise normal metabolic rates.

In addition, your body enters into a state of profound rest, rest that goes beyond that of any other stage of consciousness you could be in.

During this time, your mind and your brain are extremely alert and in tune. This has been shown through medical experiments as well. Patients were told to meditate while their brain's activity was monitored.

During these tests, there were indications that your brain was in a state called "restful alertness" where it was completely and extremely alert but calm and focused.

It has also been shown in the way that your body reacts to various stimuli. For example, most individuals experience stimulations that allow them to be faster in movements. They may be more creative as well. Some are able to comprehend at a higher level after they've meditated.

As mentioned, the body's metabolic rate also drops, which means that you don't eat nearly as much. Patients that have been monitored during one specific technique of meditation known as Transcendental meditation, called TM for short, had metabolic rates that dropped below that of those that were in a deep sleep pattern.

Your heart rate will drop by several beats each minute and your breathing decreases by an average of two breaths for each minute.

Another result of Transcendental meditation is the effect that it seemed to have on patients and their blood pressure rates. In those that had normal levels of blood pressure, nothing changed and those numbers remained in low numbers. But those that started with higher, above average blood pressure numbers saw a fall in their blood pressure rates. It fell to a considerably lower level in these patients.

Another area that was tested during this type of meditation is that of the body's relaxation of its muscles. This can be hard to measure but during some tests, doctors administered a very low level of electrical current and monitored the reaction that the body's muscles had to it.

Individuals that have a fall in their skin's resistance are known to be people that suffer from tension and anxiety or have high levels of stress. If you had a rise in your resistance, on the other hand, that means that your muscles are very relaxed.

The Physical Reaction

As you can see, there is a real physical and mental change in the body when you are or have been meditating. Doctors want to learn more and often people ask why meditating has this effect on the body and mind.

One of the marked improvements during meditation happens to the individual's nervous system. Instead of what normally happens, a different branch of this system takes charge. This branch, called the parasympathetic branch, is prone to help relax and calm you and your body.

Another example of what happens to the body has to do with the amount of lactate in your blood before and after meditation. Lactate is a naturally produced substance that is necessary in the body. It is produced by your metabolism and is done so in the muscles surrounding your skeleton.

When you meditate, this lactate level drops significantly; this causes your metabolic rate to significantly drop. In fact, the amount of lactate in your body decreases by four times the rate that it would if you were lying on your back and had not meditated. This causes the blood to flow faster. Because your blood is flowing faster (in some areas by up to 30 percent!) that means that oxygen is getting to your muscles faster.

When your muscles have an increased amount of oxygen, which they need, they don't produce nearly the amount of lactate that they would otherwise. Therefore, meditation helps to increase your blood flow and decrease your metabolic rate.

Chapter 5: Are You Ready To Meditate Yet?

Now that you understand a bit behind the reasoning behind meditation, you can clearly see what the benefits are. You are ready to learn how to meditate. Over the next chapters, we'll talk about many of the different techniques that are crucial to meditation.

Some techniques you can learn through this ebook; for others you'll need a trained and experienced instructor to help you to learn. We suggest starting with some of the simpler forms like those listed here and then work your way into more complex ones. You'll find that this allows you to be more successful with the difficult meditation exercises.

A Word of Warning

As you begin meditation, you should realize that the process can bring up feelings, thoughts and even traumatic events that happened in your past. If you have repressed memories or otherwise are psychologically affected by meditation, don't give up on it. You should work with a skilled instructor to work through these problems so that meditation can be successful for you.

Meditation may not be for you if you are paranoid, have problems with delusions or are facing high levels of anxiety to the point of not being able to function properly. These individuals often find that meditation can be helpful, but only when under guidance from their doctors. Those that have psychotic episodes of any sort should work with their meditation specialist first and foremost before starting their own meditation.

Those that are interested in meditation but are worried about what could happen during meditation should insure that they have a skilled meditation specialist to help them through the first few episodes.

Activities For Meditation

As we work through meditation, it is important to find something to use as your focus or your tool to enter into a meditation experience. There are many different tools that you can use. The best things are those that allow you to relax, stay still and have some passive amount of attention paid to the object.

Here are some examples:

- Relaxing comfortably on the couch listening to soft music. Lying down is generally more beneficial than sitting up because it allows all of your muscles to relax.
- Prayer, probably the oldest and most profoundly used tool in meditation is still one of the best tools to use. Prayer allows you to focus and helps you to concentrate. You are quiet and still, generally. It is the most commonly used meditation stance and you don't have to pray to a figure – you can pray to the cosmos in general if you want.
- A fire can be a wonderful meditation tool. Sitting quietly by the fire is alluring and often allows a person to become mesmerized. For meditation purposes, a fireside meditation can be the perfect location, assuming you are safe.
- Focusing your attention on a single object can be beneficial as well. You can do this with anything in the room, a person, a scene or even just the atmosphere.

In meditation, the goal is to find something to meditate on that allows you to focus, quietly and still. Anything that provides this can work for you.

Get Yourself Ready

Now that you have a basic idea of what goes into meditation, you can provide yourself with the necessary tools to get started. We will get into that a bit more in just a minute. Before you do this, ask yourself a couple of questions.

- Are you able to fully experience meditation because you are open to the potential benefits it can provide to you?
- Are you able to have someone watch over you during your first sessions, or perhaps work with you through them, in order to insure that you do not have any problems during one?
- Do you have a partner that may like to learn to meditate with you? This can allow you to better experience the process.

Now, you are ready to dive into meditation. First, ready your mind for the benefits that it can offer you. Skeptics need to stay behind.

Chapter 6: Elements Required For Meditation to Happen

So, you want to meditate. Now that you have a bit of background on meditation you think you can sit down and get into it, right? It's not quite that easy. Nevertheless, the process can be broken down to allow anyone to fully learn it.

To perform meditation, there are several key elements that must be taken into consideration prior to getting started. If and when you accomplish these tasks, you'll be in a better place to meditate to the highest possible level of consciousness.

There are four big things to consider. First, you need to have the right attitude. For that, you need what is called a passive attitude. This attitude allows for the right experience because it takes away some of the lesser and often negative aspects that you may have towards meditation.

Attitude isn't everything, though. The next element that you need is the right location. The best location for meditation is one that is quiet and relaxing to you. Whatever it takes to get into the right setting, make it happen.

Next, you need the right physical posture. Your body must be in the right stage so that you are both comfortable and relaxed to the level that meditation requires. When you enter this stage, meditation is easier to accomplish.

Finally, you need something to meditate on. As we've already discussed, there is importance in what this is as it should be something that is relaxing and something that allows you to remain still and quiet while meditating with that element.

Now, we'll go into detail about each of these aspects. Each is a very important part to the meditation process.

Location

First, we need to help you to find the right location to meditate. As you can probably imagine, you need a location that is quiet and calm. If you wish to experience meditation, being in the correct surroundings will make all of the difference to you.

The best locations for you to select are those that will allow not only your mind to relax but also your body's muscles. This is generally done in a sitting or a lying position, so make sure that the location you choose offers that.

The location should be one that does not offer many distractions. This is crucial to the ability to filter these things out of your mind. Those that are just starting to learn meditation need as few distractions as possible. Once you hone your skills you'll be able to meditate in more busy locations including in public where you can't control the distraction and noise levels. First, though, look for quiet!

The Right Position

Just like the right location, being in the right position for meditation is crucial. Actually, what we are looking for here is the right posture for your body that provides for the best meditation.

One of the most important elements in maintaining your posture is to keep your spine straight. Although there is no proof medically speaking, it is believed that when the spine is correctly aligned, in a straight line, it helps to benefit the state of mind that you are in.

If you have a problem with your spine and this is not comfortable for you, do not insist on it. Most individuals will experience some discomfort during their first few experiences with this type of straightening of the back. For most, this will go away after you get used to it. If there is pain don't force yourself to do this.

You may be tempted to meditate in a lying down position. Although this position does work, it often causes individuals that are new to meditation to fall asleep. Therefore, unless you know that you can refrain from sleeping, try to use the sitting up position.

Poised Posture

The most common and the most beneficial type of posture is that of poised. The poised posture is one in which the back and spine is upright and straight, but is not rigidly so. The reasoning behind this benefit is actually important to understand.

When you are in the poised posture, your body is alert. Your state of mind is that of being aware and poised, ready for attention. By keeping your back straight, you are keeping your mind alert.

Semi Poised

The semi poised posture is another choice. In a semi poised posture, you are not sitting straight up and you are not lying down flat. You are reclining to a point. This is often done by those that can't sit well straight up. It can be done on your sofa for additional comfort. Make sure that your head is supported in this position. You should not put yourself in a position that allows you to fall asleep, though.

Lotus Posture

Another option is the lotus posture. This is actually the most common and well liked posture in the Eastern forms of meditation. In this position, you will sit with your legs crossed and the back and spine in a vertical line. Your legs are crossed with the feet placed on the thighs.

The problem with the lotus posture is that it can be somewhat painful for those that aren't flexible. It can be learned and even mastered after a few tries.

There are other postures that can be used as well. If you would like to learn a posture that allows you to sit in a specific position, look towards your meditation guide to help you find one that works for you.

Passiveness in Your Attitude

The next key ingredient in meditation is your attitude. Often, the attitude that is most commonly required and talked about is that of poised awareness. Your attitude is probably the most important element in this entire process. It is called poised awareness because that's just what you are. You are relaxed but alert in such a way that creates the perfect balance between the two.

When you enter this type of awareness, you notice what is happening around you but you are not focusing on it. You are casually aware of these things and yet you are detached from them.

When new thoughts enter your mind, you must let them pass through, knowing that they have come but not caring much about them. As you gaze at your meditation object, you'll want to allow your mind the ability to notice what is happening around you.

When you learn to keep your mind focused and relaxed, you can realize that your mind has gone off into another direction and bring it back to where we want it to be for meditation.

At first when you enter poised awareness, you will need to fight to stay there. Over time you'll find yourself being able to stay in focus throughout your meditation experience. You won't have to fight it as much.

A passive attitude is one in which your mind can notice that there are other thoughts passing through, but that stays relaxed and doesn't focus on those thoughts. When you can do this, you'll be able to notice but not react to those distractions that come your way, therefore allowing your body and mind to enter into meditation easier.

Your Meditation Object

There is one more piece of the puzzle when entering into meditation through practicing yourself. You need to have a meditation object to use to help direct and focus your attention on.

Some use a mantra, repeated over and over, focusing only on the word, syllable or phrase.

Sometimes, like in Buddhism meditation, you'll focus on your breathing movements as your object for meditation. If you do decide to use breathing as your method for entering into meditation, then do so correctly. You need to make your meditation method use the rise and fall of your abdomen rather than the presence of inhaling air.

In addition, make sure to use breathing that comes through your diaphragm rather than from your stomach. Proper posture will help this as will practicing how to use it. Once you get into a meditation state, you'll find that the rhythm of your breathing in the movement of your body will help to promote deep relaxation.

Either of these, mantra or breathing, can be used as your meditation object so long as they provide for relaxation.

You can also use other elements in the room you are in. If you choose to do this, make sure that the element you select is something that provides for relaxation. Some individuals like to close their eyes in order to relax and then to induce meditation. This is up to you.

Should you go with a mantra for your method of inducing meditation, do so with careful thought. Although some meditation therapists will tell you that a specific selection of sounds should be used for your mantra as determined by your nervous system, there isn't a lot of noticeable benefit from this. You can use any word that is neutral and that allows you to stay focused. It should not be something that easily brings another thought to your mind.

It doesn't have to be a word either. It can be a nonsensical sound or a grouping of sounds.

Remember that your mind needs to enter into a phase in which no thoughts or very few thoughts are passing through it. When this happens, the deepest level of thought and consciousness is found and only then can true meditation happen.

Put It Together

Once you have learned each of these four very important elements to the meditation process, you can begin to develop a pattern for yourself.

Most of the time it takes some practice and different methods to find the process that works the best for you. The goal is to remember what you are after. You want a state of mind that is clear from other thoughts and you want to put yourself in a relaxed state.

Meditation often involves trial and error. Don't assume that just one attempt with a mantra will work. If you don't fully learn how to do something, this can lead to the wrong experience. For example, if you don't breathe correctly, you can't know that breathing doesn't work for you.

Chapter 7: Meditating In a Simple Form First

Meditation is an art form. To get you started, you must first learn about the various strokes you can make in your art so that the end result is what you can appreciate.

With meditation, everything is built from the simplest of methods up to more complex types. To enter into enlightenment, then, you need to first take baby steps. Our first meditation is one that's simple, straightforward and is something you can master in a few tries.

Let's go through the process now. In this meditation, our goal is to introduce you to the relaxation response. This is a great type of meditation to do daily, even when you are busy.

To get started, put aside time to meditate. You need to try and do this daily to fully learn through practice how to accomplish it as well as to benefit from all that meditation can offer to you.

Simple Meditation

Simple mediation can start like this.

1. Find a location that's quiet and where you know you won't be bothered. You are looking for ten to twenty minutes of undisturbed meditation here. Turn off all telephones and anything else that could become a distraction.
2. Now, sit comfortably and quietly. Keep your back in position with your spine vertically aligned. Remember that posture is something that you need to make happen.
3. Commit to what you are doing right now. That means not allowing distraction to play a role. Commit to not being interrupted by anything happening in the world around you. Most importantly, remove anything from the room or from your line of view that could be a potential distraction. Commit to performing meditation.
4. Select a word that fits into your natural belief system. For example, use "love," "peace" or something similar. If you are religious, select a short phrase that signifies what you believe. "Hallelujah" or "Om" are good choices. Close your eyes once you've selected the right word. Closing your eyes helps you to enter into relaxation.
5. Now, we'll go through the body and relax each of the muscles in it. Start with your toes. Consciously think to yourself that your toes should relax and feel them relax. Next, move to your feet, your legs and

so on. You want to allow each of your muscles to relax. Make sure to include your neck, your jaw, your pelvis, back, arms, fingers, hands, and shoulders. As this happens, feel the tension leave your body.

6. Continue to breathe through the process in deep, long breaths and repeat your meditation word over and over again. Breathe in, say your word, breathe out, and repeat. You don't need to say the word out loud, but rather mentally pronounce it.
7. Use the passive attitude that we've talked about. If any thoughts come into your mind while you are sitting, relaxing, let them go out simply by telling yourself "oh well." Most people will have trouble with this at first, so don't worry about how well you are doing. Just let go of those words the best that you can. Keep repeating your meditation word, too.
8. Keep this going for ten minutes at least and strive for twenty. Don't use any alarm to warn you, just open your eyes for a moment to check.
9. Sit and relax for several minutes once you've come out of your meditation. Keep your eyes closed for a couple of minutes before opening them. Don't stand up just yet. Allow yourself time to come back into reality before doing so.

You should try to do this simple meditation at least once a day but two or more times per day can really have a positive effect on your daily stresses. Many people find that this simple meditation works well before they get their day started, when they are fully rested and before they have eaten breakfast.

When you have practiced this type of mediation for several days or even longer, you should see the benefits of meditation and what it can offer. If you don't feel any different, you may not be following each step appropriately. You need to focus on relaxation not on whether or not meditation is going to heal all of you.

When you do accomplish this form of meditation, try out some of the others that we've included here in the next chapter.

Chapter 8: Other Methods of Meditation

There are many other types of meditation that can easily be used just simple meditation. Here, we'll talk about several other options that may fill your needs.

After you have learned the basics of meditation you can begin to experiment with other, sometimes more complicated methods.

Walking Meditation

Another type of meditation that you can easily incorporate into your daily lifestyle is that of Walking Meditation. The process seems much simpler than it is, but it's worth the try because it can allow you to enter into a new enlightenment no matter where you are.

Walking meditation does take practice so plan on giving it a few chances before you write it off as something that's not working for you.

Here's how walking meditation works.

Start by paying attention to your body as you walk. You should take note of the way it feels and how it affects each part of your body. You should feel the ground hitting the bottom of your foot. You should feel the muscles in your legs and back tighten with each step that you take. Pay attention to these things.

Focus your attention on each of your feet. Start with just one foot. As it hits the ground, take notice of it. Feel the next foot come up and go down and notice how it feels too. Continue to do this over and over again until it almost becomes a mantra that you are saying to yourself.

If your mind begins to wander off, force yourself to focus on your movements again. Your eyes should be watching in front of you, without really looking at anything in particular. Don't focus on anything else. This will help you to take your meditation to the next level.

When walking, you think about the countless things you have to do, where you are going and who's talking to you, but not the movements of walking itself, which can offer a high level of relaxation when focused on.

By concentrating on walking itself, you can better experience relaxation and the movements of walking. Through this, you can enter into a new awareness of the world around you and of your physical self.

Transcendental Meditation

If you have come to learn meditation, it is likely that you want to learn transcendental meditation, or TM for short. There are many people that have set their sights on this type of meditation and with good reason.

First, it's easy to learn. Second, you can find countless benefits from this type of meditation.

Once you learn to practice Transcendental Meditation, you'll find results and benefits right away. Through a bit of practice, you could be doing this within a week or so, especially if you have practiced the other types of meditation prior to this.

During Transcendental Meditation, you will work closely with an instructor. This instructor not only will walk you through the process of entering into this type of meditation, but he or she will also provide you with a unique mantra to use during the process.

Remember that a mantra is a word or a few syllables of a word that you will say over and over again. In this type of meditation, your instructor will give you a specific mantra to say that is chosen specifically for you. This type of selection is based on your body's needs and your nervous system specifically.

Once you have been given this type of mantra you can then begin the process of meditation. You must promise not to tell anyone what your mantra is as that's part of the process.

From this point, you will sit down quietly and clear your mind of anything that is going through it. Then, you'll close your eyes gently and relax your muscles throughout your body, much like that of a simple meditation. From here, you'll begin repeating your mantra over and over again. The goal is to completely focus on those words.

When you do this, over and over again, you'll want to dispel any other thoughts that come into your mind. Clearing your mind and bringing it back to the mantra is going to allow you to find benefits in meditation.

You should practice this type of meditation at least two times per day, every day.

In this type of meditation, your goal is to find an "oneness" with the universe. By repeating this one word or idea over and over again, you enter into a state of consciousness that is elevated. You are creating a one between you and the universe.

During the process, you'll use your passive attitude to easily dispel any distractions that come into your mind. Remember, when your mind wanders, a simple, "oh well" will allow you to come back to your mantra and therefore refocus your meditation exercises.

If you remember correctly from our earlier chapters, there are many benefits to Transcendental Meditation. If you will be practicing this type of meditation for any purpose, you should still clear your mind of all of those thoughts prior to getting started otherwise it may not work well for you.

You should also remember our information about Transcendental Meditation in how it relates to your health. This type of mediation is the most profound type of meditation in the way of relaxation and health and mental benefits.

There Are More

One thing to take away from this book is the fact that there are many ways to enter into a state of meditation. Here are a few more examples of meditation methods that you can learn and practice for benefits.

Journey Meditation

In this type of meditation, you will take yourself to a new location through meditation. You gain meditation by taking yourself to a different location where peace is the focus of the trip.

To do this type of meditation, sit up in a proper posture yet comfortably. Keep some paper and a pen near you so that you can write down anything that you worry about during this type of meditation. Breathe in slowly and deeply for about five counts to cleanse your mind and thoughts. Then, find your peaceful place. It's generally a location that helps you to feel relaxed and at peace. Keep distractions out of your mind and enjoy the peace that's offered to you.

Sound Meditation

In this type of meditation, also known as vibrating meditation, you'll use the sound of your mantra to move you. Stand up while doing this type of meditation and allow deep breathing to cleanse your thoughts. Then, pick a word that sounds good and showcases peace for you. Repeat it over and over again, in a chant. Relax your muscles and enjoy what this method has to offer to you.

Even though we've covered many of the best types of meditation, especially for the beginner, there are plenty more. Make it your experience to learn more of them.

Conclusion

As you can see, meditation is a very complex process that really can be brought down into a few simple things. By finding an element to concentrate on and then clearing your mind of all that is happening around you, you can enter into a state of meditation.

Why do it? Why should you meditate? Although it can be difficult for anyone to really understand the benefits of meditation without first giving it a try, the fact is that meditation can take you to a new level of consciousness.

Not only will it help to improve your stress levels, often helping you to reduce them to healthy levels, it helps you feel good, too. You will feel more collected and organized in your thoughts. When this alone happens, you'll be able to make better decisions, work harder without working too much and accomplish more each and every day.

Meditation has many health benefits and has been helpful in improving the quality of life for many. But, don't take our word for it. You now have the ability to learn how to take your own life to a new level through meditation. Enlightenment truly can happen through this process. Most individuals can master it quickly and therefore will improve their life easily.

Meditation is something to experience, with your full heart and your open mind.

Visit www.Promolife.com for more meditation resources and helpful products. Visit our Learning Center.
As a thank you for reading this guide, take \$5 off any order over \$40.
Just enter MEDEB as your coupon code during checkout.