

Meditation – Getting Started

"The aim of meditation is to understand what we did not formerly understand, to see what we have not previously seen and to be where we have never been in relation to an object or subject. Meditation is the unfolding of what is best for each person and its results can be measured by the benefits to an individual's self and life. Meditation is discovery"

A.G Mohan – Internationally recognised Yoga Master.

1. Sit comfortably in an upright chair with your feet flat on the floor and your hands resting gently in your lap. Make sure you are somewhere where you will not be disturbed.
2. Turn your attention to your body and, starting from the top, gently relax every part of it – your head, face and neck, shoulders and arms, chest and back, abdomen, pelvis, legs and feet.
3. Take a slow, deep breath through your nose at your own pace.
4. Exhale slowly through your nose.
5. Continue breathing in and out through your nose at a pace that feels relaxed and natural to you.
6. Maintain a relaxed body.
7. Focus only on your breath, noticing how it flows in and out of your body, noticing how each breath is slightly different.
8. When thoughts come into your mind, just let them glide gently by like clouds on the wind. Remain unattached to your thoughts and just let them come and go as you re-focus on your breath. Each time a thought arises, let it pass and return your attention to the breath.

To begin with, start by meditating only for about 10 minutes each day, or even for less than that if you find it difficult. Even just a few minutes meditation each day can be beneficial to your physical and emotional wellbeing. It can help to cultivate the habit of daily meditation if you can decide on a particular time each day in which to do it. As you become more experienced, you will find you can increase the amount of time you spend meditating to maybe 20-30 minutes. Some people prefer to sit cross legged or in a kneeling position on the floor with the support of a meditation cushion. If you are unwell and wish to benefit from meditation, then meditating lying down can facilitate healing and bring relief from pain.