

How to Meditate

- A Practical Journey to Inner Peace -

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There is a silence or a pure positive awareness that always exists in our minds, but it seems to disappear in all the mind chatter day in and day out. During your meditations, you will truly begin to appreciate the gaps between your thoughts. It's a much-needed break from the 60,000-80,000 thoughts we have each day! It takes discipline to meditate, so have a plan. Concentrate on the pure silence which exists between your thoughts.

Get ready to feed your soul and enrich your spirit. It is best to set aside 30 minutes each morning to meditate, preferably at sunrise. Burn some incense to help create an atmosphere. You may choose to play music without words or maybe meditation CD's, but when starting out, I recommend total silence. Get used to entering a state of pure positive awareness.

Upon rising in the morning, make your routine trip to the bathroom, splash water on your face, blow your nose and proceed to your sanctuary seat. Sit upright on a pillow either in lotus position (cross-legged) or in a comfortable chair facing east. We face east, out of respect for the Asian philosophy and teachings from which we learn this practice. Also, to welcome the sunrise which brings us light and warmth each day. Place your hands palms up on your thighs. Bring your index fingers and thumbs together. Take a couple deep breaths...

Start with 3 OMs (aloud or to yourself)....

Then, ask yourself these 3 questions:

Who am I?

What is my purpose?

What do I want?

Allow for a minute or so between each question for your mind to connect to answers, which may vary each time you meditate.

Now sit in silence for the next 30 minutes if possible. Each time a thought arises, let it flow then let it go... Don't try to stop the thoughts, but re-center yourself by repeating a mantra such as, ***Infinite Love & Gratitude***, or ***Here and Now, or Peace, Harmony, Laughter, Love....*** Or create your own! This mantra will help you to return your focus to breathing. During your meditations, sometimes colors will appear, sometimes beaches, oceans, fields or stars in the nighttime sky. You will enjoy this place of pure potentiality.

When you are ready to come out of meditation:

Give your body a sign such as wiggling your toes or opening and closing your hands. Bring your hands in a prayer pose to your chest. Bow your head. Thank yourself for the practice of meditation. Say ***Namaste***, which means, "The spirit in me respects the spirit in you." Then open your eyes and get ready to enjoy your day! Look for the good in every encounter. Be kind, smile, love and be loved... You can do it! ***Namaste***.