

## Meditation Guidelines

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An excerpt from his book "**Jesus Moses & Buddha: Collective Teachings to Help You Create a Heaven on Earth**," copyright © 2018. Books available at the offices of Dr. Coppola, or purchase online: [www.DrDavidCoppola.com](http://www.DrDavidCoppola.com)

When I first started to meditate, I did it as a challenge to myself to sit still and just breathe. I would consider this dry run a successful effort if I could minimize my thoughts, or at least maximize the space between my thoughts in the first few minutes. I set the goal to meditate for ten minutes, figuring that wouldn't be too hard. I placed a pillow on the carpet at the foot of my bed for comfort while sitting cross-legged and upright. I committed myself to learning by doing. I trusted there was no wrong way to do it. After what seemed like ten minutes I opened my eyes and looked at the clock. "Two minutes!" It had only been two minutes? "Are you kidding me?" I asked myself. I was shocked! Since then, I've gotten a lot better.

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 meditation, we get the chance to appreciate the gaps, or moments of silence, between thoughts. We don't block our thoughts; we simply recognize them, perhaps label them, and then immediately get back to what we are doing—breathing, resting our mind, and truly being in the "now."

Schedule a hiatus every day and let go of all you think you "should" be. To get started, take a deep breath and release any and all tensions you may be carrying as you exhale the sound "Ommm." Close your eyes, take another deep breath, and relax your shoulders. Sit up straight and do your best to feel confident, safe, and secure. This is your time to recognize and honor who you

are. You may choose to play music without words or maybe meditation CD's, but if you're just starting out, I recommend total silence.

I find it best to schedule meditation time in the early morning. The way I learned it from the Chopra Center in Carlsbad, California, is to remember "RPM." David Ji, a Vedic educator and certified meditation instructor, told us it stood for "Rise – Pee – Meditate." We all had a good laugh, but it worked for many of us!

So this is what I do. I sit upright in a comfortable chair facing east. We face east out of respect for the Asian teachings from which we learn this practice. Also, facing east welcomes the sunrise, which brings us light and warmth each day. I place my hands with the palms up on my thighs. I bring my index fingers and thumbs together and ask myself the following questions:

*Who am I?*

*What is my purpose?*

*What do I want?*

I allow thirty seconds or so between each question for my mind to connect to answers. After allowing these chosen thoughts to flow, I sit and concentrate on my breath until my set time. I gently open my eyes and sneak a peek at the clock. It doesn't disrupt my meditation. You may choose to use the timer on your cell phone.

Each time a thought arises, I let it enter my mind, then I let it go. A mantra might be helpful if you find it difficult to let go of a thought. "Man" in Sanskrit means mind. "Tra" in Sanskrit means freeing. When a thought arrives, re-center yourself by repeating a mantra, such as *Infinite Love and Gratitude* or *Peace, Harmony, Laughter, Love...*or create your own! A mantra will help you to regain your focus on breathing and meditating. This is

considered a transcendental meditation method of clearing thoughts from the mind to restore a sense of “now.” 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 into a prayer pose. Bow your head. Thank yourself for the practice of meditation. Say *Namaste* (aloud or to yourself), 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 your every encounter. Be kind, smile, love and be loved...*Namaste*.

Note: For more information on learning to meditate, see chapter 5 in my book *“The Wisdom of Emotions: Building Genuine Happiness and Finding Inner Peace.”*