



HOW TO MEDITATE: TIPS & RESOURCES TO GET STARTED

Start by Using a Technique to Relax the Mind and/or Connect with your Body

Breath Technique. Paying attention to and counting the breath helps to relax the mind and connect with the body. One technique is to watch your breath for two or three rounds of counting 10 breaths. Let the breath be normal without trying to influence it. One exhale/inhale is one breath. If you lose count and get distracted by thoughts, you can gently bring your attention back to the breath and begin counting again. Once complete, be silent and still.

Body Scan Technique. You do a body scan by bringing your attention inside your body to occupy every part, starting from the toes and moving to the feet, and up to the ankles, calves, legs, knees, top of the legs—and keep bringing your attention to all the parts of you until you get to the top of your head. As you bring your attention to each part, allow yourself to feel into it deeply and notice the energy and any sensations that may be happening there. Bringing your attention and consciousness into the body calms the mind and supports you to be present and relaxed.

Suggestions for Meditation

Below are suggestions to build the skills to meditate. Becoming familiar with and building these skills will take you to deeper awareness of what is arising in you in the present moment. When practiced over time, these skills will become second nature as your attention turns more and more inward towards the essential and unchanging nature that lives in you.

Be simple, silent, and still. Set your intention for a quiet mind, an open heart, and a relaxed body. Intend to let go of any story about yourself and to be simple, silent, and still. Turning your attention inward without expectations is a pathway to your Being, the Truth of who and what you are.

Be patient and don't judge yourself. It often takes time and persistence to be able to sit silent and still and to have a quiet mind. Be kind and patient with yourself. Persistence is key.

Be here now - in the present moment. Keep your awareness on your breath or on what you are sensing in your body in this moment. This keeps the mind from going to the past or the future. Gently bring your awareness back to the breath or body when you notice your mind drifting away.

Be a witness of your thoughts. If thoughts arise, try to just witness them, watching them come and go, without getting hooked by them. Keep coming back to awareness of the breath and body. It may help to put your attention in your heart area or lower belly, away from the mental noise.

Be aware of energy and sensations in the body. You may feel heat, energy, pressure, a sense of calmness, peace, joy--just be aware of what you notice without any judgment or giving it undue importance.

Notice resistance/blocks/pressure/pain. Notice any resistance to what is present. Notice any blocks/pressure/pain in your body. Identify where they are in your body. The origin of these sensations is not outside of yourself. Put your attention on those locations, feeling into the experience until they "speak" to you or fade.

Consistent practice. The key is to have a consistent daily practice even if it's only 20 minutes. Sat Shree recommends working your way up to 45 minutes for a silent sitting/meditation session, ideally twice a day. Sitting in silence/meditating twice a day for 45 minutes gives your system immediate benefits from meditation. It also prepares your system so that over time meditation becomes easier and deeper. Be okay starting where you are now. Increase as you can.

Just allow. Nothing needs to change; it all just needs to be met and seen. Feel how all experiences can simply be met as an energy in your body.

Resources

Free insight Timer App. You can use this as a meditation timer on your phone. It also has hundreds of free guided meditations that can be helpful to beginners becoming familiar with focusing and quieting the mind.

<https://insighttimer.com>

To learn more about meditation - Sat Shree's videos on meditation

What is Meditation (10 minutes)

<https://www.youtube.com/watch?v=7hMDGWMANZE&t=2s>

How to Meditate (10 minutes)

<https://www.youtube.com/watch?v=lnL9AU0jADQ>

Tips on Meditating (10 minutes)

<https://www.youtube.com/watch?v=UDfO5z0WRKc>

Stages of Meditation

February 2013 India Talk excerpt (6 minutes)

<https://www.youtube.com/watch?v=0AXPL6y7Vts&t=4s>

*"In touch with the true Self,
in aspiration and longing,
remember purpose,
turn inward and practice:
simple...silent...still."*

~

Sat Shree