

LEARN TO USE THE full potential of your MIND

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Simply by using the power of our mind,
we can control our breathing, become more relaxed and
gain a truly peaceful and positive approach to everyday life...

...this is the first step

WHAT IS MEDITATION?

Meditation is a different state of consciousness - not wakefulness, not sleep. In a meditative state the brain wave cycles slow down from wakeful beta waves to alpha waves. Meditation is natural and normal. It is a way of giving your mind and nervous system a complete rest.

More rest than is achieved in sleep.

WHY MEDITATE?

Meditation is the most effective long term stress release tool of all. Meditation gives us more energy. Causes us to be more efficient. Brings about a more joyful life. With practice we feel less anxious, less hostile, more at ease and more effective. Meditation can add a dimension of incredible richness to your life.

HOW TO DO IT...

Simple, but not always easy.

Be warm, be comfortable, quiet, shoes off. Sit, anywhere, on the floor or in a chair. Be straight, but relaxed. At first it may seem strange to sit straight. Let it feel strange. Spend a few minutes settling, feeling grounded, relaxing. This is part of it. Follow your breath. Don't change it, just watch it in all its moods and rhythms. Choose a focus. A word [peace, calm, relax] Or simply be aware of your breath. Feel it tickle as it comes into your nostrils, and different as it moves out. When your mind wanders - and it will - as soon as you realise, simply go back to your breath, over and over again. Get into the habit of practicing. Do it morning and evening.

**Don't worry if you miss,
just know you can come back again.**

Don't worry if nothing happens or you don't feel anything or if you think you're not doing it right.

Even if you think it's a complete waste of time, it's boring, it's hopeless, or you absolutely know you are not improving and you don't want to do it anyway! Just remember...

Your mind has been in control of you for 20, 30, 40, 50, however many years.

It takes time to take control back. Just keep going!

Be warned...

It works!

The practice of meditation will change you.

Just keep doing it.

In three or four weeks you will be a different person. When you meditate you don't have to apologize for being. You do not have to make your self acceptable to anyone else.

You do not have to play any roll.

Marilyn

FIVE STEPS TO MEDITATION

1 Getting grounded

To begin meditation you must feel as if you are wholly in your body. Adopt any comfortable sitting position with your spine straight. You should sit solid as a rock with your centre of gravity low.

Kaya Sthairyam is the first practise.

Kaya means body and Sthairyam means steadiness. Because of the connection between the body and the mind, when the body becomes still, the mind follows suit.

2 Using your breath

To allow your mind and body to settle as you sit quietly, focus on your breathing and be aware of it. Don't make yourself breathe. The secret is to become conscious of your natural breathing.

3 Achieving watchfulness

While in a state of complete stillness and relaxation, be aware of your thoughts. But do not become absorbed by them. Do not follow their story. Imagine they are like clouds floating by. Watch but do not worry. Watch as if they were someone else's thoughts.

4 Dealing with thoughts

As your thoughts arise randomly, don't regard them as an unwelcome interference. Rather be a good host to all thoughts that turn up and give them your attention in a very gentle, comfortable way.

5. Sustaining practise

While it is better to meditate for 60 seconds than not at all, the ideal we are working towards is 15 mins twice a day. The important thing is to practise on a daily basis, for however short a time.

The full benefits will be experienced cumulatively. Learning is easy. Keeping it up is a different matter.

EXERCISE TO TRY.

JUST WATCHING:

Simply sit quietly for a short period of time; no more than a few minutes is enough.

Close your eyes and turn your attention inwards. Watch and remember everything that is happening inside your mind.

When you have finished,

write down all the thoughts that came to you in that short time.