

QUICK-START GUIDE TO SUCCESSFUL MEDITATION



Quick-start Guide to Successful Meditation

Which method and how?

There are numerous methods to choose from when it comes to meditating. For this quick-start guide I am going to mention just three of the main variations.

When I first started meditating, I found it easier to chant in my head as I found that stray thoughts would sabotage my attempts in the early days and by having a short phrase to chant, I could focus my attention on it reasonably easily.

I love the sound and vibration of the mantra I used:

Om Namah Shivayah

The meaning of this mantra also was inspirational for me:

I honour the divinity within myself

I honour that which I am capable of becoming

There is a link to some mantras you may like to consider using which can be found in the blog post I wrote about meditation – [Click Here](#)

With practice I became more used to meditating by observing my thoughts, outside noises, interruptions and just letting them go without giving them any emotional weight.

Nowadays, I prefer the empty space method which allows me to experience peace and calm and my brain to have a complete rest. It took me a while to be able to do the empty space method and occasionally, thoughts do sabotage my attempts, but when they do, I just let them go and try and return to the empty space. There is no best method, just the

the benefits you will gain will also grow the more you become proficient at meditating.

Posture: Do I need to be in an upright position?

Ideally yes. It is important to be sitting in an upright position where the back is straight and upright. Energy can pass through the body easily when in an upright position, which is an essential ingredient to successful meditation.

Traditionally those practising meditation sit in the lotus position which is where your legs are crossed but the feet rest on top of the legs rather than beneath, but it is not essential.



NB: This image is purely to show the Lotus position, not the upright meditation position.

You can either sit cross-legged, sit upright in a chair or stand. Many people find that to sit cross legged can be uncomfortable when they start meditation and is a reason they give up the practice.

Find an upright posture that is comfortable for you. Importantly, if you sit in a chair, sit in an energized position, not heavy on top of your legs.

Meditation lying down

It is ideal to have an upright position when meditating, however, if you are unable to sit upright and / or need to plain old relax, you can lie down. The most important element is to be comfortable. If you are cold, stiff, in pain, no matter how hard you try and detach from these unpleasant feelings, it will be very difficult to achieve a state of meditation. By meditating you will help to release pain and the anxiety that goes with it, so go with what works for you best and don't waste time or energy worrying about the "perfect" position.

