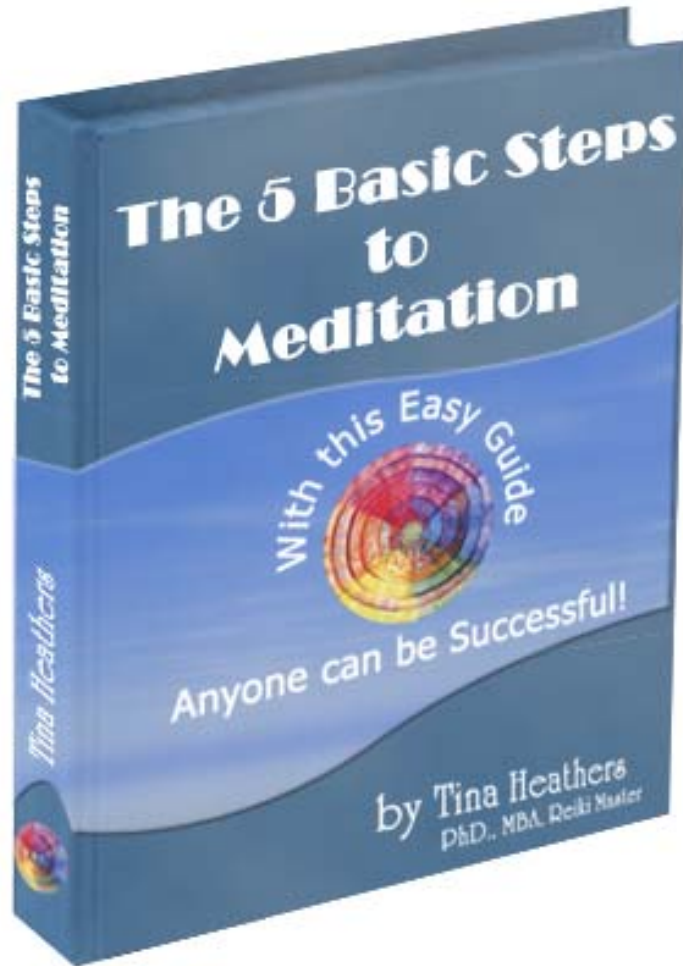


The 5 Basic Steps to Meditation – Start Today

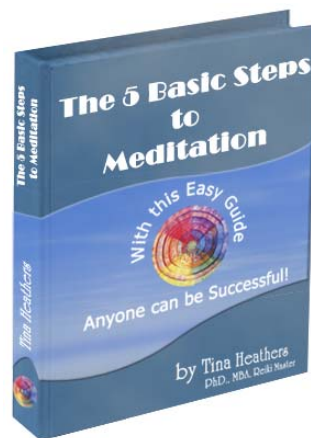
The 5 Basic Steps to Meditation



**By
Tina Heathers**

The 5 Basic Steps to Meditation Start Today

This book was created by Tina Heathers to assist anyone interested in learning to meditate to easily understand a simple and effective method of developing a meditation practice. To find out more about how you can use meditation to enhance the quality of your life check out our other products at <http://www.thesilencewithin.com>



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Forward

I wish I could honestly convey to you the amazing impact meditation has had on my life. I have explored every different kind, tried many different varieties, and really enjoy them all.

I have been teaching meditation for many years and I am often asked if there is a book I could recommend. I hum and haw, and think of all the amazing books that I have read.

But the person asking sincerely wants to meditate and does not really want to explore all the cosmic and metaphysical stuff I love. They are not into Buddhism or Hinduism. They don't want to chant or sort through the varieties of meditation rituals.

So what book do I recommend that is clean, and clear. No religious philosophy, no new age sparkles, just simple meditation for relaxation and clarity of mind. Guess what, I have no book to recommend that will be simple, easy to read and get them going without having to read through 200 pages. So I decided to create one.

Here it is, the short, basic, easy to follow guide to starting to meditate today. The core of all the varieties of meditation that I do start with these simple steps.

Anyone can do this. Everyone will benefit from trying. If you stick with it you will experience some amazing changes in your life that will open doors to a unique and fulfilling future.

The 5 Basic Steps of Meditation

Contents

Introduction	5
Step One –	
Deep Breathing	6
Step Two –	
Relaxing the Body	8
Step Three -	
When to Meditate	10
Step Four –	
How Long to Meditate	11
Step Five –	
Releasing the Mind	12
Congratulations –	
You are meditating	14

Introduction

The Simple Basics of Meditation – Anyone can do this!

First remember that this is simple and easy. If it seems difficult you are trying too hard. So let's begin to meditate today.

- Find a very comfy spot to sit or lie down.
- Make sure the room is quiet or you will become distracted.
- Turn off all potentially noisy phones, computers, etc. (just for a few moments while you meditate) Can't have you nicely dropping into a deep state of relaxation only to be jarred out by some automated voice on your computer declaring "You've got mail!"

The 5 Steps to Creating a Personal Meditation Practice:

Day One – Learn to Deep Breathe

Day Two – Relax Your Body

Day Three – Decide When to Meditate

Day Four – Determine How Long to Meditate

Day Five – Release the Mind

Congratulations you have a life enhancing meditation practice!

Step One – Deep Breathing

Now it is too bad we have to re-educate ourselves on how to breathe but it does seem necessary these days. We have adapted ourselves to very shallow, chest breathing that goes hand in hand with a busy hyper schedule, but this is a contributing factor to stress build up. So....

Let's deep breathe.

- Sitting up straight or lying down, place one hand on your belly button and one hand on your chest.
- Now when you breathe in, you are filling yourself with air. We want the air to go deep into your physical body. So fill your abdomen with air, not just your chest.
- We want the belly button area to fill up like a balloon. So yes your stomach area will expand, and stick out. Try not to fill the chest with air, drop the air down and fill your abdomen. (Thus the hand on your chest should not be moving up and down. Just the hand on your belly should be moving.)
- Now relax and practice that deep breathing for a few moments.

It should look like this:

- Breathe in belly expands and fills up with air, breathe out belly flattens. Hand on belly rises, hand on belly lowers. Hand on chest stays basically in the same place, not really moving at all. (You will want to do this slowly to get a nice even flow.)

How slow to breathe?

- Breathe in to the count of three; breathe out to the count of three. If that seems easy, try for a longer breath. Try to breathe in to the count of 4 and out to the count of four.
- It is important to breathe out all the air in your abdomen, so if it takes a few counts longer to exhale, that's ok. Release all the air no matter how long it takes.
- When you are breathing easily try a 5, 6, or 7 count.
- Remember the longer and slower the breath, the more relaxed you will become. So try to stretch out your breathing.
- Perhaps you will work your way up to a 20 count.
- You want to get the breath as slow and long as possible without getting all results oriented and trying to beat your last score. If you are gasping for air at any time during this exercise, you are trying too hard. A long, slow, relaxed, smooth breath is what we are trying to discover.
- Now hang out in your cozy spot and just practice breathing for a while. No more than this is required on your first day.
- You are doing meditation breathing and therefore you are now meditating. Congratulations!!!

Step Two - Relaxing the Body

Today we will be learning how to pay attention to the body.

- Choose a comfortable position. Whether you are lying down or sitting up, the key is to have your spine straight. Your life energy flows up and down the spine and you don't want to be getting in the way of that activity.

You can practice the next steps while reading this information:

- Just relax and begin to be aware of your body sitting there or lying down. How does it feel? Is there tension anywhere? Does anything feel like it is pinching?
- Gently shift and move around to release any stored tension in the body. Don't be sitting in any cool meditation posture that makes you feel like a yogi, but is not comfortable. Meditation is about deep relaxation. You can not relax if your body is uncomfortable. Find the position that is just right for you. (or at least good enough for today)
- Now, once you feel that you are comfortable, just try to be still for a few minutes.
- Good. Now add the deep meditation breathing, that you learned in step one. (You should be good and comfortable and breathing slowly and deeply.)
- Continue to breathe deeply and slowly.

The 5 Basic Steps to Meditation – Start Today

- Now again, pay very close attention to your body. Your deep breathing will be loosening up your life force energy and things should start to move around. (You may feel tension build up in places where the energy wants to release. Move gently and allow your energy to flow.)
- Become a flowing river of energy.
- Your body should begin to feel like jello. Everything loose and relaxed. (If you are unfamiliar with this experience, perhaps you should make yourself some jello and pay very close attention to its wonderful sensual properties. Just play with it, feel it and stick your hands in it! It's a good meditation exercise.)
- So for today we just breathe deeply and slowly, remembering to breathe from the abdomen, and now adding in the attention to the body. (Practicing the art of jello body.)
- You may have been practicing this while you were reading the instructions, in order to follow the steps. That's all good, but now take a few moments, step away from this information and go try it in your comfy spot with your eyes closed.
- We call this stage - Deep Breathing in the Jello Body!

Step Three - When to Meditate

- You can meditate at any time of the day.
- Meditators do find that it is easier to meditate before they eat, because after a big meal your energy goes into digesting your food and if you try to meditate after eating you may just fall asleep. (Not that napping is a bad thing, but it isn't the same as meditating. So don't fool yourself into thinking you are meditating if you are really napping. They have different benefits.)
- It is also beneficial to meditate first thing in the morning, because meditation will calm you and it allows you to start the day with a peaceful center and a clear mind. (You will have more patience and enthusiasm for the day.)
- Many meditators also like to meditate before they go to bed so that they can clear the day's events from their mind and rest peacefully.
- The magic key to deciding when to meditate is just to do it whenever you can fit it into your schedule. If you wait for any special time you may not meditate at all.
- So today, try to meditate at different times during the day and see what works best for you. By the end of the day you will have an idea of when you could fit a regular daily meditation into your schedule.
- Most meditators find that there is a real tangible benefit to meditating first thing in the morning and before bed. You start and end each day with clarity of mind.

Step Four - How Long To Meditate

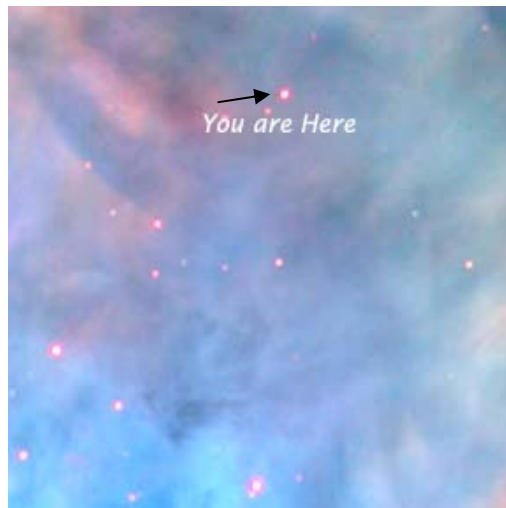
- When you are first starting out, just meditate for 5 minutes. It is easy and will get you familiar with the process without any strain.
- As this becomes easy, stretch it out to 10 minutes. As this becomes enjoyable, stretch it out to 15.
- When you are comfortable with 15 minutes, head on to 20 minutes, it is a nice comfy, life changing number.
- As your meditation practice gets going, you will not want to place any time limit on it.
- If you are concerned about getting lost in bliss-land and meditating so long you miss going to work, then I suggest you use a timer. You can set it to go off after 20 or 30 minutes and then you can safely return to your everyday activities.
- I have also relied on the tape machine to clunk after the music on that side of the tape is finished. Commercial meditation music is usually only about 20 minutes per side.
- Just remember that it is important to be consistent and meditate everyday. You are building a life time habit that will improve the quality of your life. If you are not careful, a week will slide by and you will say oops..... I have not meditated once this week.
- It is better to meditate for only 5 minutes if that is all you have, then wait a whole week until you are sure that you may have 30 minutes to meditate.

Step Five - Releasing the Mind

- Ok, so now you can breathe properly, you know how to relax the physical body and check for strain, you have decided when you can meditate and how long is comfortable for you. You are a meditator.
- Let's work on becoming a non-thinking meditator.
- Now you just deep breathe, relaxing the body as you go, and the more you deep breathe the calmer the mind will become.
- It will happen automatically, don't push for anything to happen.
- We want all thoughts to leave our mind.
- Remember, meditation is an exercise in "Accomplishing Nothing"!
- Just keep telling yourself, there is nothing you need to do for these few moments. That way the mind will be ok with not bugging you endlessly with your mental things-to-do list.
- Practice letting all thoughts just drift from your head. Watch them go by...
- For your few precious moments of meditation you want to detach from your world. You do not exist in any of your roles. You are just a jelly-like energy blob floating in the cosmic soup.
- Float, Be Nothing, Going Nowhere. Don't think, jelly blobs can't think.

The 5 Basic Steps to Meditation – Start Today

- If your mind takes a while to unwind and you are thinking, that's ok, just be the jelly blob and watch the thoughts go by, don't follow the thoughts.
- This practice will free your spirit, free your mind, and refresh your physical body. When you are not thinking there is no stress. You will be rejuvenated.
- Soon the thoughts will drop off on their own, don't push for an empty mind. It will emerge with practice.
- Soon you will have a relaxed body and a clear mind.
- If you are having difficulty being a jelly blob, floating in the cosmic soup, thinking of nothing, imagine it something like this:



"To grow in the inner life, - the life of the Spirit, - I need to withdraw from the outer world of noise and excitement. In due course, the mind will become calm and clear as the surface of a lake on a windless day. Such a mind will become a source of indescribable joy and peace."

J.P. Vaswani

Congratulations, you can meditate!

Now don't get all weird and start the ... but am I doing it right? What's supposed to happen? When will I see results? Meditation is a process. Play with it, experience it and just wait and SEE what happens. Live it moment by moment.

This 5 step process is the basic foundation to any meditation. Just keep doing it. Don't think about it or analyze it. It is the simple practice of working with it that provides the increasing sense of peace and well being.

Use this 5 step process and then if you feel so inclined, you can explore the other uses of meditation for spiritual and/or personal development.

But never forget that the magic truth to meditation can be found by doing these 5 simple steps. You need nothing else. Unless you are curious.....

Enjoy meditating my friend....and maybe someday I will meet you as a jelly form floating in the cosmic soup! You are never alone!





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Tina has been teaching and working in the field of meditation for more than 18 years. The ocean was her first teacher. While living and studying in the Caribbean, Tina began her journey with meditation. It has become a vital part of her daily experience.

As a mother of two children she can relate to time constraints and busy schedules. She has worked in business management and corporate training for many years, and now, as a meditation teacher and wellbeing coach, she spends her time helping others to find inner peace and serenity.

She teaches meditation at the college level, for business applications, in small private classes or through personal coaching. Meditation has become an integral part of her life and is the foundation of her healing philosophy.

Through her classes, books and CD's she hopes to share the beautiful gift of healing and spiritual awareness that she has discovered through meditation.