

Benefits of Meditation



- Heart rate and breathing slows
- Blood flow to all organs, including the brain, slows down
- Spinal cord and muscles are worked on and the ratio of neutrons to protons within the body are adjusted
- Allows oxygen within your being to systematically be refined, remeasured, redistributed spiritually and physically throughout your human body for optimum brain function and the total being to be healthier
- Reduces stress and anxiety, allowing feelings of peace and joy to result
- Allows for the expulsion of fear and the releasing of tensions
- Increases focus and attention
- Starts the process of remembrance – reminding you, that you are as is everything in your known universe, eternal and everlasting

The Sapiential Discourses Universal Wisdom – pages 125 – 129

Different Forms/Types of Meditation

- Mantra Meditation – repeating a calm word, sound or phrase silently or aloud to calm the mind
- Loving Meditation – thinking of loving, kind, compassionate feelings for oneself or others
- Walking Meditation – take a walk outside or in the forest, just walking and focusing on breathwork
- Body Scan Meditation – start from top of head and focus on each body part down to the toes as you remind your body to relax each part as you go
- Guided Meditation – follow verbal instructions, often from a teacher or recording, to relax, visualize and focus on specific goals
- Mindfulness – paying attention to the present moment without judgment, observing thoughts and feelings as they pass

Practicing Mindfulness Meditation

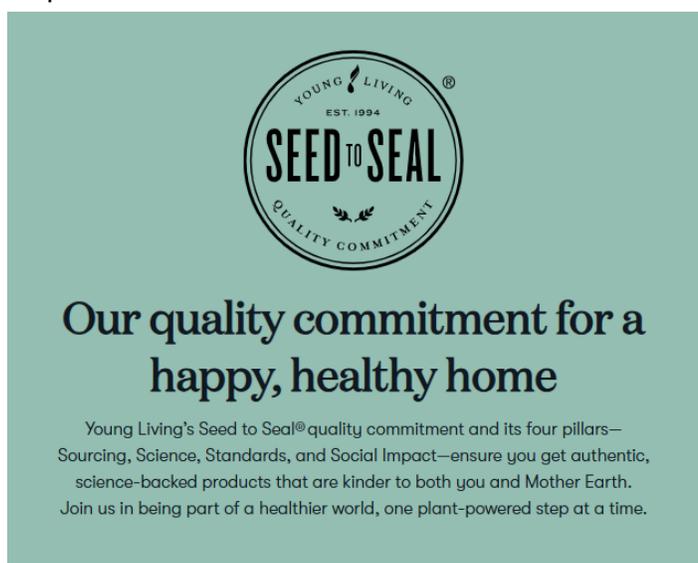
- Sit in a comfortable position in a quiet space. You do want to aim to have your spine relatively straight but also relaxed
- Focus on your breath, gently close your eyes and begin to breathe in and out through the nose – this also helps your parasympathetic nervous system relax
- Once your breathing is regulated and calm, open your eyes
- Now focus on a spot that will not move, this is also called a Drishti (it is a Sanskrit word meaning “vision” or “focus”)
- The benefits of focusing on a spot rather than closing your eyes include
 - Enhances focus and concentration
 - Aids in proper spinal alignment
 - Promotes the meditative state you are trying to achieve
- Observe your thoughts without judgement, just acknowledge their presence and gently guide your attention back to your breath



- If something does pop into your head, imagine grabbing the thought as if it was an object you could grab, through the top of your head and gently moving it to the side
- Be patient with yourself but also persistent
- Start with 10 minutes per day – morning, afternoon, evening, whatever works into your lifestyle. I always find it best to start my day off with meditation, but everyone is different
- Slowly work your way up to half hour or hour

Enhancements to Meditation

- Essential Oils – either rolling them on your Third Eye, wrists, neck
- Diffuse them in your meditative space
- Oils that enhance a meditative experience
- - Bergamot – helps to balance emotions, promote mental clarity during meditation practice, calming and uplifting
 - Frankincense – sacred oil, ideal for deepening spiritual connection and supporting focus
 - Ylang Ylang – sweet, floral and uplifting, it adds a gentle heart opening quality
 - Palo Santo – creates a calming, focused atmosphere, clearing negative energy and promotes grounding
 - Lavender – promotes relaxation, reduces anxiety, quiets the mind, creates a peaceful atmosphere



- Crystals also enhance meditation
- If one chose, you could hold a crystal in each hand
- Simply keeping the crystal near you during meditation can help one benefit from it's specific vibrations
- Crystals that enhance a meditative experience
 - Amethyst – pale lilac, lavender or deep purple – known as the all-healer and nature's tranquilizer



- Rose Quartz – translucent pale to deep pink – excellent for emotional healing, self-love and promoting peace
- Lapis Lazuli – rich medium to royal blue, purplish-blue with gold flecks – helps deepen spiritual connection, enhance intuition, promote inner peace and mental clarity



- Black Tourmaline – black – grounding, protection, creating a safe/stable space to clear negative energy
- Labradorite – gray-green, dark gray, black or gray with flashes of blue/red/gold/orange – boost psychic awareness, provides focus for deeper insights and inner guidance

Meditation Wrap-Up

- My favorite book that I found during my research on Meditation - Spiritual Awareness by Daaji Kamlesh D. Patel
- With each meditation, you rekindle the soul’s memory of the original state. In the depths of meditation, the soul speaks to you
- After meditation, take a second, run through Heartfulness AEIOU
 - A – Acquire – notice and mentally acquire the peaceful, joyful state from your meditation
 - E - Enlighten – energize and bring that feeling to life within you
 - I - Internalize – absorb the feeling into your entire being, making it truly yours
 - O - One with it – become so merged with the state that it’s no longer a separate feeling, but your essence
 - Union – reach a state of complete oneness, dissolving into the state itself
- After meditation, do not drink water, give yourself a half hour or so before you consume any liquids – water is associated with clearing and changing the inner condition, you want to allow the benefits of your meditation a moment to “sink in”
- Also, try to avoid any loud conversations or phone calls, as it can be a shock to your body
- The condition we acquire after meditation is subtle and your attention with tenderness will help it settle within