

Meditation Instructions

Meditation is simple. You do not have to perform any difficult postures. You can meditate in the comfort of your own home or anywhere you want. Take any comfortable pose in which you can sit still for the longest possible time. You can sit on a chair, on a sofa, or on the floor.

After taking a pose, close your eyes. With eyes closed, look straight ahead, gazing into the middle of whatever you see in front of you. Do not think about the world outside or the body for the duration of the meditation period.

To help keep your mind from distracting your gaze with thoughts, repeat any calming word with which you feel comfortable. This repetition should go on mentally, with the tongue of thought, and will help keep your mind still. Your repetition should not disturb your inner gaze.

We hope you enjoy this introductory meditation. By sitting in meditation each day, you can experience a calm, loving, peaceful state that can help your body, mind, and soul.

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