



HOW TO DO A SIMPLE MEDITATION?



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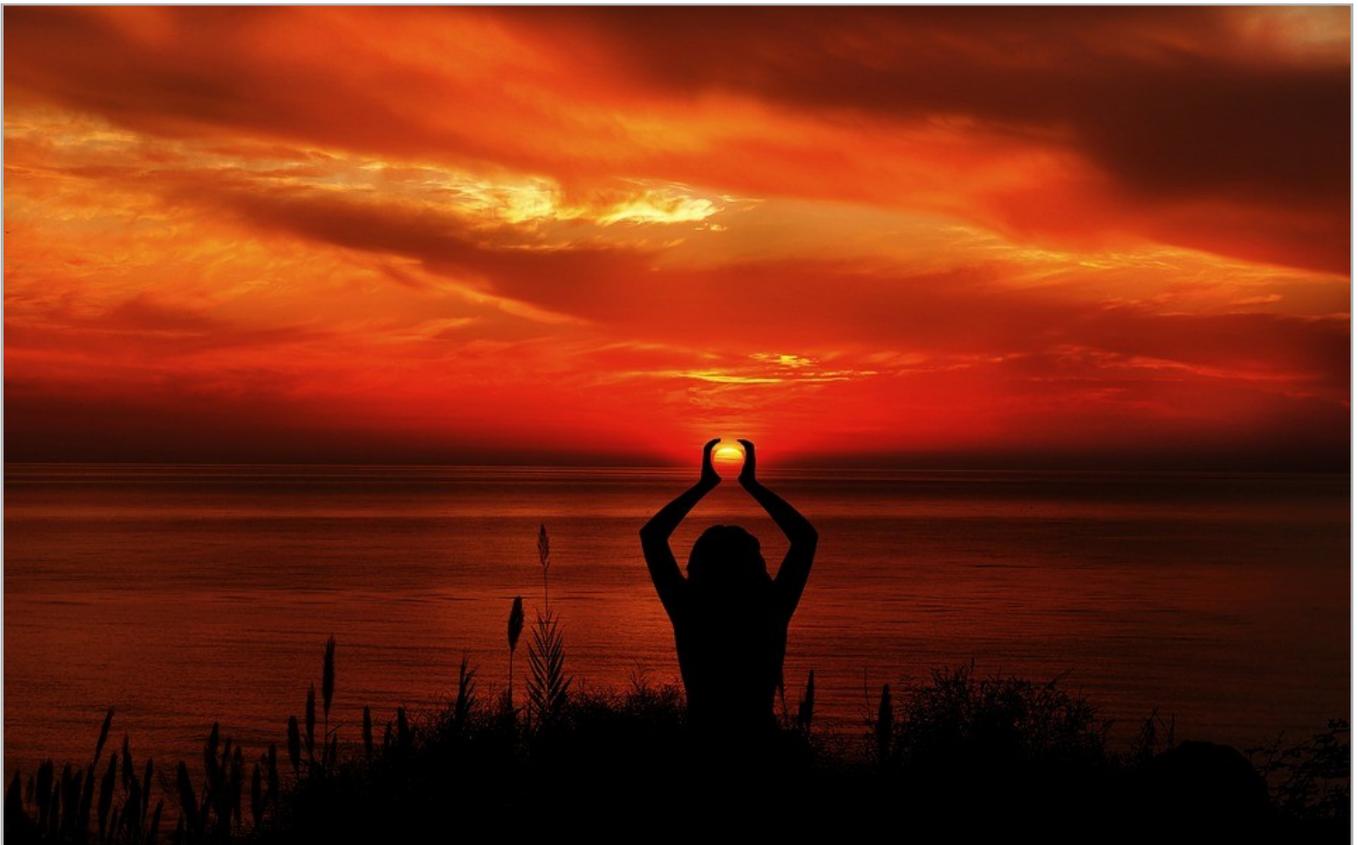
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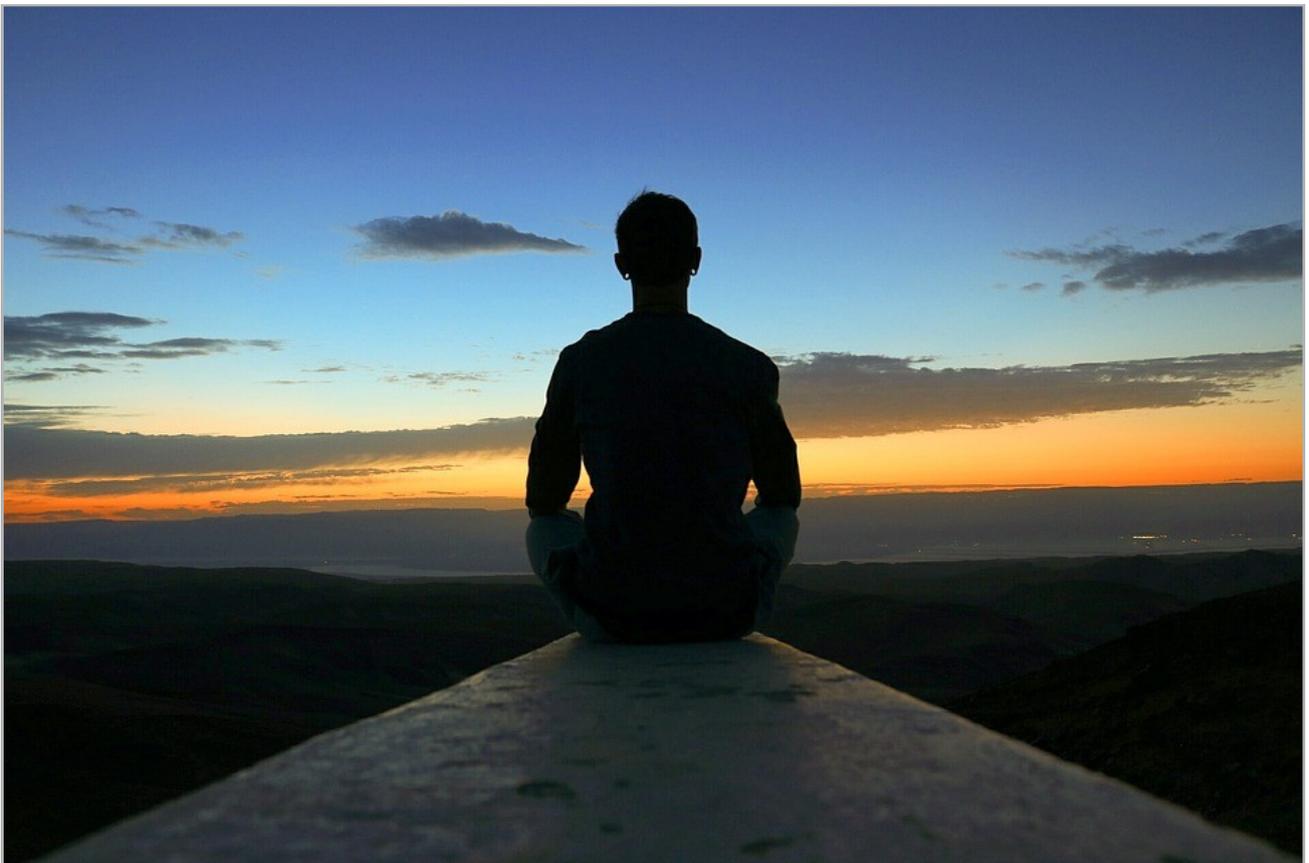
Simple Meditation: 5 Requirements

Meditation is proved to be beneficial for both physical and mental health. Regular meditation is useful to get rid of all kinds of stresses and tensions from life. Anyone can practice mediation. Five important criteria for a successful meditation session are a peaceful meditation environment, a comfortable sitting position, stillness of the body, deep breathing and quietness of the mind. Now let us talk about the first requirement. i.e. **Peaceful meditation environment**. Always choose a peaceful, quiet space for doing your meditation. A peaceful landscape where you can watch a beautiful sunrise or sun set is a perfect setting for meditation.



Meditation and Sitting Position

Second criteria for a successful meditation session is a comfortable sitting position. Sit on the floor in a simple cross-legged position. Care should be given that the spine is aligned straight with the body while sitting. If sitting on the floor is difficult, the practitioner may sit on a cushion or a thick folded blanket for more comfortable sitting. Placing a cushion or thick padding under buttocks will also help in the correct alignment of the spine. If sitting cross-legged is difficult, the practitioner may sit comfortably in any of the relaxed sitting positions. However, simple cross-legged position is better. Remember, never sit in a curved position. If you are outside, you can sit like the person shown in the picture.



Stillness of the Body

Another important criteria for doing successful meditation is ‘**Stillness of the Body**.’ Keep the head, neck and trunk of the body aligned straight to make your body still. Close the eyes and the mouth and then let all facial muscles relax. After that let the shoulders and arms relax. Allow arms and palms rest on the knees. By doing this, body slowly becomes still and an inner peace settles in.



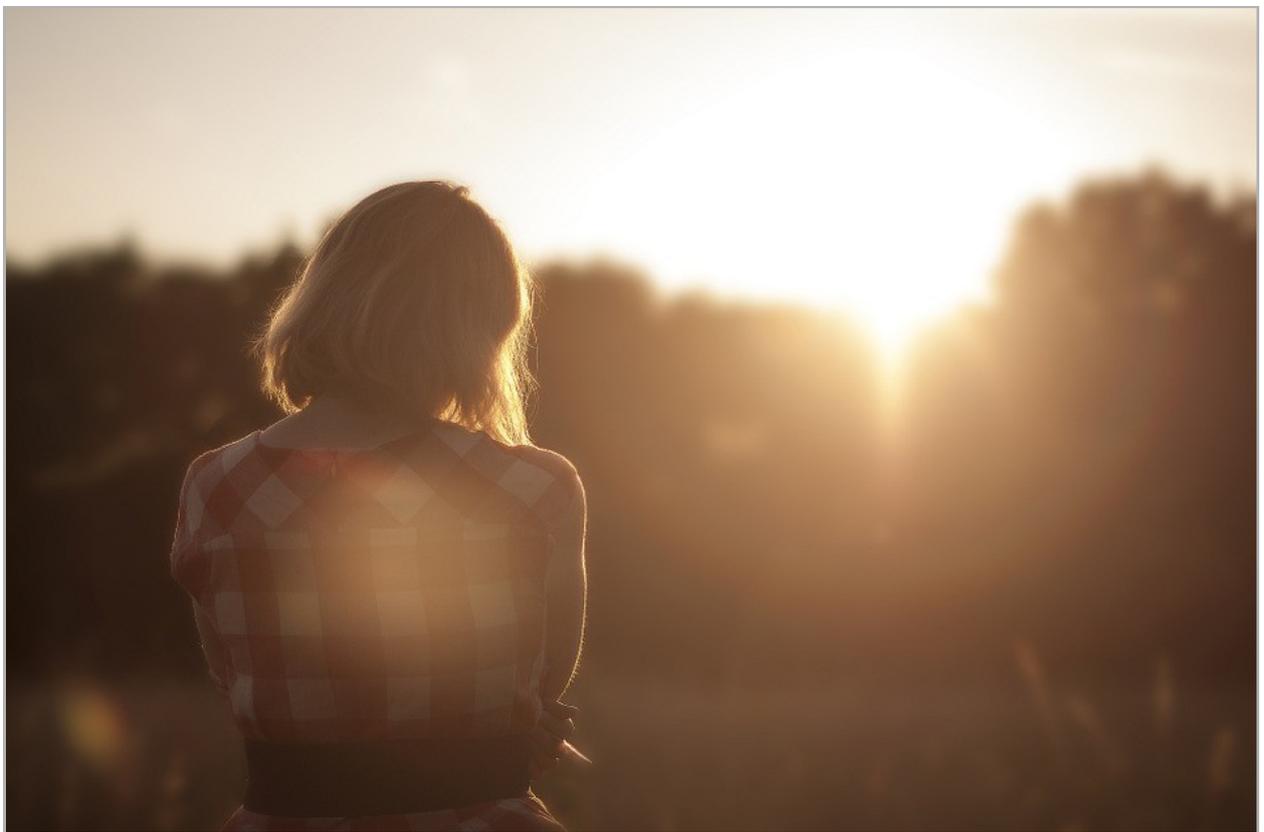
Deep Breathing

Deep serene breathing process is the most critical element of a successful meditation. Become aware of your breathing process – inhaling (IN) and exhaling (OUT) after settling down in a comfortable environment in a comfortable position. Notice whether the breathing process is shallow or deep (if you are doing shallow breathing that means you are not yet ready for correct breathing meditation. So you have to correct it through conscious efforts of deep breathing. Practicing deep breathing regularly makes your breathing process healthy.) Do deep breathing (abdominal breathing i.e. breathing diaphragmatically) in a rhythmic manner and count ‘in’ and ‘out’ several times until the mind becomes quiet. Breath awareness quiets the mind.



Quiet Mind

Quietness of the mind is also required for doing meditation. Allow the mind to become quiet and focused during meditation process. Focus on ‘awareness within’ for 15 minutes during initial periods of meditation. Meditation duration may be extended to 30 minutes to 1 hour depending on the progress of the practitioner on the path of meditation.



Other points to remember: Practice meditation with the same sitting position and in the same environment for better results. It is not recommended to meditate while lying down as lying posture is not suitable for inducing mental alertness.

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