





Love & Light Too

[Spirit to Spirit](#)

Date: Nov 5, 2007 5:57 PM



Meditation for beginners

items of preparation...

- * a comfortable place to sit
- * a box of tissues (if needed)
- * cup of water or tea

personal preparation...

Sit comfortably, I prefer on a pillow with legs crossed. Keep your back straight, and if you need, you may use a wall behind you as a guide... try not to lean into the wall, it is okay to gently touch it, the aim is to be self structured and balanced. I like my hands on my knees and sometimes palms up, your hands are also alright in your lap or you may keep them anyplace they are comfortable. Keep the tissues & water or tea within reaching distance and where you will not knock the water over. It is okay to move, but your aim is at "stillness" if your nose itches scratch it. If it is going to run use a tissue. But avoid movements that are avoidable unless it is a matter of comfort which is keeping you from being present. I try not to drink, but if my mouth becomes very dry and it is distracting the water is there.

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## "COMFORT IS A PREREQUISITE"

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First step for me is to ground...

Closed eyes and breathing through your nose (feeling my roots in mother earth... feeling connected to all earthly things. Breath into the energy of being a part of the earth.) Breath with intention and feel yourself rooting into our earth mother, feel yourself becoming one with the soil, the tree's, the mountains and oceans... Feel yourself becoming another natural wonder of the earth, an extension of the earth... fully connected.

Second step is to relax...

As you are grounding, allow yourself to feel where your physical body may be holding onto tension. For some people the back and neck are primary. Shoulders

are common too. However, be sure to scan everywhere, your hands and feet are easy to overlook. And don't forget to check your face. Be sure that you have fully scanned your body for tension, and begin to breath the healing energy of light into these, and all the other parts of your body. With the in breath, you are taking in the energy of the universe. The air that connects Mother Earth to Father Sky... The breath of life... and feel it reaching deep into the parts that are holding this tension. Allow yourself in your minds eye, to see the tension or negative energy leaving you with your breath as you exhale. In with the clean energy, out with the tension, and allow yourself to fully relax, keeping your back straight and head up. (for many, there is a difficulty in relaxing and keeping your body erect. If this is you, imagine yourself as a sunflower reaching up to the nutrition of the sky, but also being fully relaxed)

Third step is to step down with breath counting. (a simple breath exercise)

By now you will have noticed the chatter of your mind. This is natural. The way that I slow that down is to give my mind a simple task. Breath counting.

Breathing at a comfortable and non controlled rate, as you breath in say to yourself ... "AND" and as you breathe out, say to yourself ... "ONE" and as you breathe in again, say... "AND" ...and as you breathe out say... "TWO". You will continue this sequence until you have counted to four, and then you will restart at one again. The purpose of this exercise, is to allow your mind to come to a place of "One Point of Focus" That is the essence of meditation. One point of focus. Once you are relaxed and grounded it would be a good time to move into the meditation process. Below is a bit of information on a basic meditation. For me, 2 to 3 minuets of breath count is usually long enough to become present with "one point of focus."

Meditation process

There are thousands if not hundreds of thousands of meditations, and I often create one that suits my personal needs in the moment. However I try to keep them simple and "One Point of Focus". Today I will share with you very a simple breath meditation.

The Breath Meditation

(Breathing through your nose, and with your eyes closed.)

As you are breathing, begin to allow yourself to become fully aware of your

breath. Allow yourself to feel fully the sensations of the breath as it enters your nostrils. Feel the air as it travels through the nasal areas. Feel the sensations as the air enters your throat and passes down towards your lungs. Becoming one with your breath, feeling the rhythm and tide of the in and out. Becoming one with the rise and fall of your chest. You may feel distracted by something. A car door, a truck passing by, children laughing outside... it is normal to be distracted, simply remind yourself that your point of focus has shifted, and gently bring yourself back to the breath. Remember to be gentle with yourself. Meditation is practiced but never perfected! So as you feel these distractions, allow yourself to see them as "Passing Distractions" only. Continue to bring yourself gently back to the breath. Allow yourself to feel the air as it reaches deep into your lungs... into the very small pockets at the deepest portions of your lungs. Feel the way the air reaches into your belly. Feel all of the sensations that are happening around your breath and be one with that. Remember to stay relaxed, and to sit as a flower reaching up to father sky. Allow yourself the gift to be at "ONE" with the universe as you "Become The Breath."
Try that for 15-20 minutes.

Some Tips...

You may experience a want to try meditating while laying down. I would advise against it. The gravitational pull on your brain and muscle memory will likely send a message that it is time to sleep. So unless there is no other way to be comfortable, I'd say resist it. Another tip is to think of the distracting thoughts not as distractions, but in a manner such as a passing cloud. Expect that there may be clouds on any day, and that they will pass as well. The distracting thoughts are natural, allow them to pass, and avoid climbing onto them for a ride. (lol) You also may want to try music, and I would resist that temptation at first. I believe it is important to learn to sit in your stillness and quiet before using meditational aides. The music can however be quite helpful in certain circumstances. Like a noisy neighborhood, a home with children, or in an apartment with a neighbor who likes to walk hard or create noise that can be distracting. If your choosing to try music, I would suggest instrumental without vocals. (words may hook you and pull you away from your point of focus.) Nature sounds are excellent for covering up noise. Headphones allow you to hear it at a relaxing level and still filter out the junk. I have however provided some music that would be suitable if you feel a need or want to try it. Fire also has a very calming effect. Candles are often used for meditative purposes. If you intend to use candles in your ritual, please be conscious of where you are setting them, and make sure to have something under them to catch the wax. Considering your eye's will be closed, it is important to think of safety.

Sending Peaceful Energy to You...

*Love is all around you...
Have a Beautiful Day !!!*



Warrior, Dreamer, Shaman...~John B.~



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Peace To All



Bulletin By....
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