



## Meditation

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[eva.canning@bigpond.com](mailto:eva.canning@bigpond.com)

Aim to meditate at about the same time(s) each day, and only in an environment in which you feel warm, safe and secure.

5 minutes is sufficient time to begin with.

Sit comfortably, with the eyes open. In the early stages, if visual images are too distracting, the eyes may be closed. Once you have settled, you may wish to open your eyes.

Visualize your whole being flooded with a clear, white light. Direct your thoughts to the essence that you feel to be the highest and most pure, and request that presence to surround you with love and protection.

Relax. Let any tension fall away from the muscles. Relax face... tongue... lips... throat... shoulders... arms... hands... fingers... body... buttocks... legs... feet... toes.

"Watch" the breath ... notice the gentle flow of the breath, in and out.

As you begin to relax, you may feel the urge to take a deep breath. This is an indication that you have reached a quieter, deeper stage of meditation.

Allow any thoughts to pass through the mind. Do not pick them up. Do not pursue ideas. Let them come and go like fluffy clouds, passing through a clear blue sky. Gradually, thoughts will settle, like sediment in a glass of cloudy water. The sediment settles, and the water clears.

Rest in that peaceful, clear state. Enjoy the stillness, emptiness, clarity.

Then, when you are ready, gradually return to ordinary consciousness. Stretch. Take some deep breaths. Be at peace with yourself.

Go about your day knowing that you can recall, when needed, the feeling of peace that happened during meditation, by returning your awareness to the breath ... by remembering to notice, the flow of the in-breath, and out-breath.

*NAMASTE: In India, people often greet each other by putting hands together in prayer position and saying, "Namaste":*

***"I honour the place in you where the entire universe resides. I honour the place in you where, if you are at that place in you, and I am at that place in me, there is only one of us".***