

The 5 Essentials of Successful

Meditation or Mind Quieting

- 1. A Pure Environment.** This refers to air quality and sound both within the internal and external environments. This can be a quiet room, a place of worship, or a place with only natural sounds like beside an ocean or creek or beneath some trees etc.
- 2. Absence of Internal Dialogue – Thoughtlessness.** Meditation or quieting the mind requires the absence of internal dialogue. A quiet mind is not thinking; it is being. Don't judge your success.
- 3. A Concentration Focus.** This can be a natural sound like water running or trees rustling in the wind, your own breathing, contracting and relaxing every muscle in your body, filling your body with light, a single syllable word with a personal positive connotation like God, or Love, or Peace, or Free, etc. If distracting thought (internal dialogue) occurs, quietly and calmly return to the concentration focus.
- 4. A Comfortable Position the Requires Wakefulness.** The goal of meditation is a quiet mind, not sleep. Find a position other than lying down that you can comfortably remain in for at least 20 minutes. Release the tension from your muscles, open your hands, take off your shoes and socks, and relax your face and shoulders. Maintain good posture; it is essential for muscle relaxation, proper breathing and for proper blood, lymphatic, and energy flow. At first you may have trouble maintaining comfort in a position of proper posture. This will be due to a deconditioned neuromusculoskeletal system and/or improperly moving and aligned spinal joints (vertebral subluxation complex). If this is the case see a chiropractor for chiropractic adjustments and spinal hygiene exercises.
- 5. Deep, Slow, Diaphragmatic Breathing.** Using your diaphragm, slowly inhale as much air as possible through your nose. Think of filling your stomach with air instead of your chest. Gently hold for 1-3 seconds then relax your diaphragm and slowly exhale as fully as possible through your mouth. If you are using a word or sound for a concentration focus say the word or utter the sound as you exhale. Bring your belly button toward your spine as you exhale.

Implementing Meditation or Mind Quieting

Set aside 20 minutes per day for your mind quieting exercise. Have no expectations. You are “practising”, not “performing”. The more you practice, the more skilled you will become. The benefit comes from engaging in practice, not from how well you have performed.

When going through particularly “stressful” periods, perform your mind quieting exercise twice a day.