

Guideline to Meditation

- Sit in a position that is steady, balanced and comfortable, keeping your back and neck straight.
- Regulate your breath for a couple of minutes. Kapalbhatai Pranayama is excellent, as well as forceful exhale with Uddiyana Bandha. That will help you clear your mind from recent impressions.

If you don't know these pranayamas, a few deep breaths will do.

- Step one: Start by setting your intention.

Say to yourself: "I wish to know the Truth of my Being", or "I wish to awaken".

If you prefer, you can rather pray: "May I know the Truth of my Being, may I awaken", etc.

You can repeat your intention, or prayer, as many times as needed, during your meditation. That will help you focus back your mind on your true goal, as well as attract divine assistance to support you in this.

Some people can be helped by a little visualization.

That means, you can address your prayer to the formless, all-pervading Truth, or you can offer your prayer to a form of the Divine – maybe Lord Shiva, or Lord Krishna, or Lord Jesus, or Lord Buddha, or the Divine Mother, or the Guru...any form that inspires you mostly. Any form that naturally elevates your mind and gives you spontaneous joy.

- Step two: Mantra

After your mind has been set in the correct direction, start repeating your mantra.

The mantra is by far the greatest tool for meditation.

The best and most efficient mantra is the “Guru Mantra” - a mantra that had been given to you personally by the Guru. If you don't have a Guru Mantra, you can do the Gayatri mantra.

Repeat the mantra for about 20 minutes – then stay a little bit in silence.

Start repeating again for about 20 more minutes, and again stop and stay in silence for about 10 minutes.

That will make an one-hour meditation.

The times are only indicative. If you feel much absorbed into the mantra you can repeat for the whole time – however it helps a lot to have some regular pauses, some silent spaces, especially in the end.

If again you are fully absorbed in the silence, or the blissful nature of your Being, you can stay there.

As a general rule, the mantra, if correctly practiced, will not disturb that silent, blissful state – on the contrary it is the greatest tool to reach that state, as well as to maintain it.

My greatest advice is: seek for a Guru-Mantra, spoken directly to you from the lips of a true spiritual teacher.

That is the greatest tool for your meditation practice.

- Step three: Second layer

As the mantra becomes more natural to you, it will also become more organic, as well as mechanical, just like the beating of your heart, or your breathing.

Thus, many times you may find your mind still wondering uselessly.

If so, you should introduce a “second layer” in your meditation.

While repeating your mantra, you can regularly say a small prayer, or remember your intention – on a second layer.

Or you can inquire, “Who am I?”

Or you can regularly remind to yourself: “I am pure Awareness”, or “I am infinite Being”, or “I am perfectly fulfilled in my own Being”, etc.

Practicing Self-inquiry, or Self-remembrance, combines wonderfully with repeating the mantra. In fact, the mantra ever amplifies and supports all these practices.

Remember, although meditation is the most essential duty of a seeker of Truth, at the same time it should be the greatest Joy.

Experiment with all these tools.

Be playful!

And let your meditation be your greatest source of Wisdom, as well as Joy.