

Week 1

Introduction to Meditation & Meditating at home



When and Where to Meditate



When should you meditate? Whenever you want to, anytime you want to.

It is a good idea to establish a routine, especially when you're first learning to meditate. Many find it best to meditate first thing in the morning and again just before bedtime. But choose a time that's good for you... lunchtime...bedtime...now? Whatever works for you.

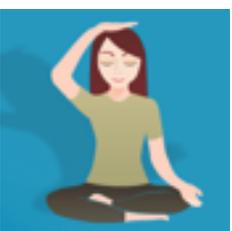
Ideally, you should set aside 10 – 20 minutes, twice a day, to meditate.

As with any other new skill, Sahaja Meditation takes a little practice. More practice means greater benefits, more energy.

As with the when, the where is entirely up to you. We recommend a pleasant, well-lit, open environment that's relatively quiet, or at least free of disruptive noises. Choose a place to sit that's comfortable for you... a straight-back chair, the bed, the floor, on the grass, beside a cool mountain stream.

MEDITATING AT HOME

Sit comfortably with your eyes closed. Place your hands on your lap with your palms up. Take a few slow, deep breaths. The following steps will help you calm your thoughts. Follow the image and repeat each phrase silently until you feel peaceful and ready to move on. For best results, do these steps slowly.

1		I WANT TO EXPERIENCE PURE KNOWLEDGE
2		I AM MY OWN TEACHER
3		I AM ONE WITH MY SPIRIT
4		I DO NOT CONDEMN MYSELF
5		I FORGIVE EVERYONE, INCLUDING MYSELF
6		I WANT TO EXPERIENCE MEDITATION
7		Raise your hand a few inches over your head, palm down. Slowly move your hand up & down until you feel an energy. Let your thoughts reduce until you observe mental silence. Sit and observe what you are feeling inside for approximately 5-10 minutes. At the end of your meditation, slowly open your eyes.