

Golden Guidelines for meditation

- Meditate with an open, compassionate and kind state of mind and simply be with yourself.
- Take time to gain a comfortable posture that enables you to have a straight and relaxed spine; whether sitting, standing or walking.
- Try to have your back unsupported, as this helps you remain alert and will strengthen your back muscles and improve your posture.
- Decide on your object of concentration and stay with it throughout the meditation.
- Decide on your method of concentration and stay with it throughout the meditation.
- Keep in mind the purpose of meditation is to be and to bring this awareness of being into all of your activities.
- If you have a goal to achieve from the meditation, such as to relax, you are not meditating.

Important Note:

A state of being in which you are accepting where you are and what is happening inside you in your body, mind and heart, is a totally different way of experiencing yourself and life, from trying to change what you feel or wanting things to be any different, which comes from a state of 'doing'.

Being, by accepting who you are, leads to deep relaxation, even though meditation is not about relaxation (or any other goal). The result of being with yourself and not fighting what you are feeling or trying to be something other than what you are in that moment, is a deep sense of relaxation and peace.

Being, rather than doing, leads to valuable insights. These insights are more valuable if you persist with meditation and discover them yourself.

Important Note:

If the same thought or group of thoughts keep arising this can be an indication that this is important for you. Either write on a piece of paper the thought and what may need to be done or stop the meditation and deal with the task. Return to the meditation afterwards.

This document is taken from "The Key to Awareness" manual, see <http://realenergy4all.com/key-to-awareness/> for more details.