

How to Meditate and Why It Will Help You

By Raymond Posch



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To have a success mindset, you must pay attention to thinking thoughts that are directed toward your success.

But I must point out that, in practicing your success thinking, it's possible to get stuck in too much mental process. So, it is important that you come to know the difference between your mind and your own essence or being. Meditation is one of the techniques that can help.

About Body, Mind, and Spirit

Before jumping into meditation, it is valuable to have at least a basic understanding of the distinctions between the three primary parts of yourself – body, mind, and spirit. A full treatment of this would come under the study of spirituality or perhaps philosophy, but in the study of mindsets for success, you need to have a basic notion of how the mind works and how body, mind, and spirit interact.

You at your core are “being” or “spirit” which can be thought of as pure consciousness or awareness. Consciousness is creative, and it enables the physical realm of energy and matter to exist, at least at the Universal level. I believe, as many quantum physicists and life scientists believe, that consciousness is primary – that is, it creates space, time, and matter, and not the other way around.

It's fine if you prefer to believe, instead, that physical world is primary, and consciousness somehow arises from the physical. Through our senses,

that certainly seems to be the case. But if you could see the Universe at the level of pure consciousness and its physical components at the level of the quantum field, you would see otherwise.

But what is important is to know that you are an individuated part of Universal consciousness and, through your thoughts and states of awareness, you participate actively in the creative process of Life.

And you have two big tools to assist you in living: your *body* which enables you to interact with the physical realm, and your *mind* which allows you to think and interact with the world in a predictable way that you can control.

Mind and body interact with each other such that a change in your mind (such as changing your thoughts) will affect your body and how you feel physically, and a change in your body (such as a change in your posture or movement) will affect your mind and produce different thoughts. Your brain, by the way, does not house your mind but is the tuner or sophisticated physical interface between your mind and body.

But as I said, with mental techniques you can get stuck in too much thinking. Meditation is a technique that can help you know the difference between the two.

Most people spend too much time thinking and, in so doing, they lose touch with their own true self and their own inherent power to live consciously, creatively, and abundantly. Thinking, especially about the past or the future, takes you away from the living in the moment. Meditation quiets the mind and allows your “inner being” to become more present and powerful.

Meditation is the proven way to reconnect with your inner self and to live more naturally and creatively – and therefore more successfully. I strongly recommend that, if you don't already meditate, you learn how to meditate as a way of becoming more present and empowered.

Your body also provides a way to connect with your inner self, and that is through body awareness or attention to your feelings. When you become still and place your attention on what you are feeling in your body – especially when you do so without judgment of the goodness or badness of the feelings – you move closer to awareness of “what is” and awareness of your true self. Doing so is a type of mindfulness, and it can also be called an “awareness meditation”.

How to Meditate

There are many types of meditation, but here I will describe two that are simple for beginners. You can try each type and do them for 3-5 minutes. It is best to not do these practices while driving or operating machinery. Your goal is to quiet the mind and move yourself to greater peace and the feeling of being centered and alert.

“Following the Breath” is a very simple technique that focuses on your breath, and you can easily adapt it for reducing stress at any time that you can be by yourself for a few minutes.

Following the Breath

1. Lie down or sit in a comfortable position.
2. Close your eyes and relax. Allow your breathing to deepen and slow down.

3. Continue to breath naturally and comfortably. Do not make an effort to control your breath.
4. Focus your attention on your breath and how your body feels as you inhale and exhale. Simply continue to relax and observe your breath and body feelings. If your mind wanders, bring your attention back to your breath.

The “Om Sound Meditation” is very similar to “Following the Breath” but it focuses on a sound that you say out loud or mentally to yourself. There is no special significance to “om” (although many Indian gurus claim that it is “the sound of creation”). This is not the same as Transcendental Meditation but is somewhat related. This has always been my preferred method of meditation although I often add some additional techniques to it.

Om Sound Meditation

1. Lie down or sit in a comfortable position.
2. Close your eyes and relax. Allow your breathing to deepen and slow down.
3. Continue to breath naturally and comfortably. Do not make an effort to control your breath.
4. At the start of each exhalation of breath, say “om” (out loud or mentally) and extend the sound through the exhalation. Focus your attention on the sound and how your body feels as the sound moves through it. Continue to repeat with each exhalation. If your mind wanders, bring your attention back to the sound of “om”.

Once you begin to feel comfortable with meditating for 3-5 minutes at a time, begin to extend the meditation to longer periods until you feel comfortable meditating for 20-30 minutes. If possible, meditate each day for at least 15 minutes but ideally 30. Twice daily for 15 minutes works very well for some people. But, the more you meditate the more benefit you will experience.

Being Mindful

Mindfulness can be defined as “a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations”. I could call it paying attention to yourself as life unfolds moment by moment. It is living more consciously, and I strongly encourage it.

Some people also refer to it as mindfulness meditation – a meditation which is done while awake and alert and in which you focus on life as you experience it in the present moment, and the next moment, and the next. You must quiet the mind so that you can witness your feelings, thoughts, and what you are experiencing. So, yes, it is indeed a kind of meditation, and it will help you open more to your spirit and inner self.

Now mindfulness is not something that is easily done for most people.

There are too many thoughts that come up that shift us to thoughts of the past or concerns about things that need attention for the future.

Mindfulness – meaning attention to and living in the present – is something that must be learned and become a habit over a period of time. And meditation and awareness of the body and our feelings are the best tools for doing that.

Avoid Getting Stuck in Mental Process

I recommend that you NOT try to keep all the LYS mental techniques, such as all of what is covered in the Introductory Course for Living Your Success, in your mind at one time. That is simply too much for anyone's mind to handle comfortably.

Instead, think about the techniques or choices for success individually, whether using an organized plan to study/practice one of the techniques each day or for a week – OR, even better, by simply thinking about a particular technique as it happens to come up in your meditation or when triggered by a thought during the day.

And if you ever do feel that you are thinking too much and stuck in mental process, turn instead to your five physical senses and to what you are feeling in your body. Engage in the direct experience of life, and get physical – laugh, walk, make music, dance, work with your hands, etc. – for those things will take you back to being in the flow of life all around you if you allow yourself to feel and experience them.

Be alive, feel alive! Feel the flow of life in your body. See the magical *beingness* in all living things. See life and all its bustle and beauty and see the wonder in its very existence. Be Life itself, one with the world and the flow of human life, one with the unfolding and majesty of the whole Universe. Be part of Life's grand adventure.