

Meditation

- **Stress relief**
- **Concentration and memory**
- **Clarity of mind**
- **Willpower**
- **Self-control**
- **Self-realization**
- **Universal love**
- **Bliss**



Find a comfortable place on the floor and sit with your legs crossed. Place your hands one on top of the other in your lap, keep your back straight, eyes closed and tongue on the roof of your mouth. Your breathing should be calm and relaxed, through the nose. Spend a minute or so concentrating on your breath, feeling the air flowing through your nostrils.

Now imagine you're sitting on top of a mountain, and that it's the most peaceful place you can think of. Feel that you're sitting there in complete peace, right on top of the world. Now imagine that infinite happiness is surrounding you in every direction. Feel you're completely surrounded by that infinite peace and happiness.

Now start to repeat within your mind the following mantra:

Baba Nam Kevalam

Its meaning is "Infinite happiness is everywhere." Think of the meaning as you're repeating it. Feel you're surrounded by infinite peace and happiness, and feel that your own sense of existence is in direct contact with that endless peace and happiness all around you. Continue for as long as you like, then open your eyes.

Hints:

Don't worry if you have trouble concentrating – that's normal. It takes some time and practice to be able to focus on the one thought. The main thing is to keep practicing.

You can meditate any time, but the best times are in the morning before breakfast, and in the evening before dinner.

Try to find a quiet, out-of-the-way place where nobody will disturb you – a separate room, a corner of your bedroom, a peaceful spot in the garden.

Sit on a blanket or mat, and keep it only for your meditation. If you have trouble sitting cross-legged, put some more cushions under you so your backside is higher off the ground. That will take some of the pressure off your legs, and help keep your back straight. Avoid resting your back against the wall – you may get too relaxed to concentrate.

Try repeating the mantra throughout the rest of the day, singing it if you like. That will give you a continual feeling of lightness and happiness, and make it easier to meditate.