

Baba Nam Kevalam

Love is all there is

SOME HELPFUL TIPS FOR IMPROVING YOUR MEDITATION:

1. Should be done on an empty stomach, wait at least 2.5-3 hours before doing meditation.
2. Minimum twice a day regularly. Before breakfast & before dinner.
3. Take full bath or (half-bath)

Half bath: to cool and wake up the body and mind. Pour cool water down the genital area, pour cool water down the arms from the elbow down, legs-from the knees down, behind the ears and neck. Last, fill your mouth with water and while holding it in-splash your eyes with cool water, with your eyes open, 12-14 times). Also clean nose with water (eg sucking in through nose and spitting out water through mouth).

4. Choose a quiet and clean place, take the telephone off, close the windows if in a noisy area, etc. Do it in the same place all the time.
5. Try to do it regularly at the same time, this will habituate your body and mind.
6. Sit cross-legged, hands together, back straight, eyes closed, tongue rolled back.
7. If your mind wanders it's OK, bring it back to the mantra.
8. If you have concentration problems, play some nice mantra music in the background.
9. If your back hurts, lean against a wall. Sit on a cushion. But usually sit up straight independently of any support.
10. If your knees hurt, try keeping your knees at the same level as your bottom. Stretch your legs out and continue your meditation, cross them again when they are rested.
11. If the pain is unbearable sit on a chair.
12. It is easier to do meditation with a group of people, for that we really encourage the formation of regular collective meditation circles.