

MEDITATION

E-book

A GUIDE TO BE YOUR OWN TEACHER



Start where you are at



YOGATAIO



INTRO

START WHERE YOU ARE

Our lives are filled with distractions, filled with stimulation.

But imagine if there was a way to slow things down, to unwind and calm the mind and to let go that stress from the body.

Let me make you a question; when was the last time that you stopped, that you were still, that you put your phone down, that you got rid of all the distractions around you?

When was the last time that you dedicated this time for yourself doing “nothing”?

1_WHAT IS MEDITATION?

WHAT YOU ALWAYS LOOK FOR IS
ALREADY WITH YOU.

Meditation is a way of training our mind to become calmer and clear. It is a training that helps to cultivate a greater sense of ease, in our mind, in our body and in our LIFE.

Essentially we remove ourselves for a few minutes, perhaps a bit longer ;) where we PAUSE and we train the mind to be more present and less distracted.

Many might think that meditation is turning off the mind and thoughts or changing them, making them better, but the only thing to change is how we relate to thoughts and emotions. Learn to see them with more perspective, so that we can create a space of calm and detachment.

A close-up photograph of a hand gently cupping a white rose. The hand is positioned with the palm facing up, and the fingers are slightly curled around the petals of the rose. The rose is in full bloom, with many layers of white petals. The background is a soft, out-of-focus blue and green gradient.

2_BENEFIT

MEDITATION IS THE BEST MEDICATION

There are tons of benefits to meditation.

Physical and mental benefits.

Essentially, meditation can help you be more present and less distracted, it can help you to bring a greater sense of ease in your mind, body and life. Your health will improve.

But most importantly: You will start living your life in alignment with what is true for you and with what you truly want for your life. Not making choices anymore out of fear in any way, but you will feel that completeness is already within and when you feel that, you can start giving in life, instead of always taken to complete yourself.

That greed in life will never complete you.

3_STEP BY STEP:

-Location: Find one and keep it! I'm not telling you to turn one of your rooms into a special meditation heaven, but try to find your special space and keep it as such; make sure that it's clean, tidy and well organised. Try to choose a place that isn't too noisy. And if you like, make it sacred with cleansing herbs, incense and comforting lighting.

-Position: Sit upright. If you are sitting on a chair, sit right on the edge of it, relaxing into your pelvic bones with your feet on the floor. If you are sitting on the ground, preferably propped yourself up with a cushion or block so that your thighs are relaxed and your spine remains tall. Loosen your shoulders and breathe from your belly. You can cross your legs but you don't have to if you're more comfortable in another position, just as long as you can fully relax without falling asleep.

3_STEP BY STEP:

-Mindset: At ease. Don't worry about failure. If you find your mind engaging you and realise that you're not being fully present with the chosen target, don't let your inner perfectionist beat you up for doing it "wrong." Simply congratulate yourself for noticing and return back to the present moment and the sensations you're experiencing.

-Method: Know what you want to practice. There are many types of meditation, make sure you have a clear idea about what kind of meditation you want to practice. Whether it is; focus awareness or resting resting awareness.

3_STEP BY STEP:

-Timer: Timeless,
BUT:

It makes sense, in the beginning in particular, to
Set the timer so you don't have to think about
how long you meditate.. If I wanted to meditate
for 30 minutes daily, the easiest way was to set
an alarm on my phone.



Meditation is usually timeless.
Time is an intimate phenomenon for each of us.
Experience directly the time of now and you
become timeless.



4-TIPS

Particularly at the beginning each session will be different and perhaps even difficult. Keep these tips in mind to help develop a practice that's tailored to your experience, environment, and enjoyment.

Do you remember? stay at Ease with yourself

- Give it time. Meditation often takes practice. If you're expecting to do it perfectly, you may actually create more stress for yourself. Feeling discouraged may prevent you from sticking with it.
- Start with shorter sessions. Five minutes is perfect for beginners. Work your way up to longer sessions over time. With practice, this type of meditation becomes easier and more effective.

4-TIPS

- Choose the best time for you. Many people find that focused meditation (or any meditation practice) is a great way to begin their day. A morning meditation practice can do wonders for keeping you calm and reminding you to be mindful throughout the day. Others choose to meditate after work as a way to wind down from their busy schedules and refocus on family and home. Think of it as a great way to leave work stress where it should be — at work.

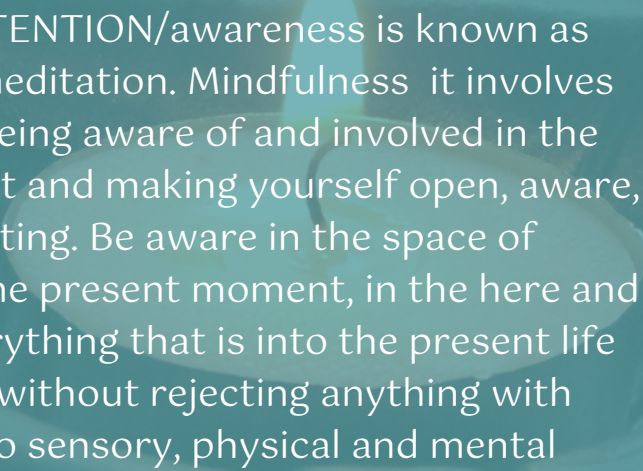
5-Methods

FOCUS ATTENTION

Focus meditation involves focusing all of your attention on a specific object while tuning out everything else around you. The goal is to really experience whatever you are focusing on, whether it's your breath, a specific word, or a mantra in order to reach a higher state of being.

5-Methods

RESTING ATTENTION



RESTING ATTENTION/awareness is known as Mindfulness meditation. Mindfulness it involves the state of being aware of and involved in the present moment and making yourself open, aware, and accepting. Be aware in the space of awareness, in the present moment, in the here and now, with everything that is into the present life experience, without rejecting anything with openness to sensory, physical and mental perceptions.

Since there are many things and perception of our life experience of the present moment, I suggest here also to choose, so you can have a clearer direction of what to do. For example you can choose to pay attention to your physical sensation, to your thoughts (the quality of them) or to sensory perception (sounds, smells...)

5 Meditation Techniques to Get You Started

1- Basic Meditation

This involves sitting in a comfortable position and using the breath as one point of focus. If you find yourself distracted by other thoughts or find your mind wandering, gently redirect your focus back toward your breaths.

2- Focused Meditation

With focused meditation, you focus on something with intention without engaging your thoughts on it. You can zero in on something visual, like a statue; something auditory, like a metronome or recording of ocean waves; something constant, like your own breathing; or a simple concept, like "unconditional compassion."

Some people find it easier to do this than to focus on nothing, but the idea is the same: staying in the present moment, circumventing the constant stream of commentary from your conscious mind, and allowing yourself to slip into an altered state of consciousness.

5 Meditation Techniques to Get You Started

3- Activity-Oriented Meditation

Activity-oriented meditation combines meditation with activities you may already enjoy, or with new activities that help you focus on the present. With this type of meditation, you engage in a repetitive activity or one where you can get "in the zone" and experience "flow." Again, this quiets the mind and allows your brain to shift.

4- Mindfulness Meditation

Mindfulness can be a form of meditation that, like activity-oriented meditation, doesn't really look like meditation. Mindfulness simply involves staying in the present moment rather than thinking about the future or the past. Again, this can be more difficult than it seems! Focusing on sensations you feel in your body is one way to stay "in the now." Focusing on emotions and where you feel them in your body—not examining why you feel them, but just experiencing them as sensations—is another.

5 Meditation Techniques to Get You Started

5- Spiritual Meditation

Though meditation isn't specific to any one religion, it can be a spiritual practice. You can meditate on a singular question until an answer comes, or meditate to clear your mind and accept whatever comes that day.



CONCLUSION

Be your own teacher

At its core, meditation is the mindful practice of connection to something that is greater, vaster, and deeper than the individual self. It may seem paradoxical, but the path to that connection passes through honest self-reflection. While there are many meditation techniques that look to increase spiritual awareness, they all require an attitude of integrity and authenticity when looking at ourselves and how we view the world.

For as long as we humans have been embarking on spiritual journeys, we've relied on the guidance of spiritual teachers. The hallmarks of a genuine spiritual teacher are wisdom, kindness, spiritual power, and humility. Self-styled gurus who toot their own "spiritual enlightenment" horns tend to be misguided and easily lead others astray, whether their intentions are good or not.

The journey to spiritual awareness through meditation takes time. Progress is definitely not achieved overnight; promises of a quick fix are implausible at best.

It takes plenty of discipline and practice to achieve spiritual realization, but the long-term benefits are incomparable. Some people mistakenly believe that the point of practising spiritual meditation is to achieve “superpowers”. The allure of fantastical spiritual powers can overshadow the simple beauty of spiritual meditation practice. Spiritual awareness starts with being honest and kind, and with our commitment to becoming the best human being we can be. A strong desire for magic and miracles makes it very difficult to recognise and appreciate the marvel of being alive and everything that goes into making this possible. What could be more miraculous and magical than the air we breathe, the sunshine we enjoy, simple acts of kindness and compassion, interconnectedness, and everyday blessings of all kinds? Gentle appreciation of the present moment and an attitude of benevolence towards all living beings are the real fruits of spiritual awakening.

ENJOY YOUR JOURNEY

Love
Giulia



Gift

I am really happy that you have read to the end, and I hope this ebook has helped you to have a clearer idea about the practice of meditation.

I always appreciate the interest and curiosity for this ancient practice but nevertheless so useful to today's man.

This is why I offer you the opportunity to meditate together, I will guide you with the method of your choice in 25 minutes of meditation.

Click on the link to choose the method and book your gift session