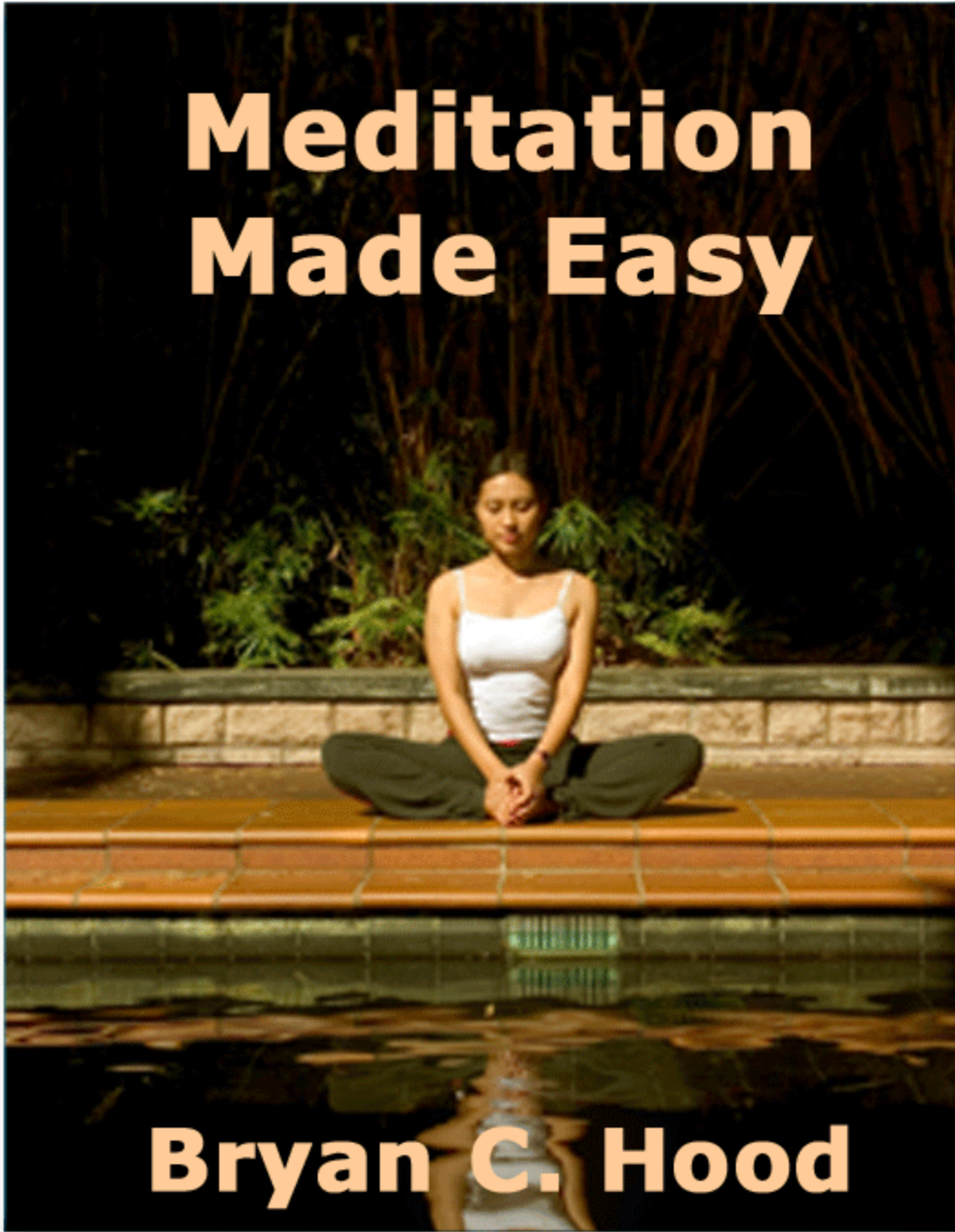


# **Meditation Made Easy**



**Bryan C. Hood**

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By

Bryan C. Hood

Other works by Bryan Hood:

[A Moment With Eternity](#)

[Transformational Thoughts](#)

[How to Make a Personal Meditation Journal](#)

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## Meditation Made Easy

### Definition of the word Meditation:

From the Oxford Reference Dictionary 1992:

“to think deeply and quietly; to do this in religious contemplation.”

Bryan’s understanding of the meaning of the word Meditation is:

“the activity one engages in, in order to stimulate change from within.”

### Why Meditate?

To learn to reduce, manage and or eliminate stress.

To assist the body to be able to connect more deeply to a healthier state.

To train and assist ourselves to operate with our subtler aspects for a better, more peaceful and fulfilling life.

### Stress

Too many stresses that are not dealt with efficiently, will eventually generate adverse reactions in our bodies that may include but are not limited to things such as high blood pressure that could then lead to heart attacks and strokes. A stressor is anything that disrupts your inner state of peace and contentment.

#### **Some Sources of Stress:**

Work Environment:

Home Environment:

School Environment:

Emotions (e.g. anger and held-onto resentments):

#### **Ways to Counteract Stress:**

Clean, orderly, tidy and efficient operation.

Clean, orderly, pleasant and a pleasure to be in.

Clean, orderly, with a balance of learning, creativity and physical activity.

Recognize what triggers you to feel the negative emotions and deal with the trigger and the emotions in a productive, positive manner.

### Some Forms of Meditation are:

Stationary, which include:

Guided - Visualization

Self awareness (e.g. Insight meditation)

Mantra - a word or sound stated repeatedly

Mechanical - Biofeedback machine (may be costly)

Moving, which include:

Walking meditation and the different forms of Tai Chi

### Required Materials for Meditation:

Beginning Basic Meditation: (Basic meditation is the version of meditation described in this e-book)

A sense of willingness. Straight-backed chair. Notebook and pen.

A glass of room temperature water. Wear loose-fitting, comfortable clothing

For an Intermediate to Advanced Meditation:

You may include some or all of the following:

A count-down timer. Music source (e.g. tape or CD player) and slow, calm [music](#),

Sandalwood or other [incense](#) and a container for burning it in.

A blanket. A [cushion](#) or chair to sit on.

A dripless [candle](#) with a good base (e.g. votive candle). Lighter or matches.

## **Basic Meditation:**

Though this basic meditation may seem very plain and simple, it will cultivate self-discipline through repeated continued use. You can also reach intermediate and advanced meditation levels with it. Basic form of meditation will also easily condition and prepare you to take your meditation practice to other, further stages, if you choose to. It requires no fancy things, just the first six items noted above under “**Required Materials for Meditation:** - Beginning Basic Meditation”.

If you want to have a better journal log book then just a plain notebook you can get a copy of, “How to Make a Personal Meditation Journal”. In it I share with you how to create a much better and expanded journal log book you can use for years to come. You also get templates to print out and use that will make the process of creating and personalizing your journal easier. Simply go to [http://www.bridgetolight.com/free\\_ebooks.html](http://www.bridgetolight.com/free_ebooks.html) download “How to Make a Personal Meditation Journal” and follow the instructions inside it.

With the activity of meditating, we are helping ourselves to become familiar to the inner reality that exists within us. When I say within “us” I am not referring to just the organic body. I am also meaning the multi-level nature that combines to make us who we are - a full Human Being (human organic and the “being” that is the entity that exists through and beyond time and space). Some of the components that you will later be able to work with as you become more skilled are the emotions, mind, consciousness and the awareness.

As you practice, you are learning to slowly alter your brainwave patterns, find the balance between the polar extremes of the emotions and connect to the deeper essence at a conscious level. The goal you are attempting to attain first is to be able to enter the space between the thoughts. This is a state where a person is in a receptive, non-thought type of consciousness but still aware of the self and the surrounding environment. Once you are able to shift the focus into the non-thought contemplative space and are in receptive experience, you have successfully consciously activated the “heal and repair” system of the body. However, once you restart full analyses of your experience, you are thinking and are no longer in the state that is being cultivated. As we practice we may lose our focus or become frustrated. If this happens simply and gently re-adjust yourself and start again as often as you need to.

## **Method of practice:**

First find a place in your living quarters that can be designated as your meditation spot. It should, if possible, be out of the way of the flow of traffic. Away from other family members and or friends, a place where you can truly be by yourself. If you choose a corner in your bedroom, make it the corner furthest away from your bed. The reason you should not meditate in or on your bed is because the mind will become confused. It may then switch between the activity of sleep and the activity of meditation. Without the separate psychological associations of the different locations and their location activities you can end up hurting your mental health. Some people even choose to use a part of a closet for their meditation spot. If you choose a really small space, like a closet, do not burn any candles or incense in that location as there may not be adequate air to properly sustain you or them.

The spot you have chosen should now be cleaned of all clutter. You will want only the minimum amount of items in your space. All you should have is your seating choice, your notebook and pen, your glass of water and you. There is no other reason for anything else. Keep your personal area clean and totally free of all clutter, no exceptions. Try not to start a habit you will regret later. If you are the type of person who has a lot of things going on in their life, and you do not feel comfortable without having a lot of stuff in your personal environment, make your meditation spot the exception to the rule. Minimal is better in this case. With your basic meditation items gathered and your space prepared, you are almost ready to begin.

Choose a time when you will practice. Early mornings are generally suggested. If you are not a morning person, choose late evenings. For a good meditation, you will want to be alert and attentive, not drowsy or exhausted. If you choose the late evening, try to have some time in between your meditation time and your sleep time. If you have the luxury of spare time during the day to practice, then use that time. It is important that you get to understand your own personal rhythms and integrate the practice into them.

Let us say you choose to meditate in the mornings at four o'clock, before anyone in the house wakes up. Start out by putting on some loose but comfortable clothing. Use the washroom and go fill your glass or container with room temperature water (if possible). Coffee and other caffeine containing substances are not recommended. Also, try not to eat anything before meditation. If you must eat something, try to have a piece of fruit or something light. If you eat too much, you will be distracted as the body digests the food.

Go to your meditation space, place your water down and begin your progressive relaxation techniques. If you do not know progressive relaxation techniques, just begin to stretch. As you stretch your body, breathe deeply. The breathing and stretching will help you wake up and become more relaxed. When you breathe in the air, breathe it down deeply into the lungs and abdomen. When you feel you have done enough breathing and stretching have a seat in the chair.

Place both feet flat on the floor keeping the ankles uncrossed. Pick up your pen and book and write down the full date including the year, time and all the thoughts that may be going through your mind. Record your feelings at the time. Write down anything that you do not want to forget. When you feel complete that you have everything recorded set down your book and pen.

Use as much time as you need for this next section. Begin by placing your hands on your legs with the left hand on the left leg and the right hand on the right leg. Your palms can be up or down, find what position is more comfortable for you. Sit up straight and gently close your eyes. Now begin to become aware of all the things that are going on in your mind, all the things you may be continually rethinking and refeeling. All of these thoughts and emotions are what you should have written about earlier. If they are new ones, take the time now and go back to your notebook and add them in.

With your eyes closed and sitting straight, continue to become familiar to your inner reality. Begin to release out of your mind what you have previously written down in your journal. All the thoughts or feelings that are held onto use your inner energy up to remain active. You have them recorded so you can now let them go.

Breathe through your nose if you can. If you keep thinking of things, on each exhale remind yourself, "I have that item written down I can let it go". Now make your breaths a little longer and slower. In and out.

Now at this stage, you probably will not realize your progress but it is happening. If you begin to notice the same items coming back into your mind, practice placing your focus onto something else. Let yourself become totally absorbed in your breath. See if you can follow the pathway the air uses as it moves through the body, starting at the upper lip. You can also just sit and experience gravity drawing you down into your chair. Remain as peaceful and as presently attentive as you can.

Another technique you can try to slow the mind is to count numbers. Visualize in front of you each number by itself and say its name in the mind once. As you move from number to number, pause between each one a little longer each time, eventually releasing the visualization and bring yourself to the point where the mind is occupied with no thing and with an experience of peacefulness. For some people this will happen quickly, for others it may require some patient, repeated practice. It will happen just keep at the practice

When you feel you are done for now with your meditation become aware of the room, open your eyes and write down any experiences or perceptions you may have had in your session. When you have recorded all you can, on the next line draw a long line across your page horizontally. With the intent that you are now done your session, put your book and pen down, stretch, breathe deeply, pick up your glass, drink the water and walk away from your meditation space.

As you practice meditation you will become conditioned to your space the more you use it and it becomes conditioned to you. Keeping it very clean and orderly assists each meditation time and each time assists you at the subconscious level. After you have continued practicing for a while, just your approaching your space will begin to activate your mind to more easily attain whatever level and state of consciousness you have developed in your prior meditation sessions. This automatic preparation, activated in the mind, saves hours of frustration and enables you to go right to the level you have cultivated.

That is it. Basic, simple BUT vary powerful. Please do not let the simplicity of it fool you. This is the foundational rock everything else you will do in the future will be built on.

## **To Review:**

Pick a location to be your meditation spot. Clean and clear away all the dust and clutter. Gather all your required items and set up your space. In your journal or notebook write down the date and whatever is occupying your mind. Set your journal / notebook down and turn your focus internally. Attain some kind of a peaceful, clear mind-state. Remember that if you are analyzing your experience as it's happening, you are not yet in the best state. Allow yourself to just experience for as long as you feel is necessary. When you are done, write down your experiences in your journal. Draw the line, have a drink of water and come back into more of an "awake" state. Put your notes away, breathe more deeply and now with the intent that the meditation session is done, walk away.

Leave behind you the activity that you did but continue to experience the peaceful calm feelings that you have built in the session. As you walk away, allow the mind to begin to again think of things that you need to address in your day. Come back fully to your life by re-engaging yourself into it. Consciously you release, subconsciously you will integrate.

Practice by making time for your meditations as often as you can. I suggest to try to have at least one session of good quality a week. Slowly increase the length of time you meditate to whatever is comfortable for the lifestyle you choose to express. Start out by sitting for 10 minutes, and then increase the time. Some people like to meditate for one hour every day. Find what will work for you and enjoy.

## **Some Reference Books are:**

[A Moment With Eternity](#) by Bryan Hood  
ISBN: 1-55212-741-9

[The Meditative Mind](#) -- The Varieties of Meditative Experience by Daniel Goleman  
ISBN: 0-87477-463-2

[The Relaxation Response](#) by Herbert Benson, MD  
ISBN: 0-380-00676-6

Other books can be found in your local bookstore or library under Social Sciences, New Age, Religion, Parapsychology, Meditation or Wellness.

This concludes my "Meditation Made Easy" e-book. I hope you enjoyed it and will choose to continue with your meditation practice. This form of meditation was what I talked about in my first book [A Moment With Eternity](#). You can read an excerpt and reviews at <http://www.a-moment-with-eternity.com/>.

Thank you for reading "Meditation Made Easy".

If you would like to [contact me](#) or purchase any of my other books or materials, come visit my web site at <http://www.bridgetolight.com/> or type me a letter and send it to:

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Be sure to include your name and mailing address if you require a response.

Wishing you unity in the eternal truth,

Love, Bryan