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How to Meditate

By Janet K. Ilacqau

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How to Meditate

As a small business person, you will be under stress. It helps you to operate in a more relaxed way ... and therefore in a more effective manner. Decisions are made calmly and logically, and are not based on sudden gusts of emotion that can easily throw us off balance if we are not on guard. It can make us more aware of what impulses and desires govern our behaviour, and by being aware of these, we can deal with them at a more conscious level. Also, the continued practice of meditation will help you

There are many different meditation techniques, but here is a simple and easy one based on counting the breaths.

1. Sit upright on a straight-backed chair or sit cross-legged on a cushion on the floor. Try to maintain a relaxed pose but keep your back straight and your head slightly bowed. No need for contortions – be kind to your knee joints!

2. Close your eyes, check for muscle tension throughout your body, and focus on the area that is causing the tension. Consciously relax the muscles.

3. Make sure your mouth is closed and focus on the breath entering your nostrils. Don't try to force or regulate the breath, just breathe normally. Gradually, your breathing will become steadier and gentler; but there's no need to consciously aim to achieve this. Let the natural rhythm of your breathing take charge.

4. After a few minutes, begin to make a mental note of the breaths 'one' [in breath] 'one' [out breath], 'two' [in breath] 'two' [out breath] and so on up to ten.

5. What you will find is that your mind wanders – as the mind does! Don't be put off by this. The mind is used to getting its own way and having free reign. Just return to the counting, and do this for ten to

fifteen minutes.

6.If you prefer, don't bother counting and just concentrate on the breath as the air touches your nostrils. Make this the focus of your attention.

7.Don't try to achieve anything. Meditation is not a feat of endurance or a quest for dramatic experiences. At its most basic, it's a means of relaxing both body and mind.

8.Practice this every day – morning and evening if possible – and see for yourself the benefits that develop from it.

"Inner development comes step by step. You may think, "Today my inner calmness and mental peace is very small." But if you compare and look five, ten, or fifteen years back, think for a moment.

"What was my way of thinking then? How much inner peace did I have then compared to today?"

Comparing it with what it was then, you will realize that there is some progress and value. This is how you should compare: not with today's, last week's or last year's feeling, but five years ago. Then you can realize what improvement has occurred. Progress comes by maintaining a constant effort in daily practice."

His Holiness the Dalai Lama and Howard
C. Cutler, MD "The Art of Happiness" A
Handbook for Living Coronet Books,

London, 1999. ,34.

As you get into the habit of meditating, you might like to sit for longer periods. However, it will largely depend on your other commitments.

Finally, keep in mind that this is only one meditation method amongst many others. Explore other methods and find one that suits you personally. One particular method that works for one person may not work for another. Find and use a method that you feel is right for you.

Bio: Janet K. Ilacqua is a freelance writer based in Tracy, California. She specializes in academic writing and ghostwriting of books and manuals for individuals and small businesses. For more information about her services, check her website at <http://www.writeupondemand.com>.

5 Tips For Successful Meditation

By Mike Garrett

Meditation is an art that takes a certain degree of consistency, but almost anyone can find time to meditate, no matter how busy your days may be. Meditation takes little to no preparation time if you follow a few rules, so in less than a half hour, you can meditate and continue on with your normal daily schedule. Remember, meditation is all about being relaxed.

First, find a convenient and appropriate place and time for meditation. Many people choose to participate in a class or meditate with a more experienced person (commonly known as a guru). However, if this is not possible, you can still meditate and achieve great results. The place you select for meditation should be away from wherever you typically do your work—i.e., don't meditate at your

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desk if you can help it. Also avoid any areas that are noisy or otherwise distracting. Not all outside distractions can be cut from your life, but try to keep them to a minimum.

Most people agree that the best time of day to meditate is in the morning, before you begin the rest of your daily routine. At this point in your day, the hustle and bustle of life has yet to begin, and therefore you can more easily concentrate. However, other people choose to meditate in the middle of the day—this relieves some stress already building and helps you continue through the rest of the day. Others prefer the evening or directly before bedtime in order to release stress and sleep better. Whatever time you choose, try to be consistent every day.

It is important to be comfortable when you meditate, but not sleepy. Therefore, avoid meditating after large meals. It is also, on the other hand, detrimental to try to meditate when you are hungry. This can be very distracting, which is counterproductive to the goals of meditation. Meditating on an empty stomach is difficult and frustrating as well, especially for beginners. The most important thing is to know your own body—for example, if you usually have to use the restroom after drinking and eating, this is not a good time to begin meditating.

Being comfortable also means ensuring that your space has proper lighting and heating. Harsh florescent lights can make you strain your eyes, even when closed. The best meditation spaces allow sunlight, controlled by blinds, into the area. Be sure that you won't be too warm or too cold, which can be as distracting as being hungry. Your body temperature may drop slightly as you meditate such as happens when you are sleeping, so be sure to account for this. Many people like to keep slippers close at hand to put on during meditation if needed.

Dress comfortably—you need no special outfit. If you decide to meditate mid-day, you may want to remove uncomfortable articles of clothing, such as pantyhose or ties, but it is unnecessary to completely change your outfit if you do not have time. As long as you are comfortable, meditation will be effective, because overall, that is what meditation is all about—being comfortable. By practicing meditation, you can be comfortable with yourself, your life, and the world around you every day.

Mike Garrett has an interest in Speed Meditation. For further information on Speed Meditation please visit

<http://www.speedmeditation.com/meditation.html>

or

<http://www.speedmeditation.com/blog/2006/10/03/5-tips-for-successful-meditation/>

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