

“To Meditate, you simply pay attention to a chosen point of focus, and whenever you realize you’ve been distracted, you refocus.” From Bill Harris’ book entitled “Thresholds of the Mind”

Chosen points of focus during a sitting meditation can be (but not restricted to):

- * Paying attention to your breath, ride the in and out of your breathing.
- * Repeating a Mantra such as “I Am”
- * Touching the point of an energy center and paying attention to the feel of that touch.

While setting in an upright comfortable position, with your hands resting on your lap, one palm resting on the other palm with thumbs touching. Your legs should not be crossed (when sitting in a chair) with feet comfortably apart resting on the floor.

If you can sit on the floor in a Lotus posture or half Lotus posture, that is recommended. If crossing your legs with both feet on top of the opposing thigh (full Lotus posture) or only one foot on top of the opposing thigh (Half Lotus posture) is comfortable, these postures promote a straight spine and good support while meditating.

Start off by becoming more and more relaxed, releasing tension in the body and mind. If there is some topic which is troubling to you mentally, Take a slow deep breath while considering that topic, then as you exhale, release the topic’s tension along with your breath. You can repeat this with the same topic or others so that you are able to relax and establish a point of focus during your meditation period.

You should choose a time/place where you won’t be disturbed by external concerns, i.e.: phone, noise, children, etc. Where you can comfortably relax and focus for a period of time uninterrupted. It is good to always meditate in the same spot at the same time of day/night. That is because it enables you to establish a habit that is to your benefit. It usually takes about 30 days for something to become a habit, so consistency is important in establishing this habit.

Initially, you may dread taking the time to meditate, but if you persevere, you will eventually look forward to the time spent in meditation and even spend longer and longer time in meditation.

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Meditation in Motion

Since meditation is “simply paying attention to a chosen point of focus”, whatever you do can become a meditation. When you are so engrossed in what you are doing, that nothing else around you intrudes on your engrossment, you are meditating in motion. Usually when you are so engrossed in an activity, time either seems to stand still or fly by without you realizing it. Typically, when you are so engrossed, it is very peaceful and the mind is very quiet which is uplifting.