

A Complete Introductory Course In Meditation Techniques

Includes Training Audios To Speed Up Learning

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This outline provides a complete introduction to meditation which you can practice on your own or with specially designed meditation audios (linked in this ebook) that help you reach a deep meditative mental state FAST. Using the audios you can accomplish the mental equivalent of years of meditation training in weeks! Lets begin.

Meditational exercises can help you give your brain a "charge", helping enhance your memory, focus and ability to relax, as touched upon in an article from Time Magazine;

Scientific Study On Meditation [from Time Magazine](#);

One recent study found evidence that the daily practice of meditation thickened the parts of the brain's cerebral cortex responsible for decision making, attention and memory. Sara Lazar, a research scientist at Massachusetts General Hospital, presented preliminary results last November that showed that the gray matter of 20 men and women who meditated for just 40 minutes a day was thicker than that of people who did not. Unlike in previous studies focusing on Buddhist monks, the subjects were Boston-area workers practicing a Western-style of meditation called mindfulness or insight meditation. "We showed for the first time that you don't have to do it all day for similar results," says Lazar. What's more, her research suggests that meditation may slow the natural thinning of that section of the cortex that occurs with age.

The forms of meditation Lazar and other scientists are studying involve focusing on an image or sound or on one's breathing. Though deceptively simple, the practice seems to exercise the parts of the brain that help us pay attention. "Attention is the key to learning, and meditation helps you voluntarily regulate it," says Richard Davidson, director of the

Laboratory for Affective Neuroscience at the University of Wisconsin. Since 1992, he has collaborated with the Dalai Lama to study the brains of Tibetan monks, whom he calls "the Olympic athletes of meditation." Using caps with electrical sensors placed on the monks' heads, Davidson has picked up unusually powerful gamma waves that are better synchronized in the Tibetans than they are in novice meditators. Studies have linked this gamma-wave synchrony to increased awareness.

There are many types of meditation techniques beginning with simple breathing to using visualizations and images to help focus and/or relax the mind and body. This little ebook attempts to cover a large portion of them while providing meditation audios to master meditation. Learning about the different meditation techniques (and practicing them) makes you become familiar with how the mind works and you will gain more control (as per the zen model on the path of the mind).

The best way to understand meditation is to experience it for yourself and the best way to learn how to do meditation is to practice it regularly. You've probably heard that 'practice makes perfect' and meditation is no different. Once you have practiced it – regularly – for at least 3 weeks, then it becomes a part of you i.e. accessing the meditative state becomes a habit.

Since the best way to understand what meditation is, is to experience it, lets begin;

Breathing

Learning to pay attention to your breathing, taking slow deep inhales and exhales, is the first step to any meditation method.

The best way to breathe meditatively is the same way a baby breathes. A full breath in and full breath out with no pause. Doing this simple breathing pattern will re-energize your body.

To practice just put your hand on your belly and breathe in deeply then exhale fully and repeat.

Remember to breathe slow and deep. Fast breathing leads to hyperventilation. Slow, deep breathing is often the solution to hyperventilation as it slows down your body's metabolism.

By following this you will fill your entire lungs. You don't actually breath into your stomach but expanding your belly as you breath helps fill your lungs.

"Take a deep breath. Now exhale slowly. You're probably not aware of it, but your heart has just slowed down a bit. Not to worry; it will speed up again when you inhale. This regular-irregular beat is a sign of a healthy interaction between heart and head. Each time you exhale, your brain sends a signal down the vagus nerve to slow the cardiac muscle. With each inhale, the signal gets weaker and your heart revs up. Inhale, beat faster. Exhale, beat slower. It's an ancient rhythm that helps your heart last a lifetime. And it leads to lesson No. 1 in how to manage stress and avoid burnout." from Time Magazine's "[The Brain: 6 Lessons for Handling Stress](#)"

Progressive relaxation for relaxing your body

Most people who do not practice meditation or yoga don't know how to properly relax their body.

The easiest way to relax your body quickly is to tense each muscle group (each part of your body) and then relax it. For example: tense your hand then relax, tense your arm then relax, tense your head then relax, same for your neck all the way down to your toes.

By consciously tensing your muscles and relaxing them you are helping your body relax deeper as you are defining tense and relaxation – and indicating to your body how you want to feel i.e. relaxed.

Do this while following the breathing pattern of deep inhales and exhales.

Creating a peaceful scene for mental relaxation

This is a simple visualization technique that is commonly used in meditation to enhance mental relaxation.

All you have to do is to imagine something that makes you feel calm and relaxed. I like to imagine myself at the beach, a lake or in a beautiful garden. The key to make this technique work for you is to imagine your chosen scene of relaxation in vivid detail. For example: if you choose the beach then imagine how the sun would feel, what the wind and sand would feel like, imagine the smell of the ocean and even the seagulls in the distance. Take your time and imagine that you are actually on the beach i.e. make yourself feel like you are on the beach and surrounded by the sights, sounds and smells of the beach. You could also imagine a peaceful lake as in the picture above.

This technique will help you relax your mind and prepare you to meditate deeply.

Combining the techniques learned so far:

Breathe deep and slow (1 minute)

Relax your body while breathing deeply.(2 minutes) Continue the deep and slow breathing throughout your practice.

Imagine the peaceful scene.(2 minutes)

That's it.

Deepening the Meditation With Sound Technology To Induce Mental & Physical Relaxation

Use this audio, with headphones, for practicing the above meditation. Its a 5 minute audio of binaural beats (see explanation on page) which helps the mind relax and attain a lower frequency, making it more powerful. Sit with your spine straight and arms and legs uncrossed and feet firmly on the ground. Practice the breathing and relaxation exercise above while listening to the audio with headphones. Note: Since this audio is designed for relaxation please don't use it while driving or operating machinery as it can slow down your reflexes and even put you to sleep. Audios for beginners:

[5 Minute Beginner Meditation Training Audio - Level 1\(13 hrz\)](#)

[5 Minute Beginner Meditation Taining Audio - Level 2 \(9.9hrz\)](#)

An explanation of Binuaral Beats (with a link to free software) is on page 10 and a complete 4 step meditation deeping outline with binural beats training audios is outlined on page 17

Building You Meditation Practice

1. Counting Breaths Meditation: A great way to clear the mind by providing a mental focus. As you breathe in deeply and slowly count to yourself "1". And exhale, feeling the breath leave your body. (Thinking "1 exhale" if you like, or just "1"). Inhale again, saying to yourself, "2". And slowly exhale. and so on. Take 3-7 seconds on the inhale and exhale (depending on your lung capacity), keeping the inhale and exhale time the same and enjoy.

2. Nature Energy Meditation: Imagine light from the sun all around you and entering the top of your head and flowing down through your body and exiting your feet, into the earth... all the way to the center of the earth. Pull energy from the center of the earth through your feet and out of your head. Fill your body with energy from the sun on inhale and feel your cells absorb the suns energy as you exhale. Then inhale energy straight from the center of the earth, into your body and exhale while feeling it absorb into your body. You can modify the technique by

imagining roots from your feet deep into the earth. Enjoy the breathing and visualizations for as long as you like.

3. Mental Rehearsal: Professional Athletes spend time not only practicing but also [mentally rehearsing their moves](#). Studies have shown that this mental rehearsal improves actual performance (an example is [here](#)) and [sports psychologists teach it](#) all the time. Think of an activity that you would like to excel at. Spend time visualizing each move exactly how you want to do it. Do this in detail. Then repeat several times before and after trying out the activity you want to improve your skill at and making adjustments as you need to.

4. More Advanced Meditation: "The Empty Mind" or Zen Preparation Meditation

Preparation: The key to this meditation is to focus on your breathing and every time you notice your mind straying to any thought just bring your attention back to your breathing.

Relax your body completely by visualizing each major muscle group relax and let go.

Now do a 4 to 1 count as follows: Take in 4 deep breaths, repeating "4" to yourself as you exhale. Then take 3 deep breaths, repeating "3" when you exhale. Now take 2 deep breaths, repeating "2" when you exhale. Finally, take 1 deep breath, repeating "1" as you exhale.

Meditation aid: Imagine that you are a passive observer of something very relaxing where there is repetitive motion. For Example: relaxing on the beach, watching the waves go back and forth or just lying in the grass and watching as the clouds move by overhead.

Finally, now you want to cause your mind to go completely blank. As you are focusing on this repetitive movement, begin to envision a blank form. Maybe this blank form will arise as 'gaps' in your thoughts. I.e. there are always gaps in thought, become aware of yours. Allow these gaps to expand. If you get lost in thought and notice, then you are already succeeding in the meditation. As you NOTICED getting lost. . Allow each thought to pass as easily as it came in, expanding your awareness of the 'gaps'.

5. Golden Bubble Breathing Visualization: Imagine you are sitting in a golden bubble of pure, light and healing energy. Breathe in this energy with slow deep breaths and luxuriate in it. Great to close a meditation session with.

A couple of modern meditation/mental techniques (NLP) worth knowing for your meditation sessions are:

Swish Pattern From NLP: This technique involves replacing an old image of a habit (something you want to change/be-gone) with something you do want. Explanation of the swish pattern is located [here online](#). Or you could just learn from [this video](#).

"Phobia Cure" From NLP located [here in written form](#) and a video is [here](#) and [here](#).

To learn more about NLP you can watch Richard Bandler explain it on [this you tube video playlist](#).

Other meditation techniques worth doing are [chigung/qigong](#). Here are a few videos to get started: [Video 1](#) – [Video 2](#) – [Video 3](#) – [Video 4](#) – [Video 5](#)

Tips:

Start off the first couple of days learning how to relax deeper and deeper with each session. Use only relaxing imagery and progressive relaxation exercise to relax your body and mind.

Next day add techniques and ideas from affirmations or self-hypnosis techniques and practice them during each meditation session – after you are physically and mentally relaxed.

If you have practiced all your planned techniques or you don't want to work on techniques, then just spend your meditation session doing deep breathing exercises with peaceful visualizations with the proper format of a countdown and countup (see below) to make this the countdown a habitual pattern through reinforcement, so that whenever you do a meditation countdown you can reach your meditative state on command. (makes your meditation more effective/powerful).

NOTE: For all meditation techniques, whether lying down or sitting (sitting in a firm chair is preferred when training to keep from falling asleep), keep your spine straight and arms and legs uncrossed. Easiest position is to sit in a chair with your back straight and your hands, palms down, on your knees or upper thighs.

Recap:

The best way to learn meditation is to practice it regularly. You've probably heard that 'practice makes perfect' and meditation is no different. Once you have practiced it – regularly – for at least 2-3 weeks (for each level), then it becomes a part of you i.e. accessing the meditation becomes a habit.

If you follow a specific pattern, when you start and end a meditation or self-hypnosis session, then that little ritual you have created becomes an anchor to attain a deep meditative state fast.

This means that any time you want you can count down and go into a deep meditative state and count up to refresh yourself. It will be a skill that is a part of you like driving a car or riding a bicycle.

The format for a meditation practice

1. Follow the basic physical and mental relaxation technique as outlined in the explanation of meditation. When you have done this then do the following:

Say " I will countdown from 10 down to 1 and with each descending number I will relax more and more".

Then say " 10, I am relaxing more and more, 9, I am relaxing more and more..." and so on all the way down to one.

This serves as a mental anchor associating a 10-1 count down with deep relaxation. You could also imagine standing at a staircase of 10 steps and each step down makes you more and more relaxed (in this method imagine taking each step down after you say the number). You could also imagine that you are writing each number on a blackboard and erasing it for the next one. Whatever works best for you.

2. When you have done your 10-1 countdown after your basic relaxation practice you are in a very relaxed state of mind and body. At this point you could [set an anchor](#), such as by using three fingers of either hand (by pressing them together, lightly), or just the thumb and forefinger like a more traditional meditation posture.

You could also do one of the visualization techniques (see recommended list below) to create an even better inner state and anchor that state. You can set the anchor as many times as you like i.e. after each technique you do. This will make your anchor very strong. Later when you need to access calm, confident and happy states of mind all you will have to do is press your three fingers together (triggering your anchor), take a deep breath and imagine your chosen peaceful scene. That's it. Instant stress relief.

3. When you are done relaxing, anchoring, affirmations and visualizations and are ready to end your meditation/self-hypnosis practice do a 1-5 'count up' with the intent of becoming fully alert and re-energized when you are done. This counting also serves as an anchor for you as you get used to becoming fully alert and aware at the end of it.

Start by saying, "I am going to count from 1 to 5 and with each ascending number I will become more alert and aware ready and able to have a wonderful day/evening" . then start by saying "1 more alert and aware, 2 feeling refreshed and reenergized (imagine golden energy fill you up and energize you), 3,5, alert and feeling wonderfully refreshed". Open your eyes when you say 5 then say the last affirmation are you're done.

NOTE: For all meditation techniques, whether lying down or sitting (sitting in a firm chair is preferred when training to keep from falling asleep), keep your spine straight and arms and legs uncrossed. Easiest position is to sit in a chair with your back straight and your hands,

palms down, on your knees or upper thighs. Do each session 1 to 2 times a day to start and build it to at least 2 times a day on a regular basis (3 times a day if you want an extra boost). Work your way up from 5 minutes to 10 minutes and then stick with at-least 10 minutes or more per session. You could meditate for an hour twice a day if you want.

Binaural Beats for Meditation And Relaxation

Binaural beats is the name of a sound technology that uses two different frequencies of sound (one in each ear) to 'entrain' the brain to the frequency desired. Using this technology it is possible to go into deep relaxed meditative states in minutes as opposed to months of practice. (Related: [Free "Brainwave Generator" Software](#))

To fully understand what binaural beats are and how you can use them, you need to first understand what 'entrainment' is and what we know about our brainwave states.

Entrainment simply means to follow along. When you are listening to a piece of music that you like and you tap or hum to the music you are entrainment to the beat of the music. It has been discovered that your brainwave frequency will imitate the beat or rhythm of the music precisely.

For example sitting on a beach hearing the soft splash of the waves will make you feel relaxed and maybe even sleepy. This is because the rhythm of the waves is low and your brain follows along with that rhythm so you slow down mentally.

In the same way if there is lots of construction going on – even if you are somewhat sheltered from the noise – it will be irritating and may even give you a headache. This is because of the irregular rhythms and variations in sound volume. Your brain follows along but it's following an erratic sound pattern so the experience isn't soothing.

The whole process of following along with external sound is called entrainment.

Basically, if we are in an environment with fast paced music then we will tend to get more active. While if we are surrounded by slow music there will be a corresponding slow down in our mental activity. Of course, this is assuming you are listening to the music or its so loud that you can't ignore it and are going with the flow.

In other words, your brain responds to external stimuli by following along. So if you hear a regular beat then the brain will follow along after a short while i.e. it will entrain itself from it's current frequency to the one in its environment. This is called the "frequency following response".

The next thing you need to understand to know how binaural beats can help you concerns what we know about brainwave frequencies and how they affect your mind and body.

What scientists have discovered about brainwave frequencies using EEG measurements devices is that certain types of behaviors correspond to certain brainwave frequencies. For example; if you are asleep your brainwave frequency will be below 4 hertz. If you are exercising or playing a sport your brainwave frequency will be above 14 hertz. If you are relaxing then it will be between 10 and 14 hertz. Meditation states also occur around 7 hertz to 14 hertz.

Brain Frequency distribution:

40 hertz: Gamma Waves: Active mentally, intense emotions such as anger or joy, solving problems

13 - 40 hertz: Beta Waves- Active concentration, general active lifestyle

7 - 13 hertz:Alpha Waves-Relaxed state, light meditation level, perfect for stress relief

4 - 7 hertz:Theta Waves-Deep meditation, REM sleep, dreams

0 - 3 hertz:Delta Waves- Deep dreamless sleep

The interesting part is that not only will these activities lead to the corresponding brainwave state but you can also induce the brainwave frequency to get to the optimal mental state for the activity you want to engage in. For example if you want to relax you can play some white noise and the sound of a babbling brook and it will help you relax to a level below 14 hertz.

You can do this even more precisely using the sound technology of binaural beats.

You can experience and utilize binaural beats for yourself at anytime using a free software program called Brainwave Generator.

You can download it here: <http://www.bwgen.com>

Simply install the software and read the help menu after you have installed it to get an idea of how to use it.

If you don't want to use headphones: The option "repeating sounds" for the "self hypnosis" section of the software can be used for non headphones meditative sessions. If you want to make further adjustments you can set the frequency level at the "preset options" button. To make the sound stay at one frequency level rather than the ups and downs of the preset options (such as in the meditation training audios here), just go to "sound" and adjust the "Binaural beat" wave to level at whatever meditation level you want to practice. Or make your own, such as 12 hertz or 11 hertz or 10 hertz.

Benefits of Using Alpha

Helps the body and mind relax very quickly.

Enhances creativity.

Enhances learning.

It helps synchronize your left and right hemispheres bringing more of your brain 'on-line', making this very good for deep thinking.

With some practice you can enter and use Alpha whenever you like.

Alpha helps create an overall healthy state of mind and body.

Note: Signs of deep relaxation...

When you are deeply relaxed your tear ducts may also relax. In fact, you you relax deeply enough your tear ducts WILL relax and a tear or two... or with some people even a stream of tears is common. As you become more alert after a session your tear ducts will stop naturally. (basically if you tear up while feeling all relaxed and good... that's normal!)

Note: Also, Sometimes when your muscles release tension it may jerk. I have seen some overly stressed out (or wound up) individuals literally jump with the force of the release of tension in a muscle. Generally, if you do have a a tension release where your muscles "jump" it's followed by even deeper relaxation than before.

"The link between alpha and meditative states seems real enough. According to Psychologist Joe Kamiya of San Francisco's Langlely Porter Neuropsychiatric Institute, an early pioneer in the field, Zen masters produce more alpha when they are meditating than when they are not, and they are quick to learn how to switch it on and off. Artists, musicians and athletes are also prolific alpha producers; so are many introspective and intuitive persons, and so was Albert Einstein. Alpha researchers report that subjects enjoy what Psychologist Lester Fehmi of the State University of New York at Stony Brook calls the "subtle and ineffable" alpha experience. Its pleasure, theorizes Kamiya, may come from the fact that alpha "represents something like letting go of anxieties." from Time Magazine's article "[Behavior: Alpha Wave of The Future](#)"

9 More Meditations Worth Practicing

1 Breathing In Colors: Sit in a comfortable position with your back straight. Then choose a color. You can pick any color you like, from blue, to gold, to red. Breathe in each color till it feels like your body and mind are filled with the color. Continue to meditate on colors that make you feel wonderful or relaxed or peaceful.

2 Your Special Place: Pick a place you feel safe and comfortable. Visualize this place clearly and step in, following the steps in Exercise 10. Spend some time meditating as if you are actually there.

3 A Deep Pond: Imagine a deep blue pond. Notice some fish below the surface darting around. Take a silver coin from your pocket and toss it into the center of the pond. As the coin slowly drifts down allow yourself to relax.

4 Walking Meditation: While walking start becoming aware of your breath. Expand this awareness to include the feel of the clothes on your body and the feel of your feet on the ground. While continuing your awareness of your breath and body, become aware of the place you are walking and the scenery around you. Finally, being aware of breath, body and surroundings add the huge dome of the sky above you and the earth below you. Breathe deeply and relish this expanded sense of awareness.

5 Eating Meditation: It helps to be grateful before you eat as this prepares your mind to enjoy the meal. Take each bite consciously and enjoy the taste and texture. Chew slowly and take your time.

6 Candle Flame Meditation: Light a candle and sit comfortably in front of it. Focus only on the flame allowing any thoughts arising to just pass by. Watch how the candle dances. Then close your eyes and continue to focus on the flame in your minds eye. If you lose the image open your eyes and gaze at the candle again. If you like you can imagine any thought arising to go and burn up in the flame. This will help you attain a focused meditative state.

7 Breathing In A Smell: Smell is very important to us and easily alters our internal states. Pick a flower or food that smells extremely good to you. Breath in this smell deeply and slowly. Take your time enjoying the feeling of the smell "fill" your body.

8 Mirror Meditation: Get a mirror and sit comfortably in front of it. Look into your eyes and repeat any affirmation you would like to meditate on. For example, "I feel relaxed" or "I am confident" and so on.

9. Smile Meditation: Studies have shown that a genuine smile releases endorphins into your bloodstream, relieving stress and even rejuvenating your entire mind and body. The smile meditation is easy to do and very effective at feeling really good, quickly. . Think of something funny to start you smiling. It could be an event, a movie, a cute baby or even a puppy. Anything to bring a good smile on your face. . Imagine this smile spreading over face, down your neck and into your body. Meditate on the smile till your whole body begins to feel like a big smile.:~)

Two traditional meditation techniques from *The Religion Of The Samurai*¹ used to attain dhayana (zen);

Zazen, or the Sitting in Meditation.--Habit comes out of practice, and forms character by degrees, and eventually works out destiny. Therefore we must practically sow optimism, and habitually nourish it in order to reap the blissful fruit of Enlightenment. The sole means of securing mental calmness is the practice of Zazen, or the sitting in Meditation. This method was known in India as Yoga as early as the Upanisad period, and developed by the followers of the Yoga system. But Buddhists sharply distinguished Zazen from Yoga, and have the method peculiar to themselves. Kei-zan describes the method to the following effect: 'Secure a quiet room neither extremely light nor extremely dark, neither very warm nor very cold, a room, if you can, in the Buddhist temple located in a beautiful mountainous district. You should not practise Zazen in a place where a conflagration or a flood or robbers

may be likely to disturb you, nor should you sit in a place close by the sea or drinking-shops or brothel-houses, or the houses of widows and of maidens or buildings for music, nor should you live in close proximity to the place frequented by kings, ministers, powerful statesmen, ambitious or insincere persons. You must not sit in Meditation in a windy or very high place lest you should get ill. Be sure not to let the wind or smoke get into your room, not to expose it to rain and storm. Keep your room clean. Keep it not too light by day nor too dark by night. Keep it warm in winter and cool in summer. Do not sit leaning against a wall, or a chair, or a screen. You must not wear soiled clothes or beautiful clothes, for the former are the cause of illness, while the latter the cause of attachment. Avoid the Three Insufficiencies--that is to say, insufficient clothes, insufficient food, and insufficient sleep. Abstain from all sorts of uncooked or hard or spoiled or unclean food, and also from very delicious dishes, because the former cause troubles in your alimentary canal, while the latter cause you to covet after diet. Eat and drink just to appease your hunger and thirst, never mind whether the food be tasty or not. Take your meals regularly and punctually, and never sit in Meditation immediately after any meal. Do not practise Dhyana soon after you have taken a heavy dinner, lest you should get sick thereby. Sesame, barley, corn, potatoes, milk, and the like are the best material for your food. Frequently wash your eyes, face, hands, and feet, and keep them cool and clean.

'There are two postures in Zazen--that is to say, the crossed-leg sitting, and the half crossed-leg sitting. Seat yourself on a thick cushion, putting it right under your haunch. Keep your body so erect that the tip of the nose and the navel are in one perpendicular line, and both ears and shoulders are in the same plane. Then place the right foot upon the left thigh, the left foot on the right thigh, so as the legs come across each other. Next put your right hand with the palm upward on the left foot, and your left hand on the right palm with the tops of

¹ The Religion of the Samurai, by Kaiten Nukariya, [1913] - Chapter 8

both the thumbs touching each other. This is the posture called the crossed-leg sitting. You may simply place the left foot upon the right thigh, the position of the hands being the same as in the cross-legged sitting. This posture is named the half crossed-leg sitting.

'Do not shut your eyes, keep them always open during whole Meditation. Do not breathe through the mouth; press your tongue against the roof of the mouth, putting the upper lips and teeth together with the lower. Swell your abdomen so as to hold the breath in the belly; breathe rhythmically through the nose, keeping a measured time for inspiration and expiration. Count for some time either the inspiring or the expiring breaths from one to ten, then beginning with one again. Concentrate your attention on your breaths going in and out as if you are the sentinel standing at the gate of the nostrils. If you do some mistake in counting, or be forgetful of the breath, it is evident that your mind is distracted.'

Chwang Tsz seems to have noticed that the harmony of breathing is typical of the harmony of mind, since he says: " The true men of old did not dream when they slept. Their breathing came deep and silently. The breathing of true men comes (even) from his heels, while men generally breathe (only) from their throats." At any rate, the counting of breaths is an expedient for calming down of mind, and elaborate rules are given in the Zen Sutra, but Chinese and Japanese Zen masters do not lay so much stress on this point as Indian teachers.

The Breathing Exercise of the Yogi.--Breathing exercise is one of the practices of Yoga, and somewhat similar in its method and end to those of Zen. We quote here Yogi Ramacharaka to show how modern Yogis practise it: "(1) Stand or sit erect. Breathing through the nostrils, inhale steadily, first filling the lower part of the lungs, which is accomplished by bringing into play the diaphragm, which, descending, exerts a gentle pressure on the abdominal organs, pushing forward the front walls of the abdomen. Then fill the middle part of the lungs, pushing out the lower ribs, breastbone, and chest. Then fill the higher portion of the lungs, protruding the upper chest, thus lifting the chest, including the upper six or seven pairs of ribs. In the final movement the lower part of the abdomen will be slightly drawn in, which movement gives the lungs a support, and also helps to fill the highest part of the lungs. At the first reading it may appear that this breath consists of three distinct movements. This, however, is not the correct idea. The inhalation is continuous, the entire chest cavity from the lower diaphragm to the highest point of the chest in the region of the collar-bone being expanded with a uniform movement. Avoid a jerking series of inhalations, and strive to attain a steady, continuous action. Practice will soon overcome the tendency to divide the inhalation into three movements, and will result in a uniform continuous breath. You will be able to complete the inhalation in a couple of seconds after a little practice. (2) Retain the breath a few seconds. (3) Exhale quite slowly, holding the chest in a firm position, and drawing the abdomen in a

little and lifting it upward slowly as the air leaves the lungs. When the air is entirely exhaled, relax the chest and abdomen. A little practice will render this part of exercise easy, and the movement once acquired will be afterwards performed almost automatically."

Meditation Deeping Audios Based Off Our Knowledge Binuaral Beats And Mental States²

Level 1

The audios for this level are both set to 13 hertz, i.e. a very light meditative state. Practice the 5 minute one first and then move to the 10 minute one. When you can do all techniques on both without falling asleep AND becoming alert and energized after the session, THEN you move on to level 2 (for best results). Note: Since this audio is designed for relaxation please don't use it while driving or operating machinery as it can slow down your reflexes and even put you to sleep. Enjoy!

5 Minute Practice

10 Minute Practice

Level 2

The audios for this level are both set to 9.9 hertz, i.e. a medium meditative state (a good level for long term light practice). Practice the 5 minute one first and then move to the 10 minute one. When you can do all techniques on both without falling asleep AND becoming alert and energized after the session, THEN you move on to level 3 (for best results). Note: Since this audio is designed for relaxation please don't use it while driving or operating machinery as it can slow down your reflexes and even put you to sleep. Enjoy!

² Using private label software bought from an earlier version of sharm.com

5 Minute Practice

10 Minute Practice

Level 3

The audios for this level are both set to 7.8 hertz, i.e. a medium to deep meditative state. Practice the 5 minute one first and then move to the 10 minute one. When you can do all techniques on both without falling asleep AND becoming alert and energized after the session, THEN you move on to level 4 (for best results). Note: Since this audio is designed for relaxation please don't use it while driving or operating machinery as it can slow down your reflexes and even put you to sleep. Enjoy!

5 Minute Practice

10 Minute Practice

Level 4

The audio for this level is set to 5.9 hertz, i.e. a deep meditative state. Note: Since this audio is designed for relaxation please don't use it while driving or operating machinery as it can slow down your reflexes and even put you to sleep. Enjoy!

10 Minute Practice