

TEN SIMPLE TIPS TO IMPROVE YOUR MEDITATION TODAY



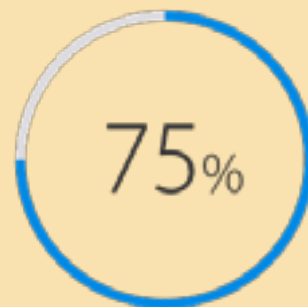
You will find that these simple tips are useful for any meditation technique.

More information on how to succeed in your meditation practice can be found in [*Om Yoga Meditation*](#), which you can find on our website, OCOY.org.

1. CLOSE YOUR EYES



Close your eyes gently. This removes visual distractions and reduces your brain-wave activity by about seventy-five percent, thus helping to calm the mind.



2. BREATHE NATURALLY



Your mouth should be closed so that all breathing is done through the nose. This, too aids in quieting the mind.

Though your mouth is closed, the jaw muscles should be relaxed so the upper and lower teeth are not clenched or touching one another, but parted.

Be aware of your breath naturally (automatically) flowing in and out as you breathe through your nose. Your breathing should always be easeful and natural, not deliberate or artificial.

3. RELAX

Relaxation is the key to successful meditation just as ease and simplicity. We need to be relaxed in both body and mind to eliminate the distracting thoughts and impressions that arise mostly from tension.

It is only natural that you will find your mind moving up and down—or in and out—during the practice of meditation, sometimes being calm and sometimes being restless. Do not mind this at all; it is in the nature of things.

At such times you must consciously become even more calm, relaxed, and aware—“lighten up” in the most literal sense.

If you find yourself getting restless, distracted, “fuzzy,” anxious or tense in any degree, just take a deep breath and let it out fully, feeling that you are releasing and breathing out all tensions, and continue as before in a relaxed and easeful manner, without strain.



4. YOUR MEDITATION PLACE

It will be most helpful to your practice if you have a special place exclusively for meditation. Your mind will begin to associate that place with meditation and will more easily enter a quiet and peaceful state when you sit there.

If you can set aside an entire room for practicing meditation, or even a large well-ventilated closet, that is good, but just an area in a room is adequate. The important thing is that the area be devoted exclusively to your meditation.



5. QUIET

Your meditation place should be as quiet as possible. Do not play music or other kinds of sounds during your meditation, as that definitely interferes with your entering the Silence.

As a rule earplugs are not recommended for the practice of meditation since you can become distracted by the sensation of pressure in the ears, or the chirping, cricket-like noises that go on all the time in the ears, or the sound of your heartbeat. But if you need them, use them.

Your place of meditation should ideally be a place where you can most easily forget outer distractions, but if it is not, you can still manage to practice meditation successfully.



6. LIGHT



Your meditation place should be softly or dimly lighted. (Full darkness might tend to make you go to sleep.)

It is also good to turn off any electric lights, as their pulsation—even though not perceived by the eyes—affects the brain waves and subtly influences the mind, holding it to the level that corresponds to the rate of pulsation.

If you like having a candle or wick lamp burning when you meditate, they should be a kind that does not flicker .

7. SACRED IMAGERY

It is good to keep some sacred symbols or imagery in your meditation place—whatever reminds you that God is present.



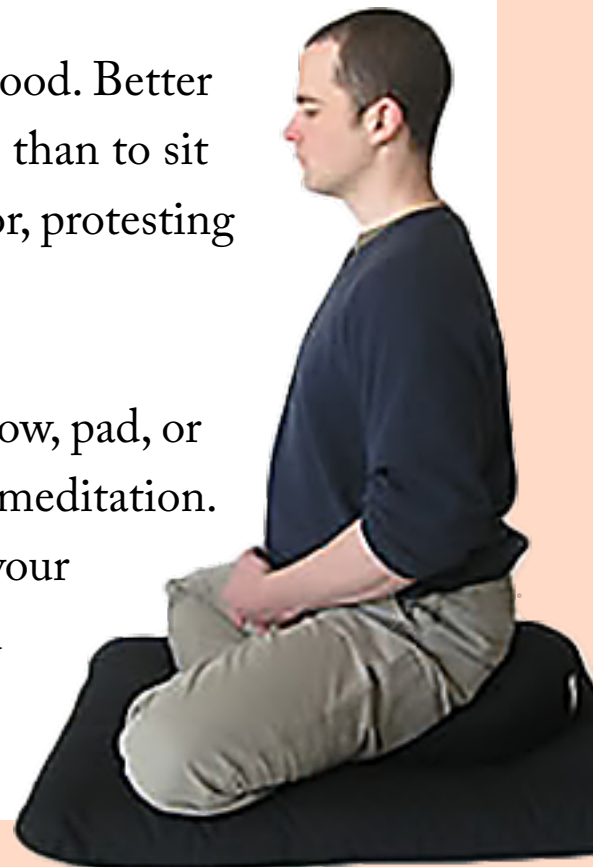
8. YOUR MEDITATION POSTURE

For meditation we sit in a comfortable, upright position. This is for two reasons: so we will not fall asleep, and to facilitate the upward movement of the subtle life force called prana, of which the breath is a manifestation.

It is important that our meditation posture be comfortable and easy to maintain. Though sitting upright, be sure you are always relaxed. If you can sit in a cross-legged position without your legs going to sleep and making you have to shift them frequently, that is very good. Some yogis prefer to sit on the floor using a pillow.

But meditation done in a chair is equally as good. Better to sit at ease in a chair and be inwardly aware than to sit cross-legged and be mostly aware of your poor, protesting legs.

Whatever your seat for meditation—chair, pillow, pad, or mat—it will be good if it can be used only for meditation. This will pick up the beneficial vibrations of your meditation, and when you sit on it your mind will become calm and your meditation easier.



9. AVOID THE GEARS

In meditation stay away from the gears of the mind! It is the nature of the mind to dance around producing thoughts, impressions, memories, etc.

Therefore we do not at all care what potential distractions may arise during meditation. We ignore them. And if we ignore them they are no longer distractions.

Never come out of meditation to note or write down something. If the inspiration, insight, or idea is really from your higher Self or from God it will come back to you outside of meditation.

Also, do not engage the mind-gears with long prayers, affirmations, and suchlike during meditation. And do not let the mind entice you with “insight,” “inspiration,” or “knowledge” of any kind.

According to Shankara the practice of yoga “has right vision alone for its goal, and glories of knowledge and power are not its purpose.”



10. PRAYER

It is traditional for some brief prayer to be made before and after meditation.

Usually before meditation a simple prayer is made asking divine blessing and guidance. Then at the end another brief prayer is made giving thanks, offering the meditation to God, and asking divine blessing for the rest of the day.

There is no set form, just words from the heart. This is not essential, but those who are so inclined may find it beneficial.



AND MORE...

We hope you found these 10 tips useful. They are extracts from the book *Om Yoga Meditation: Its Theory and Practice* by Abbot George Burke (Swami Nirmalananda Giri), head of Light of the Spirit Monastery, whose writings are found at www.OCOY.org.

To further improve your meditation practice, we recommend you get a copy of this book in print or Kindle format at Amazon.com, or view the [web version online here](#).

SHOW ME THE BOOK!

