



# MEDITATION MASTERY

MINDFULNESS MEDITATION  
CULTIVATE YOUR SPIRIT AND  
ELIMINATE DESTRUCTIVE HABITS

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# ***Introduction***

In our daily lives we often face complexity, difficultness, pressure and other forms of stress, creating a wide array of anxiety. This has been a part of our routine each day as we wake up in the morning. We are so busy doing things that we forget how to find peace of mind to help us get relaxed and be calm as we indulge in the facets of our daily living.

Looking for peace of mind is very hard because our mind is bombarded with negative thoughts, restless disturbing worries, that we cannot find the calmness we need that gives us freedom from fretfulness that eventually leads to a state of happiness, contentment and pleasure. In this book, we would take you to a journey on how to find the tranquility you've always wanted using a great power called Mindfulness Meditation.

## **Chapter 1:**

# ***What Is Mindfulness Meditation?***

Meditation is defined as a state of mind in which you focus on a certain object that enables you to practice your attention in a single thing – something like a word or a phrase, a geometrical figure, a candle flame, or simple actions such as inhale and exhale. We all experience a stressed environment; the source could most probably come from work, family issues or social interactions with individuals you meet. This technique allows you to find different methods and practices to assist you finding your inner peace within yourself. A lot of various schemes are available to aid finding such harmony and serenity, but with Mindfulness Meditation, you will embark in things that relatively have something to do with your cognitive perception. It's a cognitive condition per say because it has been proven scientifically that the stress you encounter within the torments and agony of life has nothing to do with you but how your mind responds on these phenomenal things.

Have you ever heard of the Mountain of Meditation? It's a metaphor used in depicting the journey to tranquility, the summit serves as the goal towards peace and calmness. Are you ready to climb the mountain? Well, you need to consider

different factors in reaching the top – one of this is the path to the top and how you will manage it. You choose your own path right? Climbing the mountain has many trails, path that may gradually lead you to the forest and meadows, path that may include a steeply uphill over dry, rocky terrain, others may have flowers and vast garden; and other you may see farmlands and a dessert. Terrains that may help you realize certain things and would hinder you from going up to the top and pursuing your journey. Embarking on this kind of journey sets you into your limitations and as well as your choices, who knows that you find your tranquility in the low peaks of the mountain and decides not to continue anymore, whatever your destination, you can have fun and reap the benefits of inner peace as you go along the voyage. The Mountain of Meditation has been climbed by individuals for over thousands of decades in poles apart. With this, great books has been published, each suggesting on what to bring and how to hike the great mountain. Most of the books coddles with a description of a spiritual path engaging a set of beliefs that has been passed on generations. Others convey the feelings which are experienced as you go along and upon reaching the summit.

The following are techniques developed over the past years (or metaphorically defined as the path and terrains):

- Repeating 3 meaningful words or phrases.
- Mindful awareness of the present moment.
- Counting your breath
- Paying attention to the flow of sensations in your body.
- Cultivation of love, kindness, compassion, forgiveness, and other healing emotions.
- Concentration on geometric shape or other visual objects.
- Visualizations of a peaceful place of healing energy or entity.
- Reading and reflecting upon inspirational or sacred writings.
- Gazing at a picture of a holy being or a saint.
- Chanting praises to the Divine.

If you are able to reach the summit of the meditation mountain, you can garner extreme feelings of emotional harmony involving Love, Harmony, Wisdom and Joy. Others call it as the source of Divinity, giving the whole new



meaning to Holiness. Some says it's the ultimate truth, and some individuals define this as a spiritual tradition which is considered to be sacred and powerful enough that they hesitate to give it a name. Great entities reaching the summit make use of the words Enlightenment - from ignorance, Awakening - from a dream, Liberation - from bondage, Freedom - from limitation, and Union - with God. You may say that its very hard to climb the Mountain of Meditation but still will try to pursue such summit, and no matter how and what path you take, the truth is that you can reach the top with the same basic instruction, although you need to choose your destination. To help you find the strength and courage to reach the summit, these are the following stop over's en route to the summit:

- Stronger focus and Concentration.
- Reduced tension, anxiety, and stress.
- Clear thinking and less emotional turmoil.
- Lower blood pressure and cholesterol.
- Support in kicking and other self-defeating behaviors.
- Greater creativity and enhanced performance in work and play.

- Increased self-understanding and self-acceptance.
- More joy, love, and spontaneity.
- Greater intimacy with friends and family members.
- Deeper sense of meaning and purpose.
- Glimpses of a spiritual dimension of being.

Looking at these great destinations, you may actually think that they are worth reaching and satisfying. You can also experience contentment during your journey halfway after you diminish your stress, improved your health and feel the greater well – being. Or, somehow, you may feel more inspired that you decide to move forward for higher heights as the great entities defined.

Imagine that there's a spring of water flowing in the summit of the mountain and never runs dry, you may depict this as the *water of purity*. Those who get to the top of the mountain earn the right to indulge the purity of the water and immerse themselves completely with the water. Imagine that that impeccable spring rushes from the mountain downwards the hills and the forest below the summit, meaning, you also don't have to reach the summit just to

take and experience this kind of purity since you can taste your being everywhere, in everything, since being is the essence that keeps life going in all forms and in every level. Until you start providing yourself the great meditation, then you may not know what being tastes like. When you meditate, even if you can't taste the water just yet, your being feels closer to the water, then suddenly you can recognize the taste of the purity within.

**Chapter 2:**  
***Benefits Of***  
***Mindfulness Meditation***

It is said that whatever we do with concentration and awareness becomes Meditation. Meditation gives us this immaculate awareness of being, in which we drop our self-image, let go of pride and restless resistance that is hindering us from healing, artistic, stillness and as well as our bridge to our soul. With meditation it enables us to verge on positive energy and get in touch with our emotions. We can notice this when we spend more time to ourselves sitting and giving utmost attention to what we are really feeling, setting aside the judgment's and other negative thoughts. They may say that in order for us to properly achieve tranquility and calmness, we need to move our self outside the world, but no, there are other ways not to be lost, it all takes time to understand so that we can feel much better in all sorts of level. What really hinders us from being calm and possessing the inner peace is excessive thinking of mistakes and pressures that may occurred in the past or we are enduring in the present situation. We can always plan for the future but we can still live the moment. Achieving this kind of serenity gives us the confidence and the clearer version of what we usually think, therefore, meditation allows us to prevent and put away anything that bounds our potentials and possibilities. This gives us the audacity and the ability to reflect comprehensibly.

By constant practice of this kind of meditation, we create a uniquely defined state of psycho-physical condition, giving us physical relaxation and increase our mental alertness. Our mind decides and responds to certain situations that lead the body to feel stress and anxiety, if our mind is relaxed and calm, then we can be able to think wisely, do things carefully and choose cautiously.

There are some studies that conveys meditation leading towards psychological increase compared to those individuals that don't practice meditation. The study demonstrates the changes of the brain structure that has gained improvements since they started meditating. It was said that the cerebral cortex in areas associated with attention and emotional integration has thickened. They say that meditation has been considered to be a mental discipline by focusing only in one kind of sensation of the body or other thing.

# **Main Benefits Gained In Mindfulness Meditation**

## **Physiological Benefits**

Through Mindfulness Meditation, our mind starts to think less and focus on a single detail creating calmness, therefore:

- Making our heart decrease its rate.
- Lowering our blood pressure in normal and moderately hypertensive individuals.
- Recovering fast from stress.
- Increasing in Alpha rhythms.
- Enhancing synchronizations of the right and left hemispheres of the brain.
- Reducing cholesterol levels.
- Decreasing on consumption of energy and need for oxygen.
- Deepening and slower breathing.
- Relaxing of muscles.
- Reducing the intensity of pain.
- Increases exercise tolerance.
- Normalizing the ideal weight.

- Increasing the chance of prevention to asthmatic diseases.
- Harmonizing the endocrine system.
- Producing lasting beneficial changes in brain electrical activity.

## **Psychological Benefits**

Mindfulness has been used to refer as psychological state of awareness, this is a practice that promotes processing of information and character traits. The following are the psychological benefits of Mindfulness Meditation:

- Enhancing self-creativity and self-actualization.
- Heightening the perceptual clarity and sensitivity.
- Reducing both acute and chronic anxiety.
- Experiencing a lot of happiness and peace of mind.
- Decreasing of emotional reactivity and turmoil; fewer intense negative emotions and dramatic mood swings.
- Increases empathy.
- Develops Intuition.
- Increased Productivity.



- Helps with focus and concentration.
- Increases serotonin level.
- Increase brain wave coherence.
- Develops will power.
- Purifies character.
- Helps cure insomnia.
- Less aggressiveness.
- Reduce road rage.
- Develops emotional maturity.
- Increased Job satisfaction.
- React more quickly and more effectively to a stressful event.
- Greater tolerance.
- Higher intelligence growth rate.
- Increase listening skills.
- Helps make more accurate judgments.
- Gives composes to act in considered and constructive ways.

## **Other Great Benefits of Mindfulness Meditation**

### **Awakening to the Present Moment**

We all rush things up that we forsake the beauty of the present moment which is unfolding beyond our very eyes. We always anticipate the next problem or another great thing to happen. Meditation incorporates the lesson of living the present moment and slowing things up. This reminds us to appreciate the present, although past is important but in meditation – past is just a memory and the future is a fantasy , projected in the movie screen of the mind at the moment.

### **Knowing the Real You**

To accept yourself is one of Mindfulness Meditation is teaching, we tend to forget how well we do and sometimes self-doubt and self-hatred comes along the way. This is important in a way that they contribute in the over all improvement as well as knowing our self in the hard way. When we meditate, we try to reduce the negative energy brought by bad decisions, in the process, we begin to treat our self as it if it's a close friend. We try to understand more, love more and most importantly – to accept who we are. With this we can produce more positive vibes that strengthen our optimistic point of view and other good character traits.

## **To Interact Others**

Upon realizing and accepting yourself and your being, now its time to open up your heart in terms of your relationships to your family and friends. Sometimes we find it cynical when we do things our own way, we try to bypass others just to accomplish desired goals, by that, it serves as a barricade towards the feelings of others. By meditating, we open up the channels that links us to our close relatives and dearest companions. With this, we now accept them as to what they are really wholeheartedly, creating intimacy, concern, and a deeper meaning of love.

## **Composing the Mind and loosening the Body**

Based on the scientific studies, our mind and our physical body is indivisible, thus, upon finding peace in our mind through relaxation, our body reacts positively. The way we think and compose our mind may establish a greater increase on negating health risk in the coming years.

## **Experiencing Happy thoughts and Joyous Moments**

Who would now want to be happy and experience such gift? We tend to find happiness on material things and other objects that somehow disappoints us afterwards. A piece of

advice – Start Meditating. Technology can now detect on how high the increase of a certain individual experience happiness through meditation. They say that upon meditation, we can abruptly change our emotional state from depression to gladness. Surveys shows that the basic level of relative happiness stays the same throughout our life no matter what we experience. So start meditating and experience a different connotation of happiness.

## **Getting into Details and Flow**

When we meditate, we decrease our self in focusing on large amount of thoughts, converting it in a single thing and object and converting it into positive energies. Somehow this kind of focus provides us the ultimate enjoyment and the definitive antidote to the fragmentation and alienation of post modern life. With this kind of meditation, we learn to focus and discharge other unnecessary things to think about, giving us to ability to apprehend present situations and offer the best of what we have.

## **Being Balanced.**

To keep pace with the fast growth change of life, Mindfulness Meditation offers an inner groundedness and balance. We can achieve such by embracing the dark and the light, the weak and the strong of us. By then, we can no longer be afraid when sometimes life pulls us back, with the

knowledge we have within ourselves and the balance we learned, we can easily cope up to the challenges that life is giving to us.

### **Increase in Performance at work and in Play.**

Practicing Mindfulness Meditation gives us the ability to think fast, accurate and understand a lot of what is served. Our creativity is boost as well as our self-actualization and many others that contribute to superior performance. By these we can perceive well, comprehend well, and perform well in all sorts of events and activities.

### **Increase in Appreciation, Love and Gratitude.**

When we practice meditation, we take things freshly and organized which leads us to opening up our emotional state of being. Through meditation, we discharge judgment and aversion, we now tend to appreciate others doing and feel the sincerity in each kinds of levels.

### **Getting Align with our True Calling.**

When we close our eyes and make ourselves relaxed, we can find our source of purpose in life. We can get in touch with our conscious awareness finding the answer to all of our questions. We start to navigate using our thoughts and search for things that may somehow aid us to accomplish yearning goals.

**Chapter 4:**  
***Mindfulness Meditation***  
***Quick Step By Step.***

In order for you to fulfill the desired state of peace and calmness, you need to meditate accordingly and orderly. Meditation cannot be achieved by just simple thinking of it, you need to consider different factors and approach so that you can accomplish and do the Mindfulness Meditation the right way.

### **Step 1 – Choosing The Right Spot**

Choosing the right spot is the most important thing in all the steps. You need a location wherein you can concentrate as well as focus. This spot must be quiet, serene, and peaceful. In this process, you can focus your positive energy and release all the restless pressures and problems you have. Remember, that this meditation is described to be as being aware and not resisting. When you are practicing such meditation, you are enabling the thoughts to pass right through you without aversion and judgment. You should also consider the environment and atmosphere of the area, if it's too dark or too light. Also, you can choose somewhere inside or outside your house. Any place where you feel appropriate and has no feeling of danger. A place where you can find peace and you won't be distracted in any way.

## **Step 2 – Deciding The Method To Use**

There are so many techniques, schemes, and processes to meditate. All of the meditation ways are great and can be use, but, the key is you must find one of those to use and maintain for the rest of the meditation process. You need to do such, so that you can focus on the basic proper positions and you can set the concentration on what style you will be using. Trying to do all of the method at the same time, as a beginner, is not recommended for it will definitely lead you to nowhere. For this, it is better to choose one style in the beginning and you can try the others as you go along.

The following are the most common positions in meditating. Find what ensembles your personality and try to develop a routine out of that posture.

- **Seated Position** – for some of the individuals who are practicing mindfulness meditation, the seated posture has been the basic and most efficient way of calming the mind and relaxing the body. Its not just the comfort of seating, but, it enables the flow of your positive energy to be concentrated and easily managed. The seated posture also has various ways if you find it not comfortable enough to find your inner peace.
- **Standing Position** – this is an upright position wherein you manage the position of your hands as to where you are comfortable that less requires tension



and only minimal effort. This focuses on the energy flowing to your whole body. This is one of the most difficult postures since this focuses on the length of time you are able to stand in your feet and still be able to focus on a certain chi in your mind.

- **The Walking Posture** – of all the postures, this is has the great advantage over the others. The walking posture focuses on your intention to move in a slower rate of movement, allowing you to concentrate on various parts of the body. This also can be incorporated in your day to day experiences. When walking your hands are in your side and your thought is clear making you focus on the movement and your attention to detail only takes place in your weight letting you relieve the stress you have.

There are also other kinds of Postures that is being use and can somehow be suitable to you. They are as follows:

- **Half Lotus** – this is much easier to execute than the full lotus. With your buttocks on the cushion, place one foot on the opposite thigh and the other foot on the floor beneath the opposite thigh. Be sure that both knees touch the floor and your spine doesn't tilt to one side.

- **Quarter Lotus** – just the same as the half lotus, except that your foot rests on the calf of your opposite leg, rather than on the thigh.
- **Full Lotus** – this is referred to be as the most legendary as well as famous in the seating posture. With your buttocks on a cushion, cross your left foot over your right thigh and your right foot over your left thigh. This has been considered to be also as the most stable of all the poses.
- **Cobra Pose** – named for its resemblance to the graceful serpent. This is pose is very simple since you just need to demonstrate the serpent. An antidote to any tendency to slouch forward. You lie face down in the ground with your forehead on the floor, place your hands under your shoulders with your fingertips facing forward and the outside edge of your hands even with the edge of your shoulders. Keep your feet together and press your legs and thighs into the floor. Then raise your chest slowly acting like the serpent.
- **Cat Pose** – stretches your spine for sitting. Begin with your hands and your knees with your spine horizontally and your arms and thighs perpendicular to the floor like a four legged animal. As you exhale, arch your spine upward slowly like a cat. As you inhale, flex your spine downward, beginning with your tailbone and lifting your head

slightly at the end of the stretch. Over and over, you constantly do this to relax your body.

With all of the postures described and illustrated, you might be asking as to what the other senses should be doing. When it comes to your eyes, you need to decide whether you shut them close or just open them as they used to be. The problem when it comes to eyes closes is that it gives you the sensation of daydreaming as well as falling asleep, although if you managed to control such sensations, you will be able to see your inner experiences and focus on them alone. Now, when your eyes are widely open, the most common problem with this is that, because your sense of sight is there, you can be easily distracted by the movements around your environment, causing you to lose the concentration you have while meditating. You must decide this because either of the two options can draw attention will be the source of disturbance in your concentration. If you can widen them up and soften your focus, you will find yourself staring and at the same time you're getting relaxed in no time. In terms of your hands, you can place them anywhere, just as long as you feel comfortable and your hands would not take any tension that may lead to disrupting you. You can place them in your lap or in your thighs, just be sure that you keep them there for the entire period. Your mouth should be closed but not tight, so that you can allow yourself to breathe through your nose, with your tongue lightly touching the roof of your mouth so it won't wander all over the place.

### **Step 3 – Getting Relaxed Into The Position You Chose**

When you already decided what posture to use, you can now start meditating by making yourself relaxed in that position. Breathing is the most important thing. You should not breathe too deep nor too light, just as long you can maintain the proper breathing that is required for you to reach calmness and being still.

After you are done with the proper positioning and then eventually feeling the relaxation, you will be able to realize the serenity of the scene. You will then get the sensation of different states, it would be in the form of happy thought, or it may somehow produce pain and aches. This only signifies that your focus is now well concentrated and now ready for your mental awareness and can now experience your being and inner peace.

Getting relaxed is the key ingredient of this meditation, now the challenge is that how you maintain that inner peace you are experiencing and what other sensations will arise as you go deep in your consciousness and mental awareness. This concentration covers the dreams, fantasies, ideas, and other images that may visually occur in your mind. The idea of this meditation is not only to gain tolerance of the body and understanding but mainly to expose yourself to being calm

and still, that way, you are releasing the stress which is causing you pain and pressure.

The goal of mindfulness meditation is also to observe yourself sufficiently, to be able to understand on how the body and the mind interacts with each other. Keep practicing these kinds of meditating postures until you reach to the point that you can easily release fear, greed, ignorance, stress and restless pressures hindering your potential abilities. You will then notice how you can put down the heavy burden that you have been carrying.

**Chapter 5:**  
***Heal Your Body With  
Mindfulness Meditation***

If you have been practicing Mindfulness Meditation, you would notice that your health is gradually improving. This is because your mind now knows how to take things slowly and adapts to certain downfall situations, letting your body interact to what your mind tells. The energy you now possess is being converted to greater vitality and decreases health risk causing negative energies you found from daily living. You can also use meditation in the field of sports. Remember that the key ingredient in sports is focus, so upon meditation, your concentration allows you to focus on a certain part of your body, creating a significant amount of attention to detail and movement; thus allowing you to maintain discipline developing great performance.

Meditation has been used by many great Spiritual leaders, as you can see; they were all referred to as wise men, people with great health and compassion towards their advocacy. The reason for this is that they have found the true essence of life and how they do things the right way. The spiritual maturity that they possess enables them to become great teachers contributing and educating us to the great value of inner peace and inviting us to join them.

Healing not just signifies repairing; it also considered to go beyond the language. When you find healing, you gain wisdom, you experience and taste your well-being and wholeness. The more you reconcile with your inner experience, the more you supply your body with love and

care through positive sensations, giving you positive energies that help you heal inside and out.

The following are considered to be how meditation healing really offers an individual.

- **Love and Connectedness** – our emotions play an important role in the process of healing, study tells that in order for you to heal your heart, mind, and body: you need to open up your heart. This is a strong psychological state of mind that enables you to focus on your emotions and using its strength to nourish your internal organs and body as well.
- **Relief of Tension and Stress** – meditation not only takes place when you're already sick. In order to prevent sickness and diseases, meditation also offers to help avoid you getting ill and sick by removing stress that mostly causes lots of ailments. By then, you will feel light and free from tension and stress.
- **Restoring Alignment and Balance** – for some great healers and teachers who taught us to meditate, they kept on telling us that one part of the meditation process is also to get your body balanced. If your body gets misaligned, there is a great chance that you will experience sickness. A



lot of simple practices lets us find the balance and alignment – one of this is sitting still.

- **Opening and Softening** – as we go along to the journey of life, we always find ourselves hurting and depressed often. This is a normal for us, but when we suffer pain and too much stress, we tend to over think of things and over react. By meditation, it teaches us how to approach this kind of situations, it is ok for us to think problems but not too much that we are torturing our mind and body.

In addition with all these techniques included in the first part of this book, here are some simple yet verified and effective ways for healing meditations.

- **Peaceful Place** – Indeed is the most important phase on all kinds of meditation, you need to keep away from distractions. You don't need to search for fancy, private, and expensive hotels and places just to find peace. You can always find such places wherein you can just lie down, sit still, and do what is needed to be done – meditate.
- **Inner Smile** – Smile can do a lot of things, it can lighten up the moment, it can give joy to others, and the most important is that it nourishes your internal organs with the healing power of love.

- **Good Medicine** – Taking up medicine does not end there, you also need to avoid aversion and judgment for if your mind would counter the medicine mentally, and you yourself would not believe in such medication, it won't totally affect your healing. In order for you to heal with medication, you also need to incorporate meditation, since it allows you to think positively and light so that your body would react and accept the medication.
- **Breathing** – Of all the necessary considerations you need to take, breathing can be imperative and vital, since this holds the key that covers your body to enter the peaceful arena and experience balance and alignment.

Mindfulness Meditation offers a power that would take you beyond your limitations cognitively, physically, and spiritually, it will take time to master the different techniques. All you have to do is maintain to achieve proper practice, and when you do, you will thank yourself in letting Mindfulness Meditation enter your life.