

How to Meditate

As taught in the Himalayan Tradition

- ***Still Your Body***
Stillness is the mark of deep meditation. To begin your meditation, sit erect in one of the seated postures.
- ***Establish Diaphragmatic Breathing***
Focus on the flow of your exhalation and inhalation. Breathe through the nose and relax the sides of your rib cage and abdomen. Let the breath become deep and diaphragmatic.
- ***Relax Systematically***
Maintain your stillness and relaxed breathing. Systematically travel throughout your body, releasing tension and resting each area. Then breathe as if your whole body breathes.
- ***Feel the Breath in the Nostrils***
This is the beginning of formal concentration practice. The sensation of the breath in the nostrils is a calming focus that will make your meditation stable and grounded.
- ***Rest Your Attention in a Mental Sound***
A mantra is a word or sound that is used for concentration. Let your mental awareness rest in it. Eventually, the sound will seem to come of its own accord and you can relax your effort.

When thoughts interrupt your meditation, let them come and go. If you become distracted, gently lead your mind back to the calm center of your inner focus, and rest therein peace.