

What is Meditation?

Meditation is a practice where an individual uses a technique – such as *breath mindfulness meditation*, focusing the mind on one’s natural breath – to train both attention and awareness, which allows to quiet the mind, achieve the cessation of the restless thought-stream of the mind and reach a mentally clear and emotionally calm and stable state.

On average, a human being has between 50 000 to 80 000 thoughts arising in a day, with each thought consuming one’s energy. Most of these thoughts are repetitive, dwelling in the past or worrying about the future and nourishing negative emotions and feelings. Altogether often preventing us from truly living our present and from achieving our goals and dreams.

The goal of meditation is to empty the mind. To access to a state free from all stray and idyllic thoughts, a state of emptiness in which lies infinite quantum energy. Meditation is the gateway to build energy, to knowing our-self, to explore our inner limitless potential and connect with the intelligence that surrounds us.

What Meditation is NOT?

Meditation is neither an intellectual process, neither mental exertion, mind-control, self-hypnosis, nor visualization, contemplation, concentration nor prayer or worship, chanting of mantras.

Mindfulness and Meditation

Mindfulness is the awareness of “some-thing,” while meditation is the awareness of “no-thing.”

Mindfulness is paying attention to the present moment, on purpose and non-judgmentally. Mindfulness is cultivating conscious awareness – awareness of self, of others and surroundings -- and making the most of every present moment and every experience that life offers. Open-mind, curiosity, empathy and compassion are natural companions of a mindful practice.

Meditation is the foundational practice to develop our ability to be mindful, aware of our thoughts and emotions, able to respond instead of reacting, and to enjoy a limitless life.



Main benefits of Mindfulness and Meditation

There are thousands of surveys, publications and books from the medical, neuroscience, academic and business instances about the benefits of mindfulness and meditation. Our Buddha CEO Programs surveys have also been continuously demonstrating the same results and testimonials. Here are the most common observed benefits:

- Reduce Stress
- Increase energy, improves Physical and Mental health and wellbeing
- Increase productivity and enhances creativity
- Develop confidence and intuition
- Increase thought power and ability to learn and memorize
- Boost emotional intelligence and empathy
- Improve relationships and collaboration
- Build resilience, agility and adaptability
- Improve concentration, focus and calmness
- Improve clarity and decision making
- Grow a sense of gratitude and appreciation

How to practice *Breath-Mindfulness Meditation*

Even though there are several meditation practices, the practice of *Breath Mindfulness Meditation* is one of the simplest. *Breath-Mindfulness* means being mindful of the normal and natural breath for the whole duration of the meditation. This meditation technic was originally taught by Buddha and in the recent times, it has been popularized by multiple meditation teachers and masters from East and West. *Breath-Mindfulness Meditation* is very easy.

Here is how to practice *Breath-Mindfulness Meditation*:

1. Posture

Sit comfortably in a chair, or on the floor, a cushion or the carpet. When possible, find a quiet place.

Close your eyes, take off your glasses / specs. When possible, reduce or turn off the light.

Cross your feet at ankles.

With your fingers crossed into each other, rest your hands comfortably in your lap.

Be as comfortable as possible in your body posture, back & neck preferably straight, but relaxed

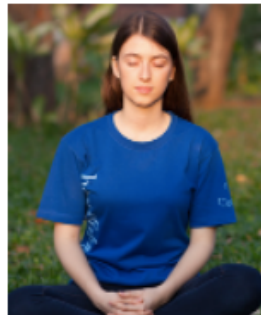
2. Process

Keep your eyes closed and rest your attention on your breath: observe the normal and natural in-breath and out-breath. In this meditation, one needs to consciously observe the naturally happening breath. "Observation" means just being a witness, with no judgment, no interpretation, and not influencing the breath in any way. There should not be any holding or stopping of the breath; no sounds in the mouth and no images in the mind. Just the observation of the natural in-breath and out-breath.

3. Experience

Whenever thoughts arise and the mind wanders, one has to consciously and gently bring one's attention back again, again and again to the natural rhythm of breathing. By becoming aware of the normal breath, the mind will quiet and slowly become empty of all thoughts. Soon, a deep restful state is attained. When the mind becomes rather empty, a feeling of emptiness and energy begins to flood into the body. As we keep on meditating, newer experiences unfold us. The more we keep practicing meditation the easier it gets. In this *breath-mindfulness meditation*, there are absolutely no unpleasant side effects.

Tip: Do not set any goal to "achieve". No pressure. Just observe the breath and trust the process. Everyone is unique and every meditation is a great meditation!



How long to meditate

For the beginners, it is recommended that they meditate for a minute for every 1-year of their age. For instance, if you are 20 years of age, you do twenty minutes of meditation in a day; if you are 40 years of age, you meditate for forty minutes. If a 50-years old meditator wants to break up his / her meditation session into two sessions of twenty-five minutes each during the day, it's okay too.

Tip: Regularity is very important, and it is better to do meditate 10 minutes than to skip a day in your practice.

Regularity is the key in meditation

Meditation is a practice. You need to learn the technic, and train daily to experience the benefits of meditation and mindfulness. One can meditate at any time of the day and night according to own convenience. For beginners to create their habit of making meditation a daily routine, it is recommended to complete their practice every day for forty days initially, without missing it.