

Meditation: Pointers and Reminders

Phil Milgrom RYT,RSYT, CSMT

Meditation is a journey that brings great reward. I cannot promise you a ride without bumps, but I can promise you some wonderful “in-sight-seeing.” You will see who you really are. It’s the most beautiful sight. Your view depends on the consistency of your practice and the heart you put into it. Your view improves with practice. You see more clearly. Remember the following maxims. Your ride will be much smoother, your view much greater.

- * Consider your practice an experiment, an exploration: there is no failure.
- * “Practice becomes firmly established by being continued for a long time, without interruption, and with great devotion.” ~ Patanjali’s *Yoga Sutra*, 1.14
- * Precede your meditation with preparation time, at least half that of the duration of the meditation.
- * Choose a good, quiet place to meditate, and meditate there every day. Make it your sanctuary.
- * Select the best time of the day for you to meditate and commit to it daily.
- * Choose a duration for your meditation and commit to it daily. A minimum of 20 minutes. Stay with your meditation to the end of that duration, no matter how bumpy
- * Use a timer.
- * Sit at ease. Relax into a soft, upright position.
- * Meditate on your Self.
- * Do not fight with your mind. Repeat mantra. Mantra will quiet your mind and take you to the goal of your meditation.
- * The goal is experiencing and knowing your Self. You are already Self.
- * Meditation is not detention. Enjoy your Self.
- * Journal your experiences. You are creating a new vocabulary, mapping new territory and enhancing your memory so that you can easily remember, return to and renew your meditative state.