



## This Yogic technique

- relaxes the nerves and
- lowers the metabolism, cooling and refreshing body and mind. It stimulates a relaxation response similar to the “Diver’s Reflex” found in other mammals – for example, the stimulus of cold water on diving seals

lowers their consumption of oxygen, allowing them to stay underwater longer.

It is beneficial to take a “half bath” before Yoga postures and meditation. Relaxed digestion of food is aided by a half bath before eating. Curiously, it invigorates oneself if taken first thing in the morning, yet allows deeper, calmer sleep if taken last thing at night.

## What to do

1. Toilet. Empty bladder and bowels if necessary. Wash hands.

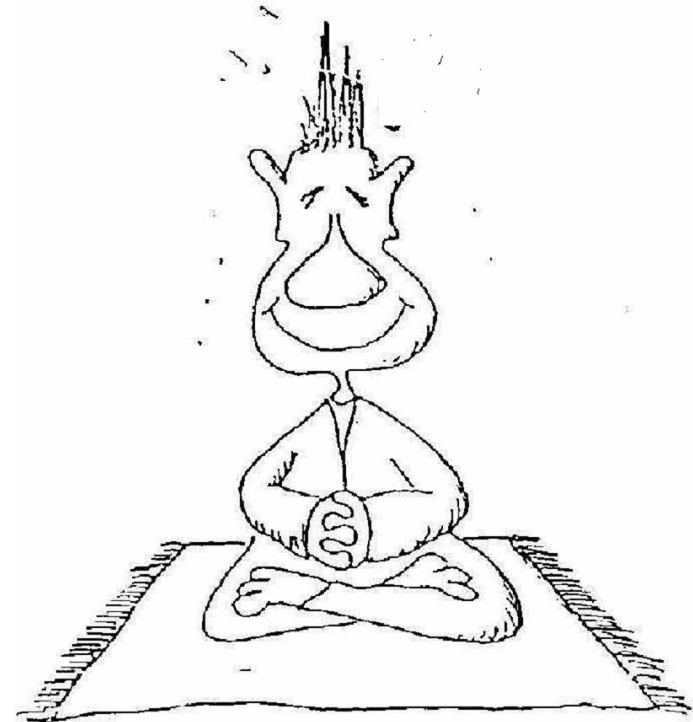
With cool water (no soap needed), wash:  
From knees to feet  
From elbows to hands.

2. Take a mouthful of water and hold the breath in, splashing water in the open eyes 12 or more times.
3. Splash water onto the face and behind the ears and neck.

4. Cup some water in the hand, then hold breath and gently tip the water down each nostril (blow or spit it out again) – 3 times. Blow the nose to give clear breathing.

# MEDITATION

## A Home Guide



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## 7) **Take a Half-Bath.**

An important part of meditation practice, performed before meditation/ Yoga postures, meals and sleep. It cools the body and calms the mind. (See instructions).



heart and remember that each morning opens to a new day and a new beginning!



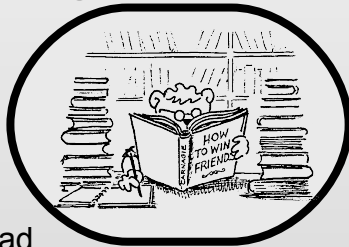
## 8) **Try it!**

Give yourself a challenge. Commit yourself for a certain period of time – a month or two - and really see if the meditation is beneficial for you or not.

## 9) **Read Uplifting**

### **Books.**

Meditation practice is over 99% practical. However, a theoretical understanding of what one is doing is important. A developed intellect gives an open mind and a non-dogmatic view of life. Read something uplifting – perhaps after meditation, when the mind is clear and calm.



## 10) **Take a Balanced Approach.**

Don't be discouraged by an initial lack of concentration. You may even find that there are more thoughts than ever – this is completely natural. Actually, you are progressing whether you know it or not. The

very effort to sit and try to meditate makes you stronger every day. Your dynamic struggle will reward you.

Give yourself time, be sensitive to your needs, listen to your

**GOOD LUCK AND HAVE FUN !**

# Meditation At Home

1. Set aside ten to twenty minutes, twice a day - first thing in the morning and before the evening meal
2. Take a Half Bath (see instructions)
3. Sing, play or listen to Mantra: BABA NAM KEVALAM
4. Sit with a proud, straight (but not stiff) back, relaxed shoulders and crossed legs



5. Rest hands together on the lap; interlock the fingers
6. Curl tongue up and slightly back
7. Breathe deeply through the nose (from the abdomen, not the chest)
8. Close the eyes
9. Think of infinite love or infinite consciousness all around you, within and without. Try to feel this presence. Think that there is nothing except this.
10. Repeat mantra internally (with or without tune):  
BABA NAM KEVALAM
11. Concentrate on the sound of the words and on its meaning:  
Everything is an expression of one infinite consciousness
12. Feel your sense of Self expanding and merging into the Infinite

## Some Advice To Make Your Practice Blossom

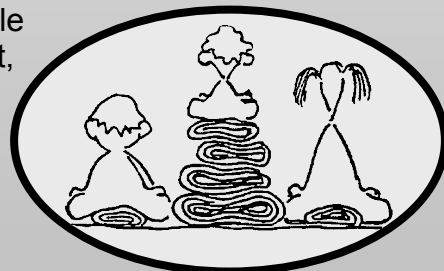
### 1) Meditate with a Light Stomach.



Eating a heavy meal before meditation focuses the body's energy and the mind's attention on the stomach. It will be difficult to concentrate. If necessary, a small, light snack (e.g. fruit) can help tide you over to your main meal after you complete your meditation.

### 2) Keep a Good Posture.

Keep a proud, straight back while meditating, hands clasped in front, and eyes closed. This helps to concentrate and elevate the mind. If



you meditate on the floor, a supporting cushion can be used to prevent tension in the knees or back. *Asanas* (Yoga postures) are especially beneficial for a strong and flexible spine.



### 3) Create an Interruption-Free Environment.

Ask someone in your house to answer the doorbell or telephone (turn on the answer machine!). Put a "Do Not Disturb" sign on your door. Allow yourself 100% focus on your meditation.



#### **4) Carefully choose your Place of Meditation.**



Not on your  
bed, as  
sleepy

vibrations  
can be a  
hindrance.

Arrange a corner of your room only for meditation. Keep it clean and fresh. It could have a small table, plants, flowers, candles, inspiring pictures and your meditation blanket. Create an uplifting atmosphere in this special place and transform your practice from a dreary chore to a celebration of joy!

#### **5) Practise Twice a Day.**

Try to practise **twice a day**. Have determination to meditate for only five minutes if there is no more time. To establish your new practice, regularity is far more important than the length of meditation. The best times are early in the morning and before the evening meal.



#### **6) Attend Weekly Collective Meditation.**

This is very important for the beginning meditator. Simply being in the company of other meditators creates a collective mental strength that helps in meditation.

**Continued...**

