

How to Become a Meditation Expert

In the Quickest and Easiest Way Possible

Copyright © 2012 All Rights Reserved

Unauthorized duplication or distribution of this material in any form is strictly prohibited. Violators will be prosecuted to the fullest extent of the law.

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior written permission from the author/publisher.

The author, publisher, and distributor of this product assume no responsibility for the use or misuse of this product, or for any physical/mental or other injury, damage and/or financial loss sustained to persons or property as a result of using this report. The liability, negligence, use, misuse or abuse of the operation of any methods, strategies, instructions or ideas contained in the material herein is the sole responsibility of the reader.

Individual results may vary.

Become a Meditation Expert In the Quickest and Easiest Way Possible

Why Meditate...

So... here you are.

And, since you're already here, reading this, I probably don't need to convince you about the reasons or benefits of meditating.

But, just in case you need a few more reasons, or a friendly reminder, here are just some of the benefits...

Meditation can help you to:

- reduce stress and be more relaxed, therefore enjoy life more,
- achieve more mental clarity, better memory and recall,
- increase creativity and improve problem-solving ability
- bring your body into balance, improve overall health, normalize blood pressure, etc.
- improve your overall physical appearance, skin tone, muscle relaxation, etc.
- be (and appear) more confident, calm, and thus in control

...and lots more wonderful stuff.

And, if you're interested in going a little deeper, meditation can also help you to become more in touch with who you *really* are.

In other words, it can help you *find and know who you really are*. Not what the world has told you - or is telling you - that you are... or what others think, believe or want you to be. But, who you really, truly are.

You get to connect with your essence. And, as such, you start to align more with your true purpose, and with life itself.

But, that's only if you're interested in that sort of thing. ;-)

Ultimately, you don't really need a reason to meditate. Or rather, you *shouldn't* need a reason.

However, if a reason is what you need to *motivate* you to do it regularly, so that you can enjoy all the amazing benefits, then that's just fine. Nothing wrong with that at all.

Meditation Expert

The most important thing is that you start meditating.

Who Can Benefit From Meditation

Who is meditation really for? And who can benefit from doing it?

Well, *everybody*... but, especially those people who think that they *don't have time* to meditate. The busier and crazier your life is, the more vital it is for you to start meditating.

Oh, by the way... if your blood pressure is extremely low during your normal waking state, you may want to check with your physician first, before you introduce meditation into your lifestyle.)

Otherwise, anybody and everybody can benefit from this practice.

It doesn't matter whether you're religious or not... or whether you're an atheist, agnostic, spiritual, scientific, Amish, Buddhist, realist, optimist, or any other -ist, -ic, or -ish.

The practice of meditation cannot, should not, and will not interfere with - nor complicate - your current beliefs.

The reason is simple: meditation is not about *believing* anything. It's simply a practice.

It's a practice of just being. (It's not about believing or even thinking, really...as you'll soon find out.)

Most of our life is such that it only involves the 'human' part of who we are.

Meditation can help you to give a little of your time to the 'being' part of the 'human being' that you are. So, it's really about bringing balance into your life.

One final thought before we continue...

I would *highly* recommend that you read this entire report - from start to finish - at least once, before trying to practice anything that's shared in here. That way, you will be sure that you're not missing any of the important pieces of the process nor the spirit of the practice itself.

Common Problems and Obstacles

So, you already know that you *should* be meditating, especially if you tend to have a busy, hectic or crazy life.

But, for some reason, you are not able to do it regularly - if at all.

Let's discuss why most people don't or can't meditate, despite their best efforts.

Some of the most common reasons people don't or cannot meditate regularly, or never even start, are:

- They don't have time.
- They don't know how.
- They do know how but they're not sure if they're doing it correctly.
- They're not sure which technique/method is the best one for them.
- They are not able to "clear their mind".
- They don't know what to expect, or what they should be experiencing during the session.
- They can't seem to hold their focus (or do the process) for too long.
- They can't sit still, or their bodies can't handle the stress, strain, or pain.

...or some other valid reason. (There are many of them.)

We will address each of the above problems individually. And, we'll discuss how we can resolve them so that you can be on your way to meditating like a master monk, in the quickest and easiest way possible.

If you pay attention to the tips and advice I share in this report, you'll get more out your meditation – and go much deeper – much, much sooner than most people ever will.

The "I Don't Have Time" Dilemma

If you don't have time to meditate because your life is too busy, cluttered, or chaotic, then you absolutely **must** start meditating.

(Don't worry, I will show you how, even if you don't have time. :-)

And, if you don't start soon, things will only get worse, and they will continue to spin out of control until it's too late to fix most of the problems, because the damage will have already been done.

First of all, you should know that sitting down *formally* (and closing your eyes) to meditate for an hour, 30 minutes or even **5** minutes is **not** necessary...nor is it the only way to meditate.

Meditation Expert

I will show you how to start meditating *during* your regular day - without closing your eyes, while you're out and about... taking care of business, grocery shopping, or even having lunch.

The most important thing for you to realize right now is that time is insignificant and even irrelevant. This may seem to conflict with what most meditation teachers say or teach, but it's true. (I will build on this "time" concept soon, in a later chapter.)

You can meditate for one hour or you can meditate for one *second*. When you do it the way I'll show you to, time simply won't be an issue anymore. (And you'll still enjoy the benefits that come from meditating.)

I know that the above statements may seem a bit confusing or unorthodox right now, but all of it will soon start to make a lot of sense.

For now, just realize that "not having time" will not be a problem for you anymore. :-)

Not Knowing *How* to Meditate

There are a lot of meditation techniques and schools of thought out there. Some are simple, others are incredibly complex.

Some can take as little as 10 minutes to learn and start practicing...and others require a minimum of 5 (and up to 10) *days* of complete isolation from civilization, just to be able to learn to start *practicing* in the correct way. (That's not how long it takes to *master* it, mind you. It takes that long *just* to learn to do it *right*.)

Ultimately, all forms of meditation are designed to take you to the same place. It doesn't really matter if you choose to take the longest, most complex road...or the simplest and easiest one.

There are people out there who try to learn one new meditation technique each week. (There are also people who try to complicate their life more than it really is or needs to be. ;-)

And, learning about several kinds of mediation is fine if you're the curious or investigative type.

Unfortunately, many people learn dozens of different techniques just so they can feel good about themselves, or about knowing more than *others*.

Many of these individuals are the same ones who are constantly talking - and telling others - about what new and "fascinating" meditation technique they have just learned this week.

Sadly, many of these people never really learn to meditate - and thus, never get to enjoy the benefits of meditating - because, somewhere along the line (without them realizing,) their goal shifted from learning to "collecting meditation *techniques*" and/or to turn it into the "having more" game.

Meditation Expert

It's not about how many different techniques you can learn. Because you only need one.

During my research over the years, I have come to learn several of them. But, I almost always use only *one*.

And, if you happen to be one of those individuals who doesn't have much time to do the formal "sit down" meditation, *then* you can learn one or two more techniques (as I mentioned earlier) because you actually have a valid reason to do so.

But, that's about it. This isn't a competition to see who can learn (or collect/acquire) the most number of techniques and styles of meditation.

The Main Purpose

One could say that the main purpose of meditation is to cut down on the mental noise and inner dialogue...the continuous mental static that exists in your mind...that prevents you from touching a deeper and more intelligent place inside you. (We will go with that basic explanation, for now.)

This place inside you is where you can go to recharge your body, mind and spirit... to spark inspiration and creativity...to simply gain peace of mind... or to experience many other benefits.

As, I mentioned earlier, it doesn't matter *why* you go to that place, how you get there, or even **when** you get there... just that you go.

The simplest and easiest way to get there is to create an atmosphere around you that *allows* you to access that deeper place inside.

Contrary to what most people believe, this atmosphere can be created almost **anywhere**. You can create it in the privacy of your own home or even in the middle of a busy shopping mall. (More on that later.)

Obviously, I would suggest that you start at home, where you can find privacy and a quiet place, so you can learn to focus on just the process, for now, without any outside distractions.

But, if that's not possible for you...or even if you don't think you have the time to do so, that's okay. We will talk about the alternative method, in a later section of this report.

Alright... so what is the simplest and easiest way to meditate, if you *do* have the time and place to do so?

How to Meditate: The Simplest and Easiest Method

So... once you have found a quiet place, with enough privacy for you to sit down for at least 5 to 10 minutes, the best way to start meditating is to...

1. Sit comfortably. It doesn't matter where. You can be on the floor, on a chair, on your favorite couch, or even on the edge of your bed. (Lying down is not recommended. You will see why, soon.)

If you don't have a private area to call your own, you could simply lock yourself in the bathroom for a few minutes. (The location doesn't matter.)

2. Close your eyes and gently start to become aware of your environment.

You may hear some sounds/noises (the ticking of a clock, voices coming from outside or nearby, birds chirping, dogs barking, etc.) You may smell something (flowers, perfume, deodorant, shampoo, etc. in your room, on you, or even something coming from outside your room.)

You may even sense vibrations or movement (from traffic, train, airplane... people walking outside or around your building, etc.)

Don't try to search for or reach out your attention out there to find stuff to pay attention to. Simply become aware of what naturally comes to you. And, if you only feel silence, that's wonderful.

And, try not to judge, identify or label any of the sounds or sensations either. Just let them do what they're doing, without feeling the need or wish that any of those things should change so that you could meditate better. Just let everything be as it is.

Focus on those external sounds and sensations for a minute or two.

3. Next, gently bring your attention inwards...to your body... and start paying attention to what's going on in your body, now... just as you did with your surroundings earlier.

Notice what's going on in your body...without judging, labeling or analyzing anything.

You may notice that certain areas are tighter than others. You may become aware of a little pain or pressure here and there. You may even become aware of how your body is resting against the surface of the chair, couch, etc.

Sometimes, you may also become aware of your heart beat and/or your pulse (either around your temples, wrists, or both.)

Meditation Expert

Again, simply observe what's going on in your body, without judging, remembering why, or needing to change anything (including any pain or tightness.) Just let them all be, as they are. And, just relax into it all.

4. Finally, bring your attention gently to your breathing. (You may have already become aware of your breathing in Step 3 above. If that's the case, that's just fine.)

In this step, simply observe your breathing... without interfering with it, i.e. without consciously trying to breathe in and out yourself, and without wanting to speed up or slow down the breathing rate. Just let your body breathe on it's own.

If you're not able to let it happen on it's own, and are pulled into controlling the breaths yourself, that's okay. Don't fight or resist that either.

Just observe what's going on, even if the 'what' includes your own tendencies. Let all of it happen, without analyzing or needing it to be different.

5. Continue to observe your breaths without interfering with the rhythm (if you can.)

You may notice that your breathing may change rhythm on it's own, occasionally. It may become faster or slower... or deeper or shallower.

Whatever it does on it's own, just let it be. Simply observe.

After several automatic breaths, you may notice your body becoming lighter and more relaxed. And, if this doesn't happen, that's just fine too.

Remember, don't try to force or wish for anything to happen. Your only job right now is to just observe. That's all.

Stay in this observation state for as long as you're able to. If it's 10 minutes, that's fine. If it's 5 minutes, that's fine too. And, even if it's just one or two minutes, that's also fine.

Just stay with for as long as you comfortably can, without forcing yourself, and keep observing what's going on. Nothing else needs to be done here.

6. Whenever you feel like stopping the process, give yourself several seconds (and up to 30 seconds, or more, if needed) and gently open your eyes again.

Stay sitting for just a little bit, if you can, and just **be**.

Meditation Expert

Now, if you feel like getting up, you can. Do whatever you'd like, whether it's stretching, going to the restroom, getting a drink of water, walking around a bit, stepping out for some air, or whatever.

You are done for now.

If this happens to be your first time doing this, congratulate yourself! You just did your first meditation session!

Did You Do It Correctly?

Most people will often start questioning or wondering about certain things immediately after they have finished meditating. Many of them will start wondering and questioning even while they're right in the *middle* of meditating.

Common questions like these will come to their - and maybe your - mind...

"[Did I do what I was supposed to do?](#)" (after they have just finished meditating.)

...Or...

"[Am I doing this correctly?](#)" (while they are in the middle of meditating.)

The simple answer to all of those types of questions is... **YES**.

You did just what you were supposed to do, and you did it exactly as you were supposed to do it, *in that moment in time*.

Another way to look at it is, none of those things (or questions) matter.

Think of it this way...

If you're hungry, it doesn't matter whether you eat your food with a fork, a spoon, a straw, with your hands, or any other way.

The important thing is that you *do* eat.

How you got the food into your mouth, which angle or direction from which you delivered the food to your mouth, which hand you used, which way you were facing, or any other such details do not matter at all.

In other words, don't worry about any of that stuff. Just be happy with the fact that *you did meditate*.

Meditation Expert

That's the only thing that matters. (All of this stuff will make more and more sense as you read through the rest of the sections below.)

What Should You Expect

This is another common (and valid) question that will come into most people's mind...during, before, or even after their meditation session...

"What should I expect to see, feel, or experience while I am meditating?"

The short answer is, do not expect *anything specific* to happen. Because, there is no right or wrong experience.

And, if you start to wonder about, search for, or expect something specific/significant to happen, then you will be focusing on *that* instead of just observing.

In other words, if you start looking for something in particular, you will miss whatever else that *is* happening. Even if it's nothing. (You won't even be able to experience nothing, because you'll be searching or expecting "something.")

So, the main idea, as shared earlier, is to simply observe... without judging, labeling, analyzing, or even searching nor expecting for anything in particular to happen.

Just be there as an observer. Without looking for anything. Simply notice what is happening - even if *nothing* is happening.

Having said that, here are the three most common things that *could* happen...

1. As you're paying attention to your breath, and to whatever else is going on, you *may* find your mind wandering. Certain thoughts may arise in your head. And, that's okay.

...OR...

2. As you're paying attention to your breath, and whatever else, you may gently fall into a quiet, peaceful space where you're simply *being*...and quietly observing.

...OR...

3. You may fall asleep.

Again, there are no right or wrong experiences. There are just experiences. And all of them are perfectly normal/valid experiences.

Meditation Expert

However, if you find yourself falling asleep during meditation (which you will only realize when you wake back up,) that's okay. It simply means that your body needed the rest.

If this keeps happening each time you try to meditate, it may be a sign that you're not getting enough rest during your regular sleeping schedule, for whatever reason.

So, you may want to look into that and try to remedy it, so you can find a way to get your body enough rest.

If, during your meditation, you notice that your mind starts to wander after a while, and you become distracted with thoughts, that's okay. We will discuss that further, in later sections of the report.

Lastly, there is a chance that you may realize you weren't the most comfortable in the position or location where you meditated.

If that's the case, you can try to adjust accordingly.

If your clothes were too tight, wear looser ones next time. If your chair or couch wasn't very comfortable, you could try padding it or using something else to sit on.

If your body was starting to feel fatigued, strained or in pain, you could (again) try adjusting and accommodating for that (stretching and/or relaxing prior to meditating, or whatever else works.)

(And, yes, you are allowed to adjust and/or move around a bit, while you're in the middle of meditating. Just do your best to not move around too much or too often.)

How Long Should You Meditate?

While there is no set amount of time that is ideal for meditating, the most commonly *suggested* time range is about 15 to 30 minutes.

But, remember what I stated earlier, the amount of time is ultimately irrelevant. And, I'll explain why soon.

However, when you're starting out, you can have a loose time goal in mind. And, you could either notice the time before you start, or even set an alarm to alert you after a certain number of minutes.

You could do 5-minute sessions twice per day, for the first week. During the second week, you could try to shoot for 10 minutes per session, twice per day.

Meditation Expert

Ideally, you would want to start/conduct your meditations during the same time, every day, but it's not a big deal if you're not always able to do that.

Just do your best to keep a scheduled time set aside, twice each day, for meditating.

And, if you aren't able to stick to the scheduled time occasionally, don't beat yourself up over it. Just reschedule it for an earlier or later spot in the day.

Ultimately, the length of time is not that important. (You shouldn't make your goal or pursuit to be able to meditate longer than before, or longer than others.)

So, if you are only able to sit in silence for one minute, or even for one second, that's still much better than not meditating at all.

Just keep practicing. And, don't pay much attention to your mind (or your ego) trying to make you feel bad about not being able to meditate for longer than you are currently doing.

As I mentioned earlier, this is not a competition (not with others nor with your own self.)

What's the Best Time(s) to Meditate?

Again, there is no hard and fast rule as to what particular time you should meditate. However, ideally, you would want to...

1. Meditate as early in the morning as possible... immediately after you wake up, use the restroom and have a cup of water. (Warm water is recommended.)

...and...

2. Just before you go to bed at night.

Whichever two times you choose to meditate in the day, try to meditate every day at those same two times, i.e. keep the same schedule daily, as best as you can.

And, if something comes up where you have to adjust your schedules a bit, that's fine. Don't worry too much about it.

And, definitely do *not* stress out about it. Stress and meditation are just not meant to go together, for any reason.

If you ever catch yourself stressing about anything related to your meditation, either remedy the situation quickly or let it go and move on.

Meditation Expert

The important thing is that you do your best *to* meditate. The exact time is not extremely important.

Life can be unpredictable, and schedules tend to change sometimes. Also, on some days, you may have to get up earlier or go to bed earlier (or even later.) So, adjust accordingly. And, don't worry about it.

Similarly, if you happen to experience one of those days where you just can't find a way to meditate two times, it's not the end of the world. Just do your best to either do one later or earlier in that same day, i.e. sometime in the afternoon, mid-morning, etc. Or just make up for it sometime later in the week.

The "Clear Your Mind" Syndrome

At some point during their meditative journey, almost everyone encounters the dreaded "mind." And, even before they ever start meditating, most people are cautioned, warned, or instructed to "clear your mind."

It took me almost 15 years to finally figure out that meditating has *nothing* to do with trying to "clear your mind."

Unfortunately, most newcomers are still being advised/instructed/told to clear their mind, or quiet the mental noise, in order to be able to meditate successfully.

The truly unfortunate part is, even most of the long-time meditation practitioners out there - who have been practicing for *a decade or two* - are still trying to "clear their mind"...without much success. (This includes many of the **instructors**, too!)

Most people, including many instructors and teachers, end up turning the mind into an *enemy* that they have to fight against, resist, or try to shut down. That is the exact *opposite* of what you should be doing.

Yes, I am aware that (earlier in this very report,) I myself stated the purpose of meditation to be about "cutting down on the mental noise and inner dialogue" so you can access that deeper place inside yourself.

However, your primary focus should not be to "clear your mind" because doing so is almost impossible, especially if you focus directly on that task.

Of course, if you are able to quiet your mind, that's wonderful. But, don't waste your time on *trying* to do that.

Meditation Expert

The mind is such a thing that the more you try to quiet it, the more you try to resist its thoughts, the more prevalent and persistent it gets.

Besides, meditation is not about fighting, resisting, or even "trying" to do anything.

As I mentioned earlier, in the "*How to Meditate*" section, your only job during meditation is to observe. Without the need to judge, label, analyze, or change anything.

When you let go of the need (or desire) to judge, label or analyze, a good amount of mental noise and ego simply dissolves.

Not all of it goes away, mind you. A good amount of mind chatter and inner dialogue still remains. And, in the next section, I'll show you how to masterfully handle that situation.

But, What About the Mental Noise?

In this section, I am going to reveal the most powerful secret, and a few cool tricks, that can help you become a master-level meditation expert in the shortest amount of time possible.

Of course, the purpose is not to "get" it sooner than others, nor is it to brag about being an expert to others. It is simply about being able to start enjoying the amazing benefits of meditation as soon as possible.

At any rate, let's talk about how to handle one of the most common challenges that every beginner meditator - and even most veteran meditators - have to deal with.

Almost immediately after you start meditating, you will find your mind beginning to wander off. Certain thoughts will arise, and before you realize it, you will be lost in thought.

Sometimes, you may catch yourself quickly. And, other times, 30 minutes or more may pass before you realize that you have been thinking about *everything* on the planet...except for the one thing you should be...which is to meditate, i.e. to simply observe.

So, how do you stop the mind from wandering? How do you stop the endless thought stream that comes flooding in, the moment you close your eyes and try to be still?

The big secret is to start *observing* your thoughts as well!

Yes, it's as simple as that.

The concept of observing your own thoughts may seem a bit weird at first, but it's actually quite simple...and brilliant.

Meditation Expert

So...instead of trying to *not* think about anything...or to clear your mind...or to resist or fight your mind, you can actually start to *watch* your thoughts.

You see, most of us are so caught up in our thoughts all the time, we start thinking and believing that *we are our thoughts*. And, many of us also believe that we are our minds. That we and our mind are one.

But that is not the case. You are not your mind, and you are certainly not your thoughts.

You are the *awareness* underneath your mind and your thoughts.

And, when you start to really *become aware* of the fact that you *are* the awareness itself, instead of the mind, that is the beginning of the powerful and all-important **separation** between you and your mind.

That is the beginning of *freedom* from your mind, and from being lost in thought all the time.

Our lives are run by our thoughts and our mind. The mind just does not shut up. It is always questioning, analyzing, tearing apart, labeling, and of course judging everything!

And, we as humans have started to believe that it's a good thing! We pride ourselves in how quickly our minds can analyze, label and judge things, situations, and especially other people.

Many of us have even made successful careers out of judging everything and everyone.

It's sad really. Because the more we label, analyze and judge, the more we separate and isolate ourselves from everything and everyone around us.

Wars between nations are started this way.

But, our planet is starting to awaken. Our species is also slowly waking up. And, that's one of the reasons meditation is so important.

So, how do we observe our mind and our thoughts?

We don't do it by fighting or resisting it. We do it by *allowing* it to be. We give up the need to change what the mind is doing, which is what it always does: *think thoughts*.

And, by allowing our mind to do what it loves to do, and by simply observing each new thought as it comes into our mind, we take their power away. Because what you resist will only persist.

So, by allowing each new thought to come floating in freely, and simply observing what that thought is, we get out of its way so that it can continue floating *out* and away, just as easily as it came in.

Meditation Expert

It's so simple that it hurts! :-)

As soon as you see a new thought pop into your mind, you could get the feeling of... "Ah, there's another thought. And, this one is about the bills I have to pay. Okay, I will let this thought be, without interfering with it, and just observe. Let's see what's next..."

Of course, you won't be saying those words nor thinking those words specifically. But, that is what your feeling and sense will be as you observe each new thought float in.

Simply observe and let it be. Don't judge, don't analyze, and definitely don't resist. Just watch each thought float away just as easily as it came in.

As you start to do this, you will keep taking your mind's power away because you won't be resisting it anymore. (The more you resist and fight it, the more power it gets.)

And as you continue to do this, while you're meditating, you will notice fewer and fewer thoughts coming in.

And, very soon after, you will get to that deeper space of quiet... calm... stillness.

That's where magic happens.

But remember, don't *try* to go there. Don't hope to go there. And, definitely don't expect to go there. Those are all ways to *guarantee* that you'll *never* get there.

So, don't worry about whether you'll get there on the first try, or even the 10th try. Wanting to get there will only cloud the path.

The only way to get there is to just be...and observe anything (or nothing) as it unfolds during your meditative practice.

And, the more you do that, the more you practice just observing and just *being*, the more stillness you will experience...and the deeper you will go.

But, even during all of these deeper states, remember to not do anything. Don't become anxious, don't even start looking for or trying to define/label the stillness. That will only activate your mind again. And the thoughts will start coming all over again.

Remember to just be. Just enjoy what **is**.

Don't expect anything...and you will get to see everything (which is nothing, i.e. the stillness.) Simply by allowing it to be.

Practice entering this space of stillness often. Spend as much time as you can in there. And, enjoy all the wonderful benefits it will continue to provide you with.

The Question of "Time"

One of the challenges that I mentioned earlier in the report was the "*I Don't Have Time*" dilemma.

And, I had alluded to the idea that ultimately "time is irrelevant" when meditation is concerned.

Also, I had promised to show you how to start meditating *during* your regular day, if sitting down *formally* (and closing your eyes) to meditate was not an option for you.

I had mentioned that you could meditate for one hour or for one *second*. When done the way I'd show you, time wouldn't matter.

And, finally I had advised that if you didn't have time to meditate because your life is too busy, cluttered, or chaotic, then you absolutely **had** to start meditating.

So... let's discuss this further. And, I'll also share one more meditation technique that will address the "I don't have time" issue.

Firstly, I keep stating that "time" is irrelevant or unimportant in meditation. And, the reason is simple...

The length of time doesn't matter because the space of stillness itself that you're entering during meditation is timeless. Time does not exist there.

Nor does it have a location or an address. You cannot point or lead anyone there. Not even yourself. That is why you can only get there when you become still yourself. And, that's when the stillness inside you reveals itself.

Now, let's discuss the alternative meditation method you can use if you don't have time, space nor privacy to sit down for a formal meditation...

I call this method the "waking meditation" (there may be other names for it out there) and you can do this just about anywhere, as you go about your day.

If a scheduled, sit-down meditation done twice per day is not possible for you, the "waking meditation" is the next best thing. (In fact, I would recommend that you occasionally practice this form of meditation *even if* you are doing the formal sit-down daily meditation.)

The way to do this meditation technique is to simply bring awareness into whatever it is you're doing during your waking state.

Meditation Expert

You would focus your full attention on the task at hand, no matter how simple or mundane the task happened to be....and you would be *fully present* while doing it.

You can only be fully present if you're **not** thinking about what you're doing.

You're not wondering about why you're doing it, you're not analyzing the process by which it is being done, you're not judging the process nor anything or anyone that did this process before you... none of that.

Because, if you're *thinking* about what you're doing, or how you're doing, than you're not really giving the task at hand your full attention.

Also, you wouldn't be thinking about other non-related things either...whether it's about what else you have to do, what you've already done, what the weather would be like, what you're going to eat after doing this, or what your pet must be doing right now, etc. etc. None of that either.

And again, understand that it's **not** about *forcing* yourself to *not* think about other stuff. That would be fighting with or resisting the mind. And, you already know that doing so doesn't work.

So, you simply focus your attention on whatever is in front of you right now. That's all. And, you don't even judge, analyze or label that in any way either.

And, by the process of being fully present in what you were doing, you would start to create a spaciousness around you that would be very similar to the stillness that the sit-down meditation would bring you to.

You could do this in the office, while out grocery shopping or even before you leave your home.

At home, you could do this while you brush your teeth, floss, shave, or shower. And, you would simply bring your full attention to whatever it is you were doing...whether it was moving the brush against your teeth, focusing on how the razor felt against your skin while you carefully moved it, lathering your hair or body, or feeling the water falling against your skin and body.

You could even do it when you were having breakfast, lunch, a snack, or dinner... by simply enjoying the food completely, and even fully focusing on the process of eating.

(People who start eating in this conscious way find incredibly more enjoyment from eating, they feel satiated sooner, and they usually end up eating **less**...because they also start focusing on how their body is feeling during - and after - eating something.)

If you were at the office, shredding paper, you would allow your mind to focus fully on just the task of shredding paper instead of thinking about how the paper shredder works, or who invented the shredder. And, you wouldn't even be thinking about who used the shredder before you and whether they were the ones who left it so messy, or whatever else that may come to your mind.

Meditation Expert

If any of those thoughts do pop up in your head, simply smile knowing that you already read about it in this report...or that you already *knew* you'd encounter some of those thoughts.

And then, gently come back to the act of "shredding paper"... of picking up the paper, bringing it up to the shredder, pushing it through the teeth/blades, and watching it being ripped to shreds.

If you were taking the elevator to another floor, you would push the elevator button, observe the elevator door close, and then you would enjoy the silence instead of wanting to get to your desired floor quicker. Wanting to get there quicker will not make the elevator go faster. So, instead of wanting to be at your destination already, you might as well enjoy the few moments of peace and quiet in your day, during your elevator ride.

If you were taking a break, you would simply take a break. You would *not* try to make phone calls, or send text messages, or any of that stuff. You would simply sit down (or stand) somewhere and just *be*. Be there fully. Have your full attention and focus right where you are instead of being lost in thought. Look around, enjoy your environment - or at least become aware of what's going on around you - without needing to have opinions or thoughts about it.

If you were driving your vehicle, you would be completely focused just on the process of driving. You would become aware of the little steps you are taking in order to drive, and you would also become more aware of your surroundings. You would shut off the radio or stereo and simply focus on the process of driving, with all of your attention and awareness.

If you came to a red light, you would enjoy the few seconds of stillness, again without needing to get to where you were going any quicker.

With a little practice, you will be able to feel and sense the underlying stillness anywhere, at any time. Even if you're in the middle of chaos. And, that's kind of the point of this practice (to be able to be still - or "meditate" - while you're awake and out of your quiet, private space.)

And, you would do so even while you hear children yelling/crying, dogs barking, plates crashing to the floor, or sirens screeching outside... you will be able to let all of those things just be as they are, and notice (or become *aware*) of the stillness in which all of that stuff happens.

So, in the end, what you're *really* doing is becoming aware of the stillness outside of you (in the physical world) by becoming aware of - and connecting with - that place of stillness *inside* of you. That's the secret to this waking meditation.

If all of that sounds weird right now, that's okay. Just start by practicing this waking meditation during the more quieter or calmer moments of your life, first. :-) And gradually try to work on those other busier or noisier moments.

Meditation Expert

These little moments of being fully present in what you're doing - or just being still and aware, wherever you are - may not seem very significant to you right now, but believe me, they are very powerful and very transformative.

And, the more you start to bring tiny bits of awareness and presence into your life, as often as you can during any given day, the more you will start to transform your day, your experience, as well as your entire life.

Final Thoughts...

Before we close, let's explore the question that we started this whole craziness with...

What is the true purpose of meditation?

Is it to quiet the mind? Sure, it can be.

Is it to connect with your deeper self? Most definitely. That is a wonderful goal.

Is it to enjoy all the benefits that meditation will provide you? Why not! You'll be getting them anyway, so you might as well receive openly and happily.

Yes, all of that is great.

But, the true purpose of meditation is to simply **be**. Without any expectations or hopes about what you'll get or where you'll end up.

And, it is to realize that where it eventually takes you is not important. Also, how you get to wherever you go isn't really important either. And ultimately, how long it takes you to get there is also not that important.

It's what you're doing - or *not* doing, really - while you journey to that place, and even when you do reach that place...wherever that may be.

So, the true purpose of meditation is to simply *practice* it often. Practice sitting in stillness and just *being*.

And, heck, if any of the above reasons or benefits can help and motivate you into practicing everyday, then use them. Use whatever you need to make this a daily practice.

Whether you do the formal sit-down meditation, the waking 'present moment' meditation, or (hopefully) both, you should make it a point to practice meditating as often as possible.

Meditation Expert

If all you do right now is to promise yourself to meditate regularly for the next 30 days, I guarantee that you will start seeing some very cool shifts and improvements in your life, as well as in your mental and physical health.

I hope you will give yourself this gift. It costs you just a few minutes per day, and it pays you in really big ways... with a better, healthier, happier, and more peaceful life.

The author, publisher, and distributor of this product assume no responsibility for the use or misuse of this product, or for any injury, damage and/or financial loss sustained to persons or property as a result of using this report. The liability, negligence, use, misuse or abuse of the operation of any methods, strategies, instructions or ideas contained in the material herein is the sole responsibility of the reader.