Entering a Meditative State

To enter into a meditative state, you must first find a comfortable place, where it is warm and you feel secure and happy. There you should get into the most comfortable posture you can. You may lie down or sit up. If you so desire, you can stand. I suggest for your first time you get someone to read what I have written below to you slowly, one line at a time. This will greatly help you the first time you attempt to meditate.

Now, with your eyes open, take a deep breath. And as you do, close your eyes. Take a couple more deep breaths and breath calmly after that. Relax all the muscles in your body. Start with your toes and work your way up.

1. Relax your toes and let them be calm, asleep.
1. Now relax your ankles, let them be calm, at rest.
1. Relax your calves, enter them in clam with your feet
1. Your knees, your thighs and groin. Let them sleep.
1. Your stomach is soft and light.
1. Your chest and back are comfortable and warm.
1. Now relax your arms. Let them weigh down.
1. Relax your hands and fingers.
1. Feel the energy of your body seep from your fingertips and toes.

As you begin to relax, remain focused on your body, keeping it relaxed. Bother not with what is around you. Nothing exists. The room does not exist. You do not exist. Only your soul, your mind, who you are. Floating everywhere.

Feel yourself througout the world, over oceans, around mountains, through trees. Now expand yourself all around. Out into the universe. You are here. Feel the warmth of life around you, the calm, the resonance of energy. Let it flow through you, let it pass within you. It is cleansing your soul, as well as your mind.

Breath lightly. In and out. In and out. Your whole body is relaxed. You have melted into the world, into everyone and everything. There is no thought, there is just the feeling, the sounds around you. Let your mind go. You are free. Remain in this state for as long as time. There is no meaning, there is only you.

Kiae-Quon dei'

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