

## Simple Guidelines for



## Meditation

**1. Sit tall and comfortably.** Sit comfortably on the floor or on a chair. Now imagine a thread extending from the top of your head, pulling your back, neck and head straight up towards the ceiling in a straight line. **Sit tall and observe silence.**

**2. Relax your body.** Close your eyes and scan your body, relaxing each body part one at a time. Begin with your toes, feet, ankles and continue to move up your entire body. Finally relax your shoulders, neck, eyes, face, and jaw which hold tension.

**3. Follow the chant with your breath : Breathing slowly in as you recite "OM....." in your mind, and breathe out when you recite "Namashivaya"** (This is the most important part of the meditation and try to do this a minimum of 15 minutes)

### **4. Calm your mind**

As you focus on the chant or mantra, your mind will begin to calm. This does not mean that thoughts will cease to arise. As thoughts come to you, simply acknowledge them, set them aside, and return your attention to the mantra

### **5. How to end your meditation & enjoy the meditative state afterwards.**

When you are ready to end your practice, slowly bring your conscious attention back to your surroundings. Gently and quietly wiggle your fingers and toes. Begin to move your hands, feet, arms and legs. Open your eyes. Move slowly and take your time getting up.

After meditation, don't plunge yourself hastily into other activities. Walk slowly, speak softly and keep it limited. Important: **Try to carry the meditative peace and joy into everything you do.**

**6. Practice Meditation regularly.** Meditation is a simple, effective and convenient way to calm your busy mind, relax your body, become grounded and find inner peace amidst the hum-drum of day-to-day life.

**Meditation Center at Durga Temple is open from 6pm to 8pm every day.**