

# THE POWER OF MEDITATION



***BROUGHT TO YOU BY  
WARRIOR-SCHOLAR MARTIAL ARTS***

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## **Benefits of Meditation: A Historical Perspective**

Regular practice of meditation has many positive effects on the mind and body. Today, there are many opportunities to practice meditation, and it is an important part of martial arts training. With the help of a facilitator, meditation can be practiced as part of a group. On the other hand, if a person prefers to meditate in the comfort of their own home they can do that too. There are many audio, videos and online instructions that can teach people to meditate. This 21 day challenge is a very basic method of meditation that is easy to do and can get you off to the right start.

Incorporating meditation into one's lifestyle has been scientifically proven to have many health benefits and can dramatically improve the quality of your life.

## **Universal benefits of meditation**

Since the advent of civilization, Humans have been striving to better themselves, searching for ways to attain success in life. The Human realization that we are capable of thinking and acting for ourselves led to the never ending search for

ways to improve and change for the better. Awareness of one's thought processes is one of the universal benefits of meditative practice, no matter what technique or approach is used. There are some people who practice this in a hope to achieve mental state of being. Meditation is a recognized method of altering the mental state, resulting in emotional balance and physical health. Therefore, people who devote time to meditate are also better equipped to handle the challenges that modern living throws at them. It is a way to get by the problems that life has to offer.

Meditation is a practice that takes away negative thoughts and emotions in order to reduce stress and anxiety. A person who meditates is better equipped to handle current situations because their thought processes are uncluttered and focused on the moment, instead of wallowing in the future or the past.

The attainment of a calm, focused, and quiet mind is not the only benefit of meditation. There are physical benefits as well. For instance, meditation can effectively lower blood

pressure to a baseline value that promotes healthy bodily functions. Perhaps one of the most prominent physical improvements of meditation is on a person's breathing pattern. The relaxed pace and greater depth of breathing promoted in meditative practice leads to changes in the person's physiology. The amount of oxygen required is reduced. The body is more relaxed and the balance shifts more towards conservation of energy.

### **Where did meditation originate?**

Meditation is recognized in many cultures and traditions as a means to attain a higher state. China, India, throughout the Middle East and many ancient cultures practiced meditation. Evidently, civilizations that thrived thousands of years ago were already aware that meditation is a practice that brings forth numerous benefits. The prehistoric cultures that emerged in the Indus Valley thousands of years ago left clues for modern archaeologists to find—clues as to how they lived in those times, what they believed in, and the activities that they engaged in. Their ancient Hindu scriptures already

described meditation. These are some of the earliest documents mentioning people practicing meditation.

Even during ancient times, religious tenets and principles of meditative practices were handed down from one generation to the next as they are done today. From the practitioners of Vedic Hinduism to modern followers of Yoga, the best meditative practices are bequeathed by a teacher to his student. It is exciting to learn this practice and apply it on everyday lifestyle.

### **The Extraordinary Benefits of Meditation**

Meditation is not a new concept. In fact many cultures around the world practice some form of meditation. There are many fundamental differences in how it is performed, but the basic concepts behind meditation are shared by the different religions and cultures. The principles that they follow are all founded on spiritual development. The methods vary but there is no denying the fact that universally, meditation is beneficial to human health and well-being. It is also beneficial for the mind and spirit. In this

age of computers, social media, and numerous conflicts affecting millions of lives, meditation has become the refuge of people seeking peace of mind and rest from the fast-paced life that they lead. It is also considered a source of strength.

### **A practice that dates thousands of years**

It is important for modern practitioners of meditation to understand how extremely old the practice is. This will help in understanding the whole practice better. Meditation is not only been in existence for hundreds of years, but it spans millennia. There is evidence that even prehistoric cultures engaged in meditation, though they might have called it something else. Wall art from the Indus Valley dating as old as 5,000 BCE depict figures seated in postures suggesting meditation. The eyes of the figures are narrowed although not closed completely, which suggest a state of consciousness that modern practitioners seek to attain. The cave wall figures are seated on the ground with both legs crossed, and both hands resting on the knees, which is the usual posture of a person meditating.

The primary tenets of meditation were developed in the East and because it was deeply ingrained in their culture when it was still in infancy, Eastern philosophies are characterized strongly by a spiritual perspective. From Eastern cultures, the practice trickled into the West. It was not difficult for Western societies to realize that meditation can help them achieve personal goals in life, and so they embraced it.

### **Mental and physical benefits from meditative practice**

There are many positive effects of meditation, including increased alertness, focus, and concentration. These qualities contribute to better memory and reasoning. Meditation can also contribute to deep concentration. Learning ability is also increased, as well as intelligence. Moreover, many people who practice meditation regularly find their creativity welling up. People who meditate have a broader understanding of the world and have the ability to make better decisions. With these changes in a person's mindset, he or she can be active participants in relationships that are more nurturing—both romantic and platonic. Some universities today offer meditation classes to help their students in their studies.



It is also common for people who meditate to experience immediate physical benefits such as lowering of muscle tension and pain. According to research, there are a lot of symptoms that are reduced because of meditation. When a person experiences less discomfort, irritability and moodiness are reduced as well. A person thinks more clearly, is a better co-worker, friend, and lover, and becomes an even more productive member of society. There are some communities around the world that advocates meditation to their members.

### **Spiritual benefits from meditative practice**

People who lead stressful and hectic lives need to learn how to be still. This state of detachment and non-attachment eventually leads to spiritual awakening. As a consequence, a person attains detachment from thinking and has increased reliance on the faculty of knowing without exercising judgment. Because of the widening of perspective, it is easier to feel compassion for others.

There is no doubt meditation has benefits that can improve people not just mentally but physically as well.

### **Incorporating Meditation in your daily life.**

Life in this fast paced world, has become extremely demanding. A huge number of people face a lot of stress in their professional as well as personal lives and most of them are of the fact that meditation is the best tool available to alleviate stress.

Still, most people find it extremely difficult to practice meditation on a day to day basis.

### **How to incorporate meditation into your daily routine?**

Finding a convincing answer to this question assumes an importance of paramount these days. People make lots of excuses at the time of thinking about practicing meditation and they abandon this important activity from their daily routine. This attitude needs to be changed and you should find time to practice meditation in a daily manner. Here are

some tips to help.

### **Start immediately**

Most people complain that they do not have time for meditation because they have an overloaded work schedule at hand. The immediate solution to this problem is to allocate at least five minutes a day for meditation and by doing so; you will get the impression that it will not take away too much time from your hectic schedule.

The decision to start practice meditation should be taken at this moment itself. When you make such a decision, a new practice is born.

### **Practice meditation immediately after you wake up in the morning.**

Most people do not like to sit still for a long time because their mind and body may not be tuned that way. It will instill a sense of aversion towards meditation and people will start making a lot of excuses.

This problem can be solved by practicing meditation immediately after waking up in the morning. After a night's sleep, you will be in a relaxed condition and sitting still for some time will not be that much difficult. You will not be prepared to make a lot of excuses as well. Training your mind and body will be extremely effective during this time and gradually, it will be converted as a habit.

### **Set a strong intention**

First of all, you should analyze why you want to practice meditation. Figuring out the exact reason will keep you better prepared and you should visualize yourself after one year or six months. If you remain committed to practicing meditation, how will your life look after 6 months? You will have to visualize this situation and setting such a strong intention will make you committed towards practicing meditation.

In a nutshell, the process of incorporating meditation into your daily routine will become less complicated for you.

## **Set a fixed time and space**

You should identify a serene place and fixed time for practicing meditation. When you continue to meditate on the same spot at the same time in a daily manner, you are making things easy for meditation to take root. The repetition and familiarity will eventually lead to the formation of a new habit and you can also set an alarm to have a better awareness about the duration.

All these steps will help you to incorporate meditation into your daily routine and you will be able to say good bye to the lame excuses as well.

## **Begin your Meditation Journey today!**

When you realize that practicing meditation is an inevitable aspect to meet the challenges that lie ahead, you should never refrain from it. Procrastination will never allow you to march towards greater glory and you will always get stuck with the mediocrity.

Most people have not realized the true power of their minds and you should not be counted as one among them anymore. The untapped powers of your mind will have to be utilized in the best possible manner and there is no choice except practicing meditation to become successful in this highly competitive world.

When you realize your true potential, you can recreate your own destiny and that is exactly how great leaders managed to recreate their own destiny. Practicing meditation in a daily manner with proper commitment and discipline will definitely unleash your hidden potential and you should make this all important and life changing decision today itself. To be precise and clear, you should decide that you are going to start practicing meditation today itself. Here are some important tips to begin your meditation journey today:

### **Realize the true significance of meditation**

You need to perform exercises to improve your physical health and a good physique will guard you from all types of diseases. What about the mental health?

You should also improve your mental health with regular practice of meditation and such a method of approach will take you into a different level altogether.

Deteriorating mental health will cause all types of complications and your physical health will also get affected in an adverse manner. Stress is a silent killer and you need to defeat stress with the help of meditation techniques. You will have to realize all these important aspects before starting your meditation journey.

**Re-read this guide and gain a better understanding about the benefits of meditation**

You will be able to enjoy countless benefits when you practice meditation in a daily manner and they include increased concentration, improved memory, stress reduction, greater focus, decreased anxiety, peace of mind, clarity of thought, emotional stability, improved creativity, fully developed intuition, perfect balance of sharp mind and expanded consciousness, reduced tension and optimistic attitude towards life.

What would happen if you are blessed with all these qualities? You may think that it is not at all possible but the fact of the matter is that you will be able to enjoy all these benefits when you practice meditation in a consistent manner.

### **Prepare well before getting started**

You need to identify a place where you will not get distracted and a time schedule needs to be fixed as well. You will have to practice meditation in the same place at the same time regularly if it will be formed into a habit. You should set a strong intention so that putting forward lame excuses to postpone your decision will become a distant reality. It is always advisable to practice meditation in the morning because you will be in a relaxed state of mind after having a good night's sleep.

When you follow all these tips, practicing meditation will be converted as a habit in a gradual manner. If you are really determined to start your meditation practice today, you are



making your first step for the journey of redefining your own destiny.

## **The Meditation**

To make it as easy as possible for you we have put together a five minute meditation video. This video is a sound video so you should listen to it with your eyes closed so you won't get easily distracted. You will be able to watch the video on any device such as a computer, smart phone, tablet etc. It would be a good idea to also use headphones so you can concentrate on the meditation.

The meditation is a sound meditation meaning you will hear a gong sounding every 30 seconds. Listen to the sound of the gong as it fades and breathe deeply. The reason for the repeated gong sounds is that your brain will become easily distracted by your environment, or Ego's attempts to regain control by giving you random thoughts. As these occur you will hear the gong sound and be reminded to come back to focusing on your breath.

It's that simple. But it is also VERY powerful. That's why many people are not successful with meditation. They think how could something so easy have such a profound effect on me?

To start assume a comfortable seated posture either on the floor or in a chair. You could also lay down but you might nap so start seated first.

Concentrate on your breathing. Inhale slow, deep comfortable breaths feeling your abdomen inflate out.

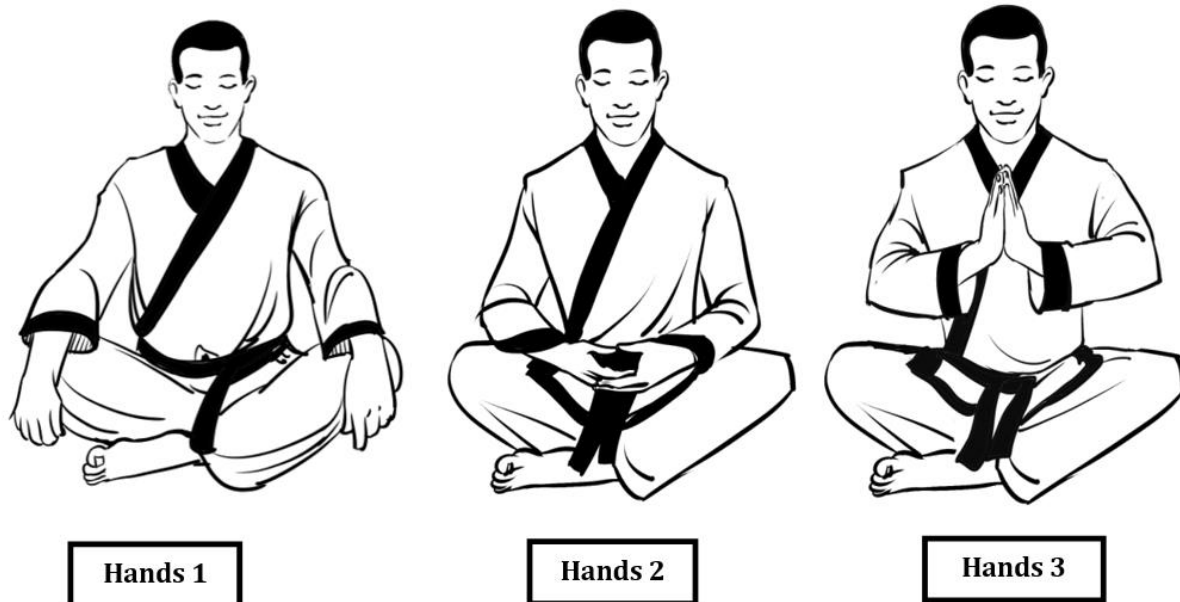
Concentrate on your abdomen moving out when you inhale and relaxing as you exhale. Keep the rest of the body still.

When you hear the gong remind yourself to breathe with your abdomen as you listen to the sound of the gong fade.

### **Sam Soo Muk Nyum Bop**

Meditation is the practice of being in the moment. Sam Soo Muk Nyum Bop (three hand position meditation) helps you stay in the moment. It is natural for your mind to drift during meditation. This is your Egos way of fighting back as you start to regain control of your mind. As your Ego starts to lose control it will attempt to distract you with random thoughts, physical discomforts, whatever it can attach your mind to.

Knowing this we can gently steer our minds back on track using the three hand position technique.



Basically, every three breaths you change hand positions. The basic technique starts with your hands on your knees (see hands 1). Then after three breaths you move your hands in a bowl shape (see hands 2) in front of your abdomen with the thumbs at the height of your navel. Then finally, palms facing each other in front of chest (see hands 3). This is one cycle. You can repeat for as many cycles as you want.

The advanced method of this technique is, you start with hand position one and continue breathing, and then when a thought distracts you, you change to hand position two. You continue breathing in position two for as long as possible. If

another thought distracts you then you move to position three, and so on.

## **The Car Meditation**

**CAR MEDITATION!** you may be thinking I'm crazy? Let me explain. You don't actually shut your eyes and mediate in the traditional sense. Instead, when coming to a red light (be it as a driver or a passenger), you simply place your hands in your lap, relax your shoulders and become aware of your breath. Your eyes are open and aware of the traffic light and other cars the whole time. When the light turns green you go about your driving. A study was done and they concluded that the average person spends 3-4 years of their lives at red traffic lights and stop signs! Why not use that time wisely?

This method will calm your mind; you will be less stressed while driving. You will not be in such a hurry and be more relaxed when you get to where you are going thereby being more productive in your day.

Well I hope you enjoyed this guide. Please practice everyday and if you liked this course consider our other courses on warrior-scholar university.

**Enjoy your Journey!**

**D. Segarra**

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<https://warriorscholaruniversity.com/courses/intro-to-meditation>

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