



meditation is medication

Meditation is Medication

Meditation is truly the “wonder drug” of human history. As scientific research points out, the benefits of meditation are numerous. When examining experienced meditators, neuroscientists are finding high levels of gamma brainwave activity, which is associated with having high levels of intelligence, self-control, compassion, and sustained happiness. There is also a link to having an increased memory and perception of reality.

There's also an amplification/increase in immune system, physical strength, creativity, intuition, and maturation. It even reduces biological age. *There is absolutely zero negative side-effects.*

Human Auras and Healing

Your bioenergy field, or aura, is a primary contributor to your physical and emotional well-being. When your aura is vibrant, chances are good that your health is equally vibrant. Because most physical problems appear first in the bioenergy field, and later in the physical body, one of the best ways you can take care of yourself is by keeping your aura bright, smooth, and clean.

Those who don't meditate regularly have chakras (energy centers) that are not fully open. Their auras are subsequently quite a bit dimmer than those of people who meditate daily, who are essentially **realigning and reviving their energy fields on a regular basis.**

By practicing aura meditations each day, you can dramatically improve your vibrancy and health. Healing can take place when you provide yourself with the time and space to receive it. Make time for yourself to allow loving, healing energies to flow through your energy field and nourish your body, mind, and spirit.

Here are the 3 elements to practice, once you are already in a relaxed, meditative state. Please note that I'm using the word “Divine,” but feel free to replace that word with anything equivalent that works for your belief system:

- **Sense** the presence of Divine energy (5 minutes)
- **Feel** this Divine energy flowing through you, cleansing and healing you (5 minutes)
- **Radiate** the Divine energy back out to the Universe (5 minutes)

And if that's too new-age-ish for you, or you prefer something more practical, no worries... just use the word “gratitude” instead:

- **Sense** the presence of gratitude in your heart
Ask yourself: What am I grateful for in this moment? (5 minutes)
- **Feel** this gratitude flowing through you, cleansing and healing you (5 minutes)
- **Radiate** the gratitude you feel back out to the Universe (5 minutes)

No More Excuses

Even though the time commitment is modest and the reward is enormous, many of my meditation students struggle with adopting a daily practice... at first. In my experience I have observed the following misinformed assumptions, which create the most resistance to daily meditation practice:

Resistance 1: *"My mind is too active to be still for any length of time and quiet my mind."*

There's no question it can feel like our minds are constantly racing in this face-paced society. After all, we are conditioned to constantly be "staying one step ahead" and to be "critical thinkers" versus "calm feelers." Many of us can't even seem to pull the off-switch on our minds to get a good night's rest. When you first begin to meditate, you're likely to experience the frustration of not being able to slow down this full speed train (your racing thoughts) and there's a tendency to say, "This isn't for me!"

At first, it feels a lot like the impossible task of herding cats. One way to think about this process is to compare it to working out. Like starting any physical exercise routine, you probably won't be able run a 5K or bench press 315 lbs. on the first day, or even the first month. However... if you start slowly, have a guided plan of action, and patiently work our way forward, you can reach our destination of a nourishing daily meditation practice.

The key here is not to judge yourself or the session on how well it went, but rather to sit in the stillness of the present moment and just be the Observer of your experience, moment to moment to moment.

Resistance 2: *"I don't have time for this and I have too many things going on in my life to learn to how."*

It's common to feel like there isn't enough time in the day to devote to a regular practice. Let's be real, you don't feel the same way about taking a 10- 20 minute shower, or working out for 30-45 minutes, but yet most of us make time and build these "practices" of health into our daily routines.

The truth is, 15-20 minutes for your meditation practice will cause you to be far more productive and efficient, not too mention you won't need as much sleep to feel rested, and when you do sleep it will be much deeper. I promise you, this investment of time will yield far greater returns in the end.

The bottom-line is that meditation can greatly enhance your well-being, and is in the top 1-percentile of things you can do to improve your overall health.

Resistance 3: *"Meditation will conflict with my religious beliefs."*

To repeat what was already said previously:

"Meditation is a form of mindfulness and has been practiced since antiquity. It is central to almost every method of self-cultivation, ancient and modern, Eastern and Western.

Meditation can be defined as a family of practices that train attention and awareness. Traditionally in the East the focus was/is psychological and spiritual well-being and maturity. In the West, the focus is shifted more towards stress relief and relaxation.”

No matter how meditation is practiced, it is not dogma and can be adapted into anyone's life regardless of their religious background or culture. However, if you do believe in turning to “God” or a Higher Power for guidance, you can use meditation to quiet your restless mind and listen to the divine wisdom without the noise of daily life.

The Key to Unlock the Door to Meditation

Many resist meditation, or find it overly frustrating, because it feels contrary to our always-thinking-minds. Our minds are conditioned from birth to be THINKING-THINKING-THINKING about walking, talking, school, making money, raising a family, retirement, today, tomorrow, next year, etc.

And now, our task is to undo a lifetime of conditioning and transition our racing thoughts to a calmer mind. The good news is that with these 3 main ingredients you will succeed without question:

- **Strategy** – Sound advice (transmission) from a mentor
- **Daily practice** – Even if it's just 5-10 minutes a day
- **Patience** – Give yourself the space to be imperfect at this

Once these 3 elements are in alignment, *a meditative state will just happen automatically*. This is my promise to you. It's like learning to ride a bicycle... once you learn, you can't unlearn it.

This is a Gift to Yourself, not a Task!

The time of day isn't as important as just making sure it's practiced daily, rain or shine. The key word here is *daily*.

Your meditation practice is like taking a shower.

You don't have to make time for a shower in the morning do you? (takes most of us 15-20 minutes at least) **You just do it automatically**. Well, in that same way... just sit quietly for a few minutes. Make your meditation practice apart of your daily routine, similar to brushing your teeth, etc. Try not to think of meditation as a new task that you have to somehow fit into your already jam-packed life... think of it as the very *gift* you need to help make your jam-packed life smoother and more pleasant.

I promise your daily *mind-gyiene* (meditation) will make you feel refreshed, clean inside, and

more put together.

Start Small

If you're just starting out, it's better to start with 5-10 minutes per session. This will help you not feel so overwhelmed—you want to set this game up to succeed from the beginning, and 5-10 minutes feels very manageable to most starting out.

This is where journaling is essential to help you determine what time of day are you getting better quality sessions (record time, place, mood before and after).

How Long Should You Meditate?

Although anytime you sit quietly it is beneficial, to access the deeper qualities from meditation, you will want to elevate your consciousness to DELTA brain wave patterns (the realm of intuition). To do this, most people need to be able to sit quietly for 15-20 minutes... don't be intimidated by this length of time, it will eventually come with ease.

If you practice regularly, and increase the time little by little, it's smooth sailing. Below is an illustration that describes the linear progression of your consciousness during meditation.

6 Steps to Mindfulness Meditation

Step 1: Get into a comfortable posture.

Comfort and having a straight spine are the two most important elements for your meditation posture... specifically, sitting upright is important because it affects the flow of energy throughout the body. Be sure to relax your back muscles as much as you can while maintaining an upright position—contraction may slow/blocks the flow of energy.

- **Option 1:** Sit upright and relaxed with your legs crossed on a meditation cushion, with or without your back against the wall for support. (I personally sit with my back against something and need two small pillows to sit on because I'm a little heavier)
- **Option 2:** Sit upright and relaxed with your legs extended straight out with your back against a wall for support.
- **Option 3:** Sit upright and relaxed in a chair, keeping your feet flat on the floor.

Step 2: Focus your eyes.

With your eyes closed, gently direct them toward your “third eye” (middle of the forehead). Alternatively, look straight ahead into the darkness of your eyelids. Again, comfort is key so be sure that your eyes feel relaxed, not strained in any way. If you want to gaze at a candle in the darkness, that works too.

Step 3: Place your hands in a relaxed position.

The hand position is an extension of your posture and will help with the proper flow of energy.

- **Option 1:** Touch the thumb and first finger, with your palms facing up, and rest the backs of your hands on your thighs.
- **Option 2:** Place your hands facing down, cupping each of your knees.
- **Option 3:** Lay your left hand on top of your right, with the palms facing up on your lap, and your thumbs touching.

Step 4: Notice and FEEL your breathing.

Take three long, slow, deep breaths, filling your lower lungs first, then your chest. Breathe in through your nose and out through your mouth. Breathe in with full awareness of your breath and its life-giving air.

Step 5: Be aware and observe.

As you breathe in and out, mentally “bow” to the thoughts, feelings, and physical sensations that you experience. Try not to analyze any of your thoughts. Simply be open, alert, and mindful... as you allow your “observing mind” to emerge. Pay special attention to the qualities and sensations of your experience.

When you find yourself resting in the interior spaciousness of Self, be aware of the observing Presence that stands unattached from all activity. This is pure awareness.

**Using a mantra is a technique that can help quiet the mind... please refer to the “Mantras” section towards the end of this document for examples.*

Step 6: Slowly come back into ordinary consciousness.

Take a couple slow, deep breaths through your nose and out through your mouth. Gently open your eyes and reflect on whether anything of importance revealed itself to you and write about in your mindfulness journal.

6 Suggestions for a Better Practice

Suggestion 1: Start Small, Ease Into It, and Be Patient

Try to meditate for only 5-10 minutes at a time for the first week, and then add 1 minute every other day. The more you practice, the easier and more enjoyable it becomes. And remember, you will inherently have “good” and “bad” days (I still do), and like anything else, it will take time to see progress. Be patient with yourself and the process.

Suggestion 2: Don't Seek a Defined Experience

There is nothing to “get right” or “accomplish.” Expectations will only get in your way of letting the natural event of meditation to take place. If you look for a defined experience, you will get frustrated, and this internal contraction will be a major barrier to your meditation practice.

Whatever happens during your session: sleep, mind wandering, mind racing, lightning bolt of insight, or deep relaxation, it is exactly what is supposed to happen. Always honor whatever experience you have. It is a gift.

Suggestion 3: Allow... and Let Go of Everything

When thoughts arise, and they will... allow yourself to simply observe them without getting tangled up in cognition. Notice your thoughts without any judgment, mentally bow to them, and let them float by like a white cloud across a blue sky.

Suggestion 4: Develop a Routine

Build meditation into your schedule so that it's automatic (like brushing your teeth, showering, etc.) and practice in the same location each time. Preferably a place/area that is dedicated to your practice only. Think of it as daily physical, mental, and spiritual nourishment—make it a MUST!

And when you fall off the path (your routine), which we all do, don't get frustrated with yourself, just take a deep breath get back on.

Suggestion 5: Reduce Caffeine Consumption

I realize that I'm “swimming upstream” with this suggestion... but here it goes... try to reduce your caffeine intake to 1-2 cups per day. You can start this process by reducing your consumption by 25% each week until you reach the goal. This will allow your body and central nervous system to be less revved-up, and in more of a natural state. You will be amazed by how much this suggestion will contribute to your success at meditation.

How will you get through your day as a result of reducing your caffeine consumption?

Your body will actually readjust itself so that eventually it will take less caffeine to get the same effect of your current consumption. Additionally, meditation will amplify your energy levels long-term throughout the day so you won't need as many trips to Starbucks (save some serious \$\$ \$ too).

Suggestion 6: Avoid Heavy Meals Before Session

Try not to eat a meal, especially a heavy meal, right before your practice. Snacks are fine. You should leave at least a 30 minute cushion before meditating if possible. Because the digestion process needs lots of energy to do its thing, it can zap your energy levels, making you sleepy, less alert, and... less aware.

Mantras

The word mantra comes from Sanskrit and means “tool/instrument of thought.” Mantras are words or sounds with meaning, that are repeated over and over again. The goal is to create positive energetic effect and a higher state of consciousness.

Mantras have been used for centuries and can be a very powerful way to enter into a deep meditative state. In fact, many practitioners use mantras (versus focusing on their breathing) to help them slip into a meditative state more easily.

If there is a part of your self that you would like to attend to, you can select a mantra in relation to this area for nourishment. For example, if you feel stressed-out then you could choose a mantra like the following:

Breathe In: “I am grateful (for good things)” ... **Breathe Out:** “I am letting go (of bad things)”

or

Breathe In: “Let” ... **Breathe Out:** “Go...”

**For a more comprehensive list of [mantras please click here](#).*

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Chris Willitts is an expert of consciousness, mindfulness meditation, and mindful strength training. To view his full bio and updated list of ongoing mindfulness pursuits like his new book called "Mindfulness Matters," please [CLICK HERE](#).

