

# How to Meditate for Beginners



## The Monolithic State --*Quieting the body*



Sit in a pose where it's easy for you to meditate. Your spine will be available to you for your breathing practice.

Try to have your heart center exposed forward so that you feel that you're receiving energy through your heart just through your posture.

Close your eyes and connect with your breath. Let your everyday breath just happen, as small or as intense as everyday breath might be. Allow your mind to do whatever it wants to do and try to completely focus on the breath. Being with your breath is like being with a good friend.

At this part of the breathing practice we are just looking for a stillness of the body and for an inner awareness of yourself towards yourself. So you see what does your mind do when you sit very still and how does your body react to sitting still.

Also look at how you feel and what your emotions do when you are so still. Just continuously focus on the breath and what is the response of your emotions.

You may notice an impulse to move. Try not to act on it and it will recede. Then more energy will pass from your physical body to your mind. Let your body feel as if it is sinking. Its weight is an attraction to the earth, which pulls your body into itself.

The human body is made of the earth, so let it feel like a rock, a strong and dense rock that is very happy to be a rock.

You can sit like this for quite a while and just practice observing yourself without any other intervention. Just continuously focus on your breath.

We call this the Monolithic State. If you hold this posture for a long time it's the first step in the breathing practice.

If you practice this every day, you will see some wonderful changes in your life because it's the first step towards self-control and self-observance.

You are becoming aware of the processes that continuously happen inside yourself.

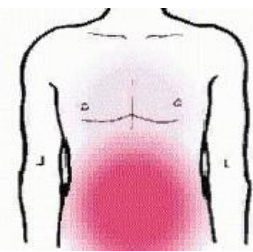
For more about this see [Meditation Position](#) on our website.

## Conscious Breath

Become aware of your breathing. The whole focus of your mind is on your breath. See how much you can focus on the breath. We're not trying to eliminate thoughts but to just focus on the breath. Inhaling and exhaling through the nose. There's usually very little air or breath that moves in and out this way.

It's somewhat difficult to be present to the breath because it's so little at this point. There's not much to focus on yet.

So focus on keeping your body completely still and zero in on the breath. Notice while you focus on the breath that the breath starts changing by itself. It tends to deepen. What we focus on becomes stronger and deeper.



Now, with the next exhalation try to exhale more deeply. Use your abdominal muscles to exhale completely. Breathe all the way out.

Let the exhale begin like a silent sigh and descend like a waterfall. Towards the end of your normal exhale squeeze your stomach muscles to extend your exhale 3 more seconds. Feel your stomach caving in. Try to push all the air out of your lungs.

Limit your intervention to these few seconds, once per breath, and let the rest of your breath cycle proceed normally. Never hold your breath at the end of the exhalation.

You can easily breathe out much longer than you normally do.

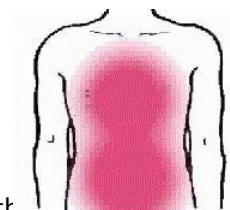
At the end of your exhale relax your belly completely and let the inhale rush in! You will experience a rush of air and breath and energy into the belly. Then your inhalation intensifies and you start inhaling more deeply.

Now it is easier to focus on the breath. The mind has more to focus on. Observe, did you really finish your exhalation or is there more breath, more air, more energy inside of you. How far can you go on the exhalation?

The air is the physical part of the breath. You can go beyond the physical exhalation. Fill your being and abdomen with breath and energy. This is your chance to breathe fully and deeply. Go a little further now on the inhalation. This is where the energetic part of the breath happens. When you're full of air, go further into the inhalation.

Inhalation has much to do with inspiration. To inspire, to be inspired. The inspiration happens in the last inch of the inhalation. In Spirit—Inspiration—moving into you. Inviting the spirit to come into you. Opening up.

It seems, at this point in the inhalation, an expansion is happening. And in the exhalation a contraction. That's how we experience it at this point.



Be aware that your abdomen is breathing with you. Be aware that the breath is not just in the upper part of your chest. Your whole being is breathing fully. This is a rare opportunity.

There is a physical sensation going on with you too. You feel the energy in your body, throat and palms. There's a lot going on in this type of breath. You might feel the breath in your back or in your toes. Let the energy go wherever it needs to go. Inhaling and exhaling through the nose. More on the [Conscious Breath here](#).



## The Full Breath

Air is just the physical part of the breath. When we breathe, there is much more that comes with the air. There is light, sound, the energy of love. There is Prana (Hindu) – Inhaling life..

Work with the abdominal muscles to exhale and make space in your abdomen for that process to happen. It is in the abdomen where all the movement is happening.

Have the feeling your whole body, your physical being, is breathing—inhaling and exhaling. Soaking up the energy that comes through the breath. We're expanding ourselves internally, opening ourselves up towards the energy.

You can enhance the depth of your breath, double or triple it over time by doing the full-breath practice.

The more we inhale, the more we access life. The more we exhale the more we give all that's inside our hearts.

*Take this breath as the model of an approach to life: take it all in, resisting nothing; give out all you can, holding back nothing. Maximize the flow; increase involvement.* Puran and Susanna Bair, [Living from the Heart](#)

## Pulse and Heartbeat

Now we intensify this kind of breathing by holding the breath after the next full inhalation. Be careful and gentle with this. There's a surge of energy that comes through the holding of the breath.

What we're looking for now in the holding is the heartbeat. The heart starts speaking to you through its beat. See if through the holding, you can become aware of the heartbeat. The way you recognize it is it has a double-beat, lub dub. The pulse has only one beat.



You may want to place your hand over your heart or contact a pulse point on your wrist, neck or chest area. The pulse is the echo of the heartbeat.

There's a relationship between the breath and heart. The heart says "here I am, here I am, I am, I am.."

Imagine with every breath you touch your heart. It is tender and subtle. It's the way your heart always wanted to be touched.

Notice your heart's response. It may speed up in excitement or it may get

very calm because your heart has been seen and heard.

After a while the heart develops a rhythmic and steady beat. It has to be practiced.

We like to differentiate between the pulse and the heartbeat. The pulse can be felt on the periphery or outer edge of the body. The pulse can be felt anywhere on the body. It is a single beat which is the echo of the heartbeat. The heartbeat is felt in the chest. Lub – dub..

This miracle is continuously going on in the body all the time!

For more information on all these practices see [Easy Meditation Techniques](#) on our website!

Download and read our free eBook [Listen to Your Heart](#).

## Heart Feeling and Gratitude



“One of the powerful emotions of the heart is gratitude. As soon as your heart is touched by your breath, it is softened, and a softened heart is grateful. Experience how the heart approaches life: it is profoundly grateful for all that is offered. The heart never complains; complaints come from the mind when expectations are not met. The heart that is open accepts all that is given and gives all It contains.”

--Puran Bair, [Living from the Heart](#)

You can continue to enjoy your meditation practice by staying with the conscious breath and awareness of your pulse/heartbeat. Enjoy this for as many breath cycles as you like. When you are ready, gently stretch in your chair and slowly open your eyes.

*Curtis Simpson*

[Healthy-Heart-Meditation.com](http://Healthy-Heart-Meditation.com)