

# EASY GUIDE TO MEDITATE

**BY ALEX NOVAA**

*yogadelic*

What is Meditation?

Meditation is discovery.

**It is a discovery process characterized by mindful contemplation.**

Mindful: Deliberate non-judgmental awareness.

Contemplation: Intentional and careful consideration/ observation of an object.

Every discovery is preempted by exploration. This is easy enough for us to understand in terms of sailing ships and far flung forays into remote jungles. These are external explorations. Meditation is the domain of internal explorations. However, all discoveries resulting from mental explorations will influence your understanding of physical reality. This is the nature of perception.

*A great hunter will spend time observing the land. He will go out many days to sit quietly for hours. In this way he will learn the lay and the movement of the animals like he know the veins on the back of his hand. When he finally wakes for the morning of the hunt he will know where his prey will be. The meditator is a hunter, only the prey is not animals but his own tendencies.*

When the purpose of our meditation is self-discovery, we sit quietly until the mind calms and we continue to sit for as long as it takes in order to observe the movement of our thoughts. This is how we discover our unique mental framework.

Anyone can meditate. All that is needed is a will to understand, or discover, that which you do not yet understand or know.

*To meditate one selects an object, sets an intention, and practices a meditative method until all mental interference fades away and object is clearly perceived via a subconscious energetic linkage—aka the proverbial light bulb switches on. Within the Yoga, this subconscious communication with the object is called **Dyhana**, the seventh limb of yoga. Therefore, meditation is both a technique and a result.<sup>1</sup>*

We meditate because there is something we seek to understand. Like the broader yoga discipline, it is a universal practice, meaning it has existed in cultures all over Earth for a very, very long time. It is also universal in scope. Meaning there are an infinite number of things we can discover during meditation. And there are many ways to meditate. Breathing patterns, eye focal points, hand positions, and phrase repetitions (mantras) are some of the most common techniques. There are seated meditations or walking meditations. It is the chief modality to self-investigation (Principle 2 of Kriya yoga). What is there to self-investigate with meditation? Perhaps we want to better understand our samskaras (patterns & habits formed from past experiences) or perhaps we want to figure out the solution to a problem at home or work. Maybe you want to know what God means to you. The application is limited only by your imagination.

It can be challenging to learn how to meditate. Not because its difficult to tell you what to do, but because the process is infinitely variable just as an individual's mind can be varied infinitely. That and because slipping into a meditative state can happen through practiced technique or occur spontaneously. You have undoubtedly attained meditation (dyhana) with something in your life which means the only thing standing between that moment of clear understanding (the lightbulb moment) and calling it meditation familiarity with yogic terms. Think back to when you studied pencil and

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<sup>1</sup> Paraphrased from the Mohan's [Yoga for Body Breath and Mind](#)

paper math. Back to when your child self sat in the straight back metal chair and focused intently on the symbols. Back to that epiphany moment. That was when your consciousness merged with the numbers and you “got it.”

Kids find meditation easy. This is because they don’t have nearly as many life experiences (habits, bias, prejudice, beliefs) standing in the way. I’ve lost count of the number of adults who’ve told me they can’t meditate. They’ve tried it once or twice but they can’t do it. ‘Course, they usually can’t define it either. The biggest problem adults have lies with their own perception of meditation. They typically think that because they know their mind is very busy it makes them a bad meditator and therefore their busy mind means meditation is hopeless. Folks, the whole point of meditation is to tame that busy mind. If it wasn’t busy, you wouldn’t need to meditate.

Meditation is a powerful and indispensable practice but you must be committed to bettering yourself and very very willing to admit your failures. A minor complication to teaching meditation is that I cannot “see” inside your mind and tell you if you’re doing it “right”. This difficulty in using words to express that which cannot be seen is not limited to meditation. How would you describe a river to someone born blind? Without a frame of reference, where do you start? This challenge doesn’t mean I can’t teach you meditation, only that you its normal to not think you *get it* after reading this or any other book on the subject.

*Your education with meditation can only truly begin when  
you sit down with empty hands.*

The good news is that if you’re here knocking on the door to this ancient contemplative practice you can be assured the door has been patiently awaiting your knock.

So, what does it look like when someone meditates? It could look like this...

### ***Beginner Meditation***

*Set a timer to avoid needless worrying over how long you've been meditating. Sit in a comfortable position, but one that you will not fall asleep in. Close your eyes. Mentally verbalize the reason for meditating, in this case it will be to understand the nature of your thoughts. Sit upright. Relax your body. Start with the feet and go all the way to the top of the head. Relax everything bit by bit. It may help to say "I breathe in" as you inhale and "I breathe out and relax" as you exhale.*

*When finished, allow your body to breathe on its own as you observe the quiet space in between your thoughts. Whenever a thought arises, notice it's character (the subject and it's tonal quality) before observing your body breathe on of its own accord. Be very laissez fair in your attitude. It is good to notice you were thinking. Return to the quiet space in between thoughts. Rinse and repeat. Key steps for meditating*

### **Keys step for Meditating**

- 1) Be comfortable but not so comfy that you're likely to fall asleep. You don't have to sit crosslegged. A chair is fine.
- 2) Use a breathing pattern (pranayama) that will soothe the nervous system.
- 3) Relax your body.
- 4) Set an intention to meditate (mindfully contemplate) on an object, such as the machinations of your mind or the universe (God).
- 5) Drop all expectations.



## ABOUT THE AUTHOR

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Alex Novaa started practicing yoga to prove to his younger girl cousin that he could do yoga better than she could. He was wrong. And he is eternally thankful that his foolhardy ego led him to hatha yoga and eventually to seated meditation. His goal is to get people to take yoga and meditation seriously as a pathway to take control of one's mindset in order to be more *you*.

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