

10 DAYS MEDITATION FOR BEGINNERS

LEARN HOW TO MEDITATE WITHOUT
GUIDANCE



WHAT IS MEDITATION

Meditation is a persistent practice of insight and awareness through which you will calm your thoughts and emotions. It is the key to inner peace, creativity, and joy in life. Everybody who is practising regularly will be able to achieve this. It does not mean to "not think any more" but to allow the mind to rest. Meditation is a state where the thoughts are calmed, but it is also the practice. Even when you sit there, and think all the time of your daily businesses, it is meditation. And also this is very profitable for your.

BENEFITS OF MEDITATION

Through meditation you are able to overcome stress, anxiety, depression, negative thinking patterns, and strong emotions.

It helps you to develop serenity, patience, awareness, understanding, and peace.

Many modern researches are showing that even 5 to 10 minutes of daily practice have a very positive effect. If you want to experience even more positive changes, it is recommended to meditate 20-30 minutes or longer a day.

HOW TO FOLLOW THIS TRAINING

1. You will need about 15-30 minutes a day for the lessons
 2. We start with short meditations and extending the time of the meditations day per day. In the beginning the meditations are part of the lessons. At the end of the training you will need time for the lessons and up to 30 minutes for meditation
 3. You will need some pillows or a chair to be able to sit comfortable during your meditation sessions
 4. It will help you, if you follow this training at the same day-time, and in the same spot
 5. Do not be too over-engaged. We are not a master yet. Everything needs practice
 6. It is something very, very good for you - so do it with happiness
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SWAMI SIVANANDA:

“Without meditation and concentration there will be NO self-realization.”

Meditation is NOT "not thinking". In meditation we are calming the mind through practising concentration. All of our sufferings, problems, and negativity are coming from our mind.

Imagine this:

Two people are having the exactly same experience, for example a car crash. Nobody got hurt, just the car is damaged.

Person one is completely angry, raging, upset. His important car is destroyed, and he is angry about the other driver, about the accident, about his life right now.

Person two has also an identically car crash. But this person is just happy, that nobody got injured, and he is not angry about the other driver, about this accident, about his life right now.

Why is that? Because the mind is influencing these persons perception of life. The second person maybe understands that accidents can happen, that it is only material damage, and he sees the positive things in the negative. Nobody got hurt.

What is the difference between both? The first one is suffering, while the second one is not.



WISDOM AND KNOWLEDGE

Mastering the mind

Who do you want to be? The one who is disappointed and can not be happy in his life, or the one who is able to appreciate the ups and downs in life?

In meditation we are able to understand that all suffering is coming from the mind, from the inside. And we are also able to understand that we are NOT our mind. Our mind is an artificial construct, build up from external influences, since we are a child. Everything we encountered in life, especially our culture, family, friends, education, and all the other impressions we are gathering in it, are shaping how we experience life, how we judge it, and how we analyse it. This is coming all from the mind. Our thoughts. In meditation you will understand, that you are NOT your thoughts, you are way more than this. You are an experiencing self, which is given a time on this planet to live a life! And you will understand and feel more and more the magic in of it!

When we are understanding this, our self-identification with the mind will be reduced. We know we are not our thoughts, so we are not affected by them any more. They lose their power over us. They are not able to tell us: "Suffer now! Because this is something not for you!" And you will see, that you have the strength and acceptance, the knowledge, to be free and full of compassion for yourself and others...you are free from these thoughts, and you will not suffer anymore.

YOUR JOURNEY

Be ready! This will change your life!
It takes time, for sure, but if you never do the first step, you will never be on the way.
It is time for you right now! - Live your life full of peace, happiness, creativity, joy, serenity, abundance and love. Take this time for yourself!
It is possible. It is easy. It is your choice.

We are going this journey together. I do my best, so you are able to experience this too. Peace in your life is waiting for you.

No spirituality, no religion, just YOU & YOUR BREATH.



SIMON
SURESHWARA
YOGA & MEDITATION