

TALWINDER SIDHU

MEDITATE

Breathe into meditation and
awaken your potential





SECTION I

**INTRODUCTION TO
MEDITATION**

CHAPTER I

WHAT IS MEDITATION?

Meditation comes in many forms, but no matter which approach you adopt, you will soon realise that they all are trying to explain the same thing just in different ways.

Think of a problem that you are currently dealing with in your life today. Now think of the problem as a creation that has its own life separate from you. Now assess how the problem came into existence. How did your problem come to life? How was it created? This is the first basic principle I understood about meditation: to assess all experiences in life from the perspective of a creator so you can discover that experience's true origin.

Essentially, sitting in meditation is to study the origin of an experience of life—whether that experience is a sensation in your present, a memory from your past, or a state of mind that is directing your future. You can even study the origin of life itself and raise consciousness into realms beyond the experience of

life altogether, and all this can be achieved by simply creating a moment for yourself and sitting in contemplation. Also known as meditation.

Sitting in meditation is to study experience, a creation, from the perspective of a creator. You are a creator, and if you struggle to meditate, it only means that you struggle to see yourself as one. Perhaps something else or someone else has taken charge of your life. Seeing yourself as a creator is how you are going to combat your mental ailments and effectively meditate. For instance, if a problem has been created in your life, then a solution can be created too.

When you learn how to observe everything that your mind presents as creation and learn to see everything in life as a creation, you will begin to effectively meditate and arrive at conclusions that can help you create a solution and evolve. For example, if anxiety is an experience that has been created in your life, then calmness is an experience that can be created too. If trauma has been created in your life, then healing can be created too. If addiction has been created in your life, then sovereignty can be created too.

You first need to learn how to detach from whatever experience you are consumed by so you can attain conscious control and reassert your presence. (You will learn how to do this in Section 2,

Beginning to Meditate.) Solving your life's problems and creating solutions is just the beginning of what meditation can help you achieve. Meditation can help you raise awareness beyond the experience of life itself, which can make whatever you are dealing with in life a minor inconvenience. (This will be explored in Section 3, Deepening Your Meditation.) Meditation also encourages you to pay attention to the innate intelligence within. Listening to your body and how it responds to and functions in life can really help you turn your life around. (This will be explored in the final sections of this book, Integrative Development.)

THE ORIGINS OF MEDITATION

The origins of meditation are as complex as the practice of meditation itself. The earliest mentions of meditation are found in the ancient Indian scriptures known as the Vedas. The Vedic scriptures date back to 1500 BCE, though their true origin date is unknown as the scriptures were traditionally passed down through generations orally, in the form of chants and hymns. What is fascinating about these scriptures is that the knowledge contained within these sacred texts are discoveries derived from meditations, conducted by ancient Indian sages known as the rishis.

The ancient rishis had deduced that everything in life must have derived from one singular source, such as how all the different species of plants in a forest can sprout from the same earth, and how the moon, stars, and all the planets floating in space can exist

in the same universe. No matter how far you build something up or how small you break it down, everything comes together to form one construct or starts as one construct.

Where did all this creation begin and where does it end? To understand a rishi is to understand a spiritual scientist: How does one find the source of creation without tearing the creations of the world into pieces to look for the creator inside? Furthermore, even if such an approach were to be adopted, each tangible piece of creation that could be observed through the physical senses would only lead them back to the same conundrum: What is the source of this creation?

The rishis were smart enough to realise that there was nothing that they could experience through their physical senses, which would enable them to conclusively locate that source of creation, so they had to look beyond anything in life. The next logical place to look was inside the mind.

Your dreams are not physically experienced in life. Your memories are also experiences that no longer exist in life. Your thoughts and ideas too, though they can be brought into life, still very much start in your mind and not in your physical life. The rishis figured out that creation starts from within, quite literally too, when you think of a seed sprouting life and a mother giving birth. Life experienced with the body is a distinctly separate experience from life within

your mind. In fact, the rishis understood that life is much more expansive within.

EXERCISE

Look at your hand and notice how it exists in life. Now close your eyes and visualise your hand. Notice how what you are seeing is not your physical hand; instead, you are looking at a memory of it. While in your mind, move your hand side to side. Now open your eyes and look at your hand again and move it side to side exactly as you did in your mind. Notice how you just had three very different experiences?

1. You saw your hand in life: your physical hand that is attached to your body in the present.
2. You saw your hand in a state after life: the memory of your hand was revived from the past, an experience you had in life.
3. You saw your hand in creation, a pre-life state: you predetermined an experience and created it in life. You essentially saw your hand in the future and brought the future to your present.

Your mental health works in a very similar way but, of course, with more attachment to the experience in mind. Reimagining your hand and moving it side to side is not as traumatic as, say, someone reimagining a car crash when they almost died and believing it is going to happen again. This is why you practise detachment in meditation first: you detach, witness the process of creation, and consciously change it and the response. Remember, you are the creator of your own experience of life.

The next job for the rishis was to understand what or who is having this experience in the mind, because the body is evidently on the outside and isn't existing within. What is this entity that is living in your body and having experiences in the present, travelling into the past to revive the experiences it once had and no longer exist in the present, and creating a future ahead of the present, bringing it to life?

This entity is what we would call consciousness, and the term carrying consciousness or raising consciousness is referring to its ability to travel or exist beyond the experience of present life. Evidently, consciousness can move through time but your body cannot; the body can only ever exist in the present moment. Therefore, the world within is already more expansive than the world that surrounds the body.

Already, just by using their minds, the rishis discovered that they could travel throughout time and beyond life. We exist as so much more than our bodies, so where else could consciousness go? How far can it travel? Also, what is the source of all these inner creations? The rishis set to work and began unlocking the secrets of the universe, and the Vedic hymns were born out of their meditations.

You can carry consciousness into realms of existence that the body simply cannot access, and this is the true power of meditation. Also, you could potentially carry consciousness down into other parts of your body. Imagine carrying consciousness into your blood cells and, perhaps, even into subatomic levels of existence to explore creation from the perspective of an atom. Imagine if you could consciously change how your cells behaved and alter your biological makeup. It may sound out of this world because technically, and theoretically, it is.

However, it is not completely out of the realm of possibility, especially when you start thinking about programming and brainwashing: how advertisements have the power to change how you think about yourself, how music can move you and your ability to love and empathise with others, and how energy and conscious signals can be exchanged. Consciousness can travel extensively, but you must open your mind and your heart in order to allow it, and meditating can help and teach you how.

Think about where you could carry consciousness if you were able to detach from all the experiences of your life and venture beyond all realms of time and space itself. Life is a mystery, but I am certain that the mystery is not going to be solved by stressing, creating conflict, and engaging in self-destructive behaviours. Just like our ancient ancestors seemed to have done, we will have a much greater chance of seeking answers from within by raising awareness above our inner dilemmas and seeking knowledge beyond life. Healing yourself is just the beginning.

From conscious awareness to conscious recovery to conscious travel, meditation can provide you with so much more than being able to clear away stress and restore your mental health. The intelligence you have access to is why meditation is so effective at reducing stress and combating mental illnesses. When you understand meditation well and what you can achieve by practising it, clearing the troubles within your mind can become quite a simple process.

You can potentially raise consciousness into such high states of awareness that your life's troubles and its difficulties can feel like mere inconveniences that you can choose to let go of. You may not be able to change your past experiences, but you can certainly let go of them and stop them from contaminating your present. Detachment (letting go) is what you will learn to exercise in the next section, where you will learn to take basic command of your life.

TYPES OF MEDITATION

You can meditate in several different ways; each way has a unique experience to offer. Perhaps you have heard of mindfulness, vipassana, or the transcendental styles of meditation popularised by western practices. Mindfulness meditation offers a state of mind and is excellent for recovery and stress reduction. Vipassana offers a state of being which enables you to accept things as they are.

Transcendental meditation offers inner peace and wellness, though traditionally speaking a meditation that has a transcendental effect technically provides a state of trance, sort of like deep states of REM sleep except you are conscious during the experience. One that I am looking forward to learning is the whirling meditation, the state of surrender and submission to a higher power—a technique derived from the Middle East and made famous by the Sufi poet, Rumi. Tantric meditation is a fan favourite which evokes the state of ecstasy and the union to a higher power through sexual exploration and sacred play.

There are as many ways to meditate as there are ways to exist and it's not always necessary to practise with any specific goal in mind. Every single person on this planet has something unique to provide. Every being contains a nugget of truth within them that they can bring into creation and enlighten the world with. The willingness to source your truth is how you raise consciousness and effectively meditate.

CHAPTER 2

THE MEDITATIVE MIND

The meditative mind is a fearless mind. It seeks the truth in everything. It is intelligent and mindful and compassionate and desires to understand. Where there is conflict, you can find clarity instead of chaos; where there is pain, you can find management instead of a response; and where there is ignorance, you could choose to seek knowledge and raise consciousness with meditation instead.

Your mind is like a conscious control centre that processes the data it has access to. This data is then processed into a reality which instructs you on what to do. The data your mind has access to is the information received from your physical senses (the present) and the knowledge it can retrieve from your memories (the past). The past and the present come together to formulate a new idea, a reality which instructs your direction (the future).

Your mind's job is to gather up this data and process it into an instruction that tells you what to do. From a meditative standpoint, your mind is where you determine what is real and what is not real.

Meditation allows you to harness control over the mind. It gives you the power to either accept or reject any experience of reality before you respond to it (e.g., anxiety, fear, paranoia), and with enough practise, meditation can put you in charge of the construction of your reality. Meditation places you in control of your experience of life.

Raising consciousness to this level of operation requires you to first train your mind:

- 1** At the beginning stages of your meditation practice, you are learning how to assert control over your mind and identify yourself as consciousness. To do this, you will be learning to prioritise and place your breath ahead of every sense, thought, and emotion to attain conscious control. As you practise and exercise control breathing, you will begin to disempower and alleviate symptoms of physical and emotional pain such as stress, anxiety, and depression.
- 2** Once you can assert control over your mind and how it responds to situations and circumstances, you will begin to raise self-awareness. Raising self-awareness is to be aware

of your own presence in life and in your own mind. This will enable you to have better control over your behaviour and of your emotions. You will also learn to take more responsibility for yourself as you begin to recognise yourself as an independent conscious being.

- 3** As you exercise self-control, you will strengthen your meditation practice and can sit for longer periods with less distraction and more focus. Sitting for lengthier meditations is key to being able to process deeper-rooted personal issues and identify different realms of awareness. Now you can recognise the present, past, and future states of being, and start to develop a broader perspective of life and the world around you. I have noticed great improvements in clients who suffer from attention deficit disorder at this stage of practice.
- 4** A broader perspective of life can make you aware of how your mind functions and how you as an individual have learned to operate life and navigate through this world. This is when you will be able to forgive yourself for past mistakes, detach from deep-rooted traumas, slow down mental processes, and generally improve cognitive function. You will begin to recognise your innate intelligence. It is also at this stage when you will start to increase mindfulness and compassion.

- 5 As you realise how the mind works you can begin working to eliminate conscious contaminants such as trauma and fear. This will encourage you to lower defence mechanisms and release the guards which protect you in the present experience of life. As you become more present in life you will become more in tune with your body. You will begin to unlock your human potential and sense the power of your innate intelligence. You will recognise what you are capable of and begin to build an appreciation for your body.
- 6 This connection to your body will enable you to utilise your meditation to develop solutions to problems, especially where your health is concerned. You will also learn to listen to the innate wisdom contained within, developing self-trust and a self-actualised state of being. More on this can be found in the integrative development program in Section 4.
- 7 By this point, you are seeking only the truth. You are motivated to be the truest version of yourself and have the truest experience of life; therefore, you are primed and ready to raise consciousness into transcendence and this entire journey starts with breathing.

EXERCISE

Take a good look at everything around you, use all your senses to absorb your surroundings. . . . Now focus all of your attention on breathing while looking a second time. . . . Notice how breathing consciously places you in the scene that you are in, whereas prior to breathing consciously you were merely a part of the scene itself. You went from having a subjective experience of the world to an objective one.

Every time you breathe consciously with focus and control, you effectively create a distinction between yourself and your reality. Reality becomes this secondary experience separated by breath. It becomes primary when it is merged with the breath, a sort of conscious merger if you will. Liken your breath to a hook: if life is becoming too much to handle, just breathe consciously as if to unhook yourself from the moment to observe the experience, and when you feel calm and in control, breathe freely and remerge with life.

Exercising conscious breathing is to train your ability to detach. Learn to do this with every sense, thought, and emotion; with every generated reality; and with whatever your mind presents to you as real. This will not only help you assert control at will, but it will also enable you to enter the deepest realms of your mind without fear of being impacted by it.

Learning to meditate is like training for a marathon: you have to be dedicated to your training and train your body so you make it to the finish line. You must first train yourself to detach, meaning you must first be able to distinguish yourself from any experience in life and to recognise self as consciousness, not just body and mind, before you are ready to take on the challenge of transcendence. Learn to assert control and detach from illusion until you uncover the path towards the truth.

CHAPTER 3

QUICK START GUIDED MEDITATION

Now that you have a general overview of what meditation is, it is time to try it out for yourself. This guided meditation is beginner-friendly and the downloadable audio (link below) is set to fifteen minutes. If using the audio, I recommend that you listen to the guided instruction through noise-cancelling headphones for a better experience.

Note: Read through and get familiar with the instructions first.

To download audio of this guided meditation, visit
meditatethebook.com/starterpack

— START OF MEDITATION —

1. Get into a comfortable seated position and ensure your spine is self-supported.
2. Concentrate on an object that is directly in front of you and hold your gaze onto it.
3. Start breathing consciously through your nose. Focus all your attention on your breath, ensuring each inhale is equal to each exhale and that you are breathing comfortably.
4. When your attention is on your breath, close your eyes.
5. On the next inhale, intuitively roll your eyes up towards the centre of your mind without strain. This is a subtle movement and barely noticeable; if you experience any strain, relax your eyes and release the tension.
6. Continue breathing consciously and maintain your focus on your breath.
7. If you get distracted by a sense, thought, or an emotion, simply return awareness back to the breath, and again, on the next inhale, intuitively roll your eyes up towards the centre of your mind.

8. Continue practising for [desired number of minutes] or until you feel at ease and in control.
9. Before you awaken, rub your hands together and then place your palms over your eyes.
10. When ready to awaken, draw your hands down your face and mindfully let the light filter in through your fingers.

— END OF MEDITATION —

This guided meditation is a quick way to reduce stress and harness control of consciousness and is not representative of a substantial meditation practice. To meditate effectively and access the nether regions of the mind and the higher realms of awareness, it is recommended that you prepare mindfully and treat each meditation as a crucial component of life as you do sleep.

CHAPTER 4

PREPARING TO MEDITATE

In meditation, it is as if you are raising consciousness like a hot-air balloon. The balloon represents consciousness, and your breath represents the fire which generates the hot air to raise it. Without breath, consciousness will shrink like the balloon without air, but with it, consciousness, like the balloon, rises. First, ensure that you can breathe fully and consciously. Clear any nasal congestion and avoid meditating in dusty, damp, and cold rooms.

Additionally, just like a hot-air balloon needs to detach from the ropes that hold it down, consciousness needs to detach from the experiences which keep it, you, held down. Preparing to meditate is like loosening the ropes so you can raise consciousness into higher realms of awareness much more conveniently.

As soon as you are inside the hot-air balloon, in a position to meditate, you will want to be as close to taking off as you can. You will want to spend more time raising consciousness and less time

settling it, by having to detach from needless sensations, thoughts, and emotions. For example, if you are new to meditation and your body cannot sit in a position for too long, then it would be a shame to waste the time allocated to your meditation trying to get comfortable. This time would be better spent doing yoga and preparing to meditate.

PREPARE YOUR BODY

Always ensure that your body is in good health and do not attempt to sit through physical pain unnecessarily. If physical pain is present, attend to it and ensure that you do not cause yourself any additional harm. Yoga is an excellent way to prepare the body for meditation and in Chapter 7, Step 2 Position, you will learn more about the ideal position of your body for meditation.

Everything in your life that you can sense as real can be considered an attachment. Closing your eyes is the first thing that you can do to immediately shut out a significant amount of physical reality and detach from outer light. Your other senses pose the same problem: they attach you to physical reality.

PREPARE THE ENVIRONMENT

Meditating in a silent room that is dimly lit and fragrance-free may also make meditation easier. Although if you are not used to sitting silently with your mind, directing your senses inwardly can be an overwhelming experience and can encourage you to

latch onto physical distractions. Play around with your meditation setting and create an ideal space that works with you. Let your senses take charge and create a setting that helps them to settle.

Light background music and white noise can help settle the mind and ground the sense to hear. Classical flute music and the sound of Tibetan singing bowls are effective too. However, if you are brand new to meditation and are finding it difficult to detach from sound, feel free to add an acoustic accompaniment that resonates with the mood you are trying to attain. Your favourite song or playlist perhaps.

Incense and air infusers can be a way to ground the sense of smell and can also help to keep any flying insects at bay too. Sandalwood is a scent commonly used in temples around the world and the lavender scent is widely known to promote a relaxed state of mind.

Adjust the temperature of your space to an optimal level. In deeper states of meditation, the senses can become more sensitive and the smallest draft can feel like a strong chill, so you may want to wrap yourself in a blanket or keep one nearby. Wrapping yourself snug in a blanket can also help you feel calm and comforted too.

Treat meditation as a therapeutic process and you will soon learn how to relax into your meditation. Your meditation space should be a place where you feel completely safe and secure so you can freely

be vulnerable and focus all of your attention within. Meditating out in nature and grounding your senses to the natural environment is an excellent way to meditate, and one I highly recommend.

PREPARE YOUR MIND

You may also want to start reducing the number of nonessential things that consciousness can attach itself to. For example, if you cannot take your mind off of doing the dishes, then do the dishes. Resolve the conflict and then return to your meditation. Common sense will certainly make meditation a much easier practice, so complete your chores, pay your bills, fulfil your basic needs, and clear your mind of clutter prior to meditating. In addition to preparing to meditate, I have found taking action to resolve unnecessary chatter is also a great productivity tool.

To meditate is to take a conscious moment out of your experience of life. The world will not stop creating because you have entered a meditation; the Earth will continue to orbit the sun and time will continue to pass. You are not trying to silence or shut out the world; you are trying to venture into realms beyond it. Let the world be.

WHEN AND WHERE TO MEDITATE

Since detaching from your senses only means to stop giving them attention, a familiar space can make it easier to focus attention away from the outer world. Furthermore, you do not want to be dealing with disruptions and the demands of your everyday life

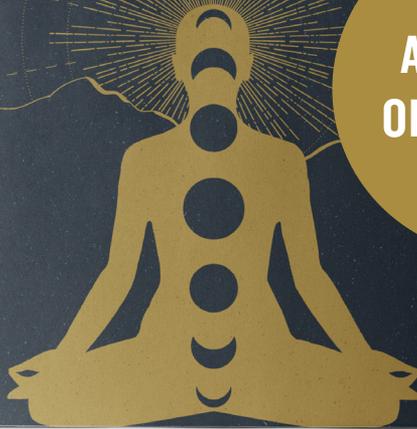
while meditating. Thus, it may be useful to schedule a regular time to meditate in a dedicated meditation space and start forming a routine.

Time of day will not matter at the beginning stages of your practice, though meditating during sunrise will certainly help you prepare for your day. Meditating during the midday sun can help you rejuvenate and refresh your mind, and meditating during the setting sun can help you reset and reflect.

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