

Meditation

Further study into living well and abundantly should naturally include a practice of meditation. To live yoga, meditation would ideally occur daily, and at the same time of day. Below are some simple guidelines for meditation and for teaching meditation. I encourage you to begin and/or keep a consistent meditation practice, preferably in the quiet of the morning when you have private solitude, on a daily basis. Sometimes our days only allow for 5 minutes of meditation, and that is acceptable, so long as we do carve out time in our days to allow for longer sessions of meditation.

Through my years of practice and teaching, I have found a deep directly proportional correlation between contentment and consistent, private or group meditation. The more time someone spends in meditation, the more they are daily content.

Guidelines for Meditation

1. Your meditation should be suitably conjoined with your belief system. Yoga does not ask you to follow a spiritual path that is not your own.

Out beyond ideas of wrongdoing and right doing, there is a field. Meet me there.

~Rumi

2. Meditation is not an escape or journey into negativity.

Each one of us is merely a small instrument. When you look at the inner workings of electrical things, often you see small and big wires, new and old, cheap and expensive, lined up. Until the current passes through them, there will be no light. That wire is you and me. The current is God. We have the power to let the current pass through us, use us, produce the light of the world. Or, we can refuse to be used and allow darkness to spread.

~Mother Teresa

3. Choose your object of meditation carefully, for this will permeate all of your thoughts and actions.

As a result of contentment, one gains supreme happiness.
~Yoga Sutras

4. Choose a practice you can sustain, a posture you can sustain for an extended period of time, without distraction.

Lack of true knowledge is the source of all pains and sorrows.
~Yoga Sutras

You must learn to be still in the midst of activity and to be vibrantly alive in repose.
~Indira Gandhi

5. Meditation is an individual path. Your teacher's path may not necessarily coincide with your own. You must constantly reassess if your meditation practice is beneficial.

Hell is the place where nothing connects.
~T.S. Eliot

For as he thinketh in his heart, so is he.
~Proverbs 23:7

Very often, understanding and practice do not go together. One student may be better able to understand, while another may have better skill in practice. In each case, he has to develop uniformity in skill and intelligence and use them harmoniously.
~B.K.S. Iyengar