

My Spiritual: Subtle Meditation Techniques



The following meditation techniques are compiled from various sources. They are not in any particular order and none is better than the other.

1: Write you name Backwards

Explanation: Name - george,
Write: egroeg
whenever and as many times as you can

2: Count your breaths

Explanation: Breathe slow and deep, down to the navel and observe the breath every time you inhale and exhale. Count your breaths for as long as you can. Do for at least 15 minutes every time, if possible.

3: Hold the awareness point

Explanation: Allocate an awareness point anywhere on your body - a finger tip, toe, hand, nose - anything that you find convenient. Then, during any daily activity such as talking, watching TV, working, playing etc., keep and hold continuous awareness on that point - remaining conscious of it at all times no matter what you are doing.

4: Watch your thoughts

Explanation: Close your eyes and keep you body still. Bring your attention internally to your head and say to yourself that you will be watching the thoughts as they originate. Then, stay still and try to watch the words and thoughts emerging. Listen silently.

5: Stay still

Explanation: Remember playing "statue" when you were a kid? Play again - with yourself. Whatever you are doing, in any pose, suddenly go still for a few moments. Hold your breath while you are still and feel your whole body in that stillness.

The Spiritual

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