

Yoga for Happiness Academy

# MEDITATION GUIDELINES

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By

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## Meditation Guidelines

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## Meditation Guidelines

### Introduction

Merely sitting for meditation is not sufficient. It is important to know how to make the preparations for your meditation practice so that you find the practice fruitful.

The authentic Yoga texts speak in detail about these. Let us take some aspects from the text of Bhagavad Gita and understand them in the following pages.

## Meditation Guidelines

### What is the right place and Posture for meditation?

- One should meditate in a clean place. The reason is that external conditions impact the mind. A clean place leads to cleaner mental condition.
- If possible, a room can be set aside for meditation. If that is not possible, then a part of a room may be set aside for the practice.
- There can be some pictures of deities or of enlightened masters for inspiration.
- Burning incense sticks (if not allergic to the nose) will make the atmosphere very conducive for practice and helps to calm the mind.
- Meditating after bath will keep the body and mind fresh and awake.
- Keeping the stomach light will prevent the tendency to sleep during meditation.
- The meditator should sit steady. Without moving the body or swinging it forwards or backwards or sideways, the meditator should be firmly established in the seat. When body is stilled, mind becomes still.
- So a comfortable seat (Aasanam) should be chosen, with the spine, head and neck erect.

## Meditation Guidelines

- You may sit on a Yoga mat or a folded blanket or a towel to have cushioning effect. Whatever you use, make sure that you are using it ONLY for the purposes of your meditation and spiritual practices.
- The body should not be held with stiffness or tension, but relaxed.
- The face must be relaxed.
- The eyes should not be looking around.
- One can also use one of the several meditation postures like Padma Aasanam (Lotus Posture), Ardha Padma Aasanam (Half Lotus Posture), Vajra Aasanam (Rock Posture) etc. provided, the body feels at ease in them.
- If there is any difficulty in the above poses, one can always sit in Sukha Aasanam ( Easy pose), which is the comfortable cross legged pose.
- Hands can be placed on the knees with palms facing upwards to receive energy, though many other hand positions can be used.
- The seat of meditation should neither be too high nor too low.  
  
If it is too high, there is fear of falling during meditation. If it is too low, there are chances of other things falling on the meditator.
- The mind should be made single pointed. The result of meditation is inner purification.

## Meditation Guidelines

### Can one sit on a chair for meditation?

If you are unable to sit down, you can sit on a chair. If you are sitting on a chair, plant your feet on the floor, by moving to the middle of the chair and keep your spine erect. It is best to take off the shoes and remain barefoot.

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### What leads to success in meditation?

Success in meditation is possible by being Moderate in eating, recreation, sleep and activities. Let us understand these in detail.

**Moderation in eating means** - Consume only those things through the mouth that cause the least harm to the living kingdom, and eating intelligently so as to not overload the stomach.

**Moderation in recreation means** – moderation in all sense enjoyments, mental feelings, and intellectual perceptions.

**Moderation in activities means** - Even after intelligently choosing the right field of activity to engage in, one must be moderate in work and not become enslaved by the work.

**Moderation in sleep means** – Not sleeping too much or too little.

**Moderation in sleep also means** - In the early stages of practice, one should not be too indulgent in the outer world (being material is equivalent to being in sleep) and also not spend too much time in meditation in odd hours, forcing inner silence (practicing meditation is equivalent to waking up from ignorance). Even though meditation is a good thing, even that has to be practiced in moderation in the initial stages.

## Meditation Guidelines

### Conclusion

Thus, to be successful in meditation practice, a lot of factors come into play.

Keeping them in mind and spending time to make the atmosphere conducive and the body ready will make even a few minutes of meditation fruitful.

Otherwise even though more time may be allocated for the actual meditation, if the body and mind are not ready, it may not be a time well spent.

Let me know which guideline is most difficult for you to follow. I would love to hear from you.

If you need my help with anything, write to [Namaste@yogaforhappiness.com](mailto:Namaste@yogaforhappiness.com)

Good luck on your meditation journey!





## Meditation Guidelines

### About Shanthi:



Shanthi Yogini is the founder of Yoga for Happiness Academy. Her mission is to pass on the science of Yoga as a science, unbranded, un-prefixed and un-suffixed, in its authentic, pristine and purest form.

Shanthi comes from a lineage of Yoga Masters who passed on their wisdom in a practical way. They have ALL been strict vegetarians for generations, living a Yoga way of life.

Shanthi has been incorporating every aspect of Yoga such as Meditation, Food, Dance, and Chanting as her way of life since she was 5 years old. This includes the Yogic language of Samskritam which is her home language. Her daughter Pavitra is the first female in USA to claim Samskritam as her mother tongue.

Yoga for Happiness Academy offers Samskritam & Lifestyle Based Non-Western Yoga Teacher Training to create authentic Yoga teachers. It also offers short term Yoga training to encourage an independent and confident personal Yoga practice.

Shanthi trains in-person, online and via digital media.

Shanthi graduated in engineering and worked in software until 2003.

Shanthi's "Liberate Yoga Liberate You" Movement declares that liberating Yoga from the chains of misuse, abuse and misrepresentation, liberates one from the chains of misery.

Shanthi is also an Interactive Workshop Presenter, Art & Culture Educator, Trained Classical Dancer, Speaker & Storyteller, Child Rights Activist, and Forthcoming Author.

**NOTE:** *Shanthi donates part of the sale proceeds to BBA, a Non-Profit ([www.bba.org.in](http://www.bba.org.in)), which works for the freedom and education of enslaved children. Its founder, Kailash Satyarthi, won the 2014 Nobel Peace Prize.*

**If you need any help or have any questions, feel free to contact Shanthi through email: [Namaste@yogaforhappiness.com](mailto:Namaste@yogaforhappiness.com)**

**You can also connect with Shanthi through:**

**Facebook:** <https://www.facebook.com/yogatohappiness>

**Facebook Group:** <https://www.facebook.com/groups/AuthenticYogaSeekers/>



## Meditation Guidelines

### Resources

Yoga for Happiness Academy focuses on educating and training you to become independent and confident in your practice. Therefore it is unlike any typical Yoga center where the emphasis may be on your going to their "Yoga classes" for an indefinite period of time.

To succeed in meditation, you must prepare yourself for meditation. To help you in the preparatory steps, several mini home study courses have been created. Each of the following is complete and enjoyable by itself, in addition to preparing you for meditation.

To have a jumpstart in limb 3 - practice of Yoga poses, [Yoga Saaram First Lessons](#) and [YogaLaasyam](#) have been created.

The basic step of limb 4 - Breathing techniques, is given by [Breath Right to Live Right](#)

Chanting, which helps in limb 6 – Concentration is achieved through [Joyful Ganesha Mantra](#) and [Yogadhvani – Chants for Meditation](#)

**All of the above courses can be accessed from [here](#) where you can get a short description of each home study course.**