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**SESSION 3**  
**2019**

# **MEDITATION**

*The Secret of Attention and Focus*



Charles Dickens would say, "The one serviceable, safe, certain, remunerative, attainable quality in every study and pursuit is that of **ATTENTION**. My own imagination would never have served me as it did but for the habit of humble, daily toiling **ATTENTION**."

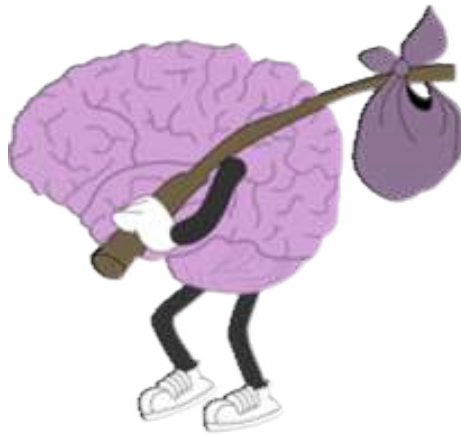
Nicole Faria from Bangalore who won the Miss Earth crown a few years ago, has a positive message for youngsters today: "Being **FOCUSSED** works for me. I set a goal for myself, visualise it, and give it my best shot. I am a self-believer and a positive person. If I think too much about what others are thinking, I lose my **FOCUS**, which is my strength."

If I take four professionals to the Taj on moonlight night - an architect, a farmer, a lighting designer and an art dealer...

- The architect sees the building, the sight lines, the way the people and the light flow.
- The farmer notices the craftsmanship and taste in the way the paintings are framed and hung.
- The lighting designer can't help but comment on the new LEDs.
- And the art dealer sees the names of each artist and marvels over career arcs.



When you are in tough times, "what do you *choose* to see?" What would David Goggins chose to see? What would YOU the Warrior choose to see?



Ordinarily the mind wanders. Much time and energy are lost in random and irrelevant thoughts. The mind is strained by efforts to force it to concentrate. The mind's ability to focus on a given topic can be considerably enhanced by the daily practice of meditation.

The technique of watching the breath fulfills both of these needs better than any other technique could.



Not only is the breath one of the most natural focal points for attention, the more deeply one concentrates on it, the more refined our breathing becomes. Yoga experts say, concentrating on one's breath develops our power of concentration immeasurably.

The beginning of anything negative is "shallow breath". We can live without food, water, sunshine etc, but we cannot live without breathing.

When you first start your meditation practice, you may feel awkward or even uncomfortable. That's totally normal! You don't have to be an instant expert to reap the benefits of meditation. Ordinary or annoying thoughts will still rumble through your mind, but try to let them pass. In mindfulness meditation, teachers often say detach from those thoughts by seeing them as clouds floating into and out of your mind. The more you practice meditation – even if it's just for five minutes each day – the better you'll become at it.

**A. Anyone can meditate. You just got to want it.**



Like any practice, you have to want to do it in order to achieve results. It can be hard to start a meditation practice because it seems so different from what we naturally do. But here is the good news: Meditating is much simpler than we believe it to be. Beginning a meditation practice requires just two things - a) Your slight willingness b) A minimum of 5 minutes of your morning time.

**B. Set the place.**



Do you have a minimum of 3 feet X 3 feet, quiet, uncluttered and serene space in your home? This space can be the place you begin your practice. The truth though is, that you really can meditate anywhere. You can meditate on a bench, at your desk, at the bus stand, even while you travel.

### C. Set the mood.

Before you sit to meditate, smile.  
Before you sit to meditate, stretch.  
Do not sit in a foul mood.



### D. You DO have time to meditate.

You have 5 minute to spare, right? 5 minutes a day spent in stillness can change your life. Commit to five minutes a day and use this practice to silence your mind and calm your energy.



## 1. BREATHING

Right Breathing leads to right living

Three lobes of the lungs

Animals that live long, breathe deep example- tortoise, elephant.

Watch your breathing at three different places - Nostrils, Chest, Navel

One hand on heart and another on belly button

## 2. THE ONE-MINUTE BREATH:

For one minute follow this breathing technique: Breathe in for 5 seconds. Hold your breath for 5 seconds. Release for 5 seconds. Hold for 5 seconds. Practice this breath pattern for one minute a day.

## 3. PEACE BEGINS WITHIN ME.

Gently press your thumb against your index finger, then your middle finger, then your ring finger, then your pinkie finger. When you touch your index finger, say: PEACE When you touch your middle finger, say: BEGINS When you touch your ring finger, say: WITHIN When you touch your pinkie finger, say: ME Breathe deeply as you say each word. Go as slow or as fast as you'd like. Use this technique in line at the bank, under the desk in an office meeting or even in the middle of a fight with a partner or friend. This technique will get you through all kinds of crazy emotions and help you release resentment fast.

## 4. THE 5 LAMP PROCESS

While we all light our houses, may we spend some time today to light a few lamps inside us and sit in silence with our eyes closed.



Light the first lamp inside and let it burn our anger and / or jealousy that we may have for any one till date & see it melt away...



Light the second lamp and let it burn away unwanted greed and desires... feel happy and contented with what we have been blessed with.



Light the third lamp and let it fade away all insecurities that we may have in our mind; just believe that God has given us life and he will surely give us everything we need.



Light the 4th lamp and carry that lamp to each part of our body; let it burn away all our diseased cells or any disease in making. Feel healthy as this lamp travels to each body part and illuminates each organ.



The 5th lamp is a miniature of the Sun... Nothing but the divine light... Let us light it in the centre of our body and let it fill the warmth and love inside our whole body... feel one with the Divine... let the love and warmth filled inside us ooze out through our smile... eyes.. speech... and body...carry this love with us throughout the day...we will find that everyone who meets us is happy and elated. This is the biggest blessing that whoever meets us becomes happier after meeting us...

Let us Light these 5 lamps inside us and carry the positivity wherever we go...

Imagine you are painting your life. Your deeds, your choices, your emotions are strokes of brush on your painting. See yourself putting one stroke at a time. Believe, what people do on the canvas can be neutralised by you. You have the power to correct whatever people do on YOUR canvas.

