



DEMYSTIFYING
MEDITATION

DAHLIA
BARTZ - CABE



Introduction ✨

Meditation is simple, really simple. You don't need special training or a special technique or a special place to do it. You don't need a lot of time. You don't need to hold a special posture or to have a Guru.

Meditation can include all of that, but it doesn't have to. Meditation isn't just sitting completely still and silent, focusing on the third eye and not thinking for an hour. Meditation can be that, but it doesn't have to be.

Meditation is an opportunity to take a break from the headlong tumble of everyday life. It's a chance to shift gears, to allow for something different to arise in the mind, something other than your usual fears, beliefs, worries, struggles and judgments. It is an opportunity to discover the precious awareness, the simple presence that underlies all of your mental activity.

There are many, many ways to meditate: silently or with sound, in stillness or with movement, focusing on a specific object, phrase or concept or focusing on nothing, on Nothingness.

The element that all these techniques have in common is the element of focus—of bringing the mind into focus on one thing as opposed to the helter-skelter jumping of the mind from this and that...





In its simplest form, the goal of meditation is to calm the mind. By stopping your reflexive activity, by slowing down and bringing intentional awareness to your actions, to your breath, you do begin to calm down. Your breathing slows down, evens out and deepens, your muscles relax, and your senses intensify.

This intentional breathing shifts your sympathetic nervous system's fight/flight response to your parasympathetic nervous system's 'All is Well' response. It changes both your brain wave patterns and your biochemical state.

In this more relaxed state, you can now experience a more expanded state of awareness. The thinking mind doesn't go away but it does drop into the background. It doesn't matter if you stop thinking: Awareness is bigger than thinking; Awareness is beyond thinking.

This is your ultimate goal: to expand your Awareness. You may ask, "To expand my awareness of what?" And the answer is this: To expand your awareness of anything, indeed, to expand your awareness of everything, of this precious state of awareness and light that we all carry within.





Pranayama—A Breathing Meditation✧

Pranayama is a Sanskrit word meaning “extension of the breath or life force.” This meditation uses a simple focus on the breath to deepen, slow and regulate the breathing. It will oxygenate your body and brain, activate your parasympathetic nervous system and calm your nerves.

It is also said to balance the right and left hemispheres of the brain and, thereby, balance the biochemistry in your entire body.

*Find a comfortable sitting position.



Take a few breaths allowing both the inhale and the exhale to slow down and lengthen. Bring your mind into focus on the feeling of breathing. Begin to notice how many counts it takes you to inhale and exhale. Without straining, let yourself begin to make the in-breath and the out-breath of equal length, let's say for a count of three.

Now, place your hands in your lap or on your knees with the right palm facing up and the left palm facing down. Inhale for a count of three—imagining the breath coming in through your right hand, up your arm, through the right shoulder and into the third eye, between your eyebrows.





Now, gently pause, holding the breath for a count of three.

Then exhale for a count of three—imagining the breath flowing down through the left shoulder, and out through the left hand.

Again, gently pause at the end of the exhale for three counts.

Turn your hands over: left palm up, right palm down. Inhale for a count of three—imagining the breath coming in through your left hand, up your arm, through the left shoulder and into the third eye, between your eyes.

Now, gently pause, holding the breath for a count of three. Then exhale for a count of three—imagining the breath flowing down through the right shoulder, and out through the right hand.

Again, gently pause at the end of the exhale for three counts. Continue to breathe in this pattern, reversing the hand positions at the end of each inhale/exhale cycle. As you exhale relax and let all your pain and tension flow out of you; as you inhale relax and receive light and love.

If you lose your place in the pattern, simply start again with the right palm facing up.

*This meditation can also be done while lying down





Closing Thoughts ✨

The title of this booklet is Demystifying Meditation because I wanted to dispel some of the common misunderstandings that people struggle with when it comes to beginning or maintaining an ongoing practice of meditation.

However, for me, meditation is one of the most mystical and magical experiences in my life: it is a never-ending journey, a gateway into the great mystery of the mind, an incredibly valuable tool for dealing with the confusions of being human, and a portal into a higher state of consciousness.

It is my great delight to help people find their way into this ancient and ever-present healing practice. This is only the beginning. With practice, patience and persistence, meditation will become a very valuable and powerful tool for dealing with your pain, for managing the stresses of your daily life and for expanding your Awareness.

Please send me an email to let me know if this meditation was useful for you and to schedule your first meditation counseling session for free.

Thank you and Namaste,

Dahlia Bartz Cabe

dahlia@dragonfly-moon.com
845-863-4061

