

Basic Meditation Instructions



***Meditation is a process
whereby we withdraw our
attention from the outer
world and concentrate
it at the seat of the soul.***

To meditate, find a quiet spot and sit in any pose that is comfortable. Close your eyes gently and look straight ahead, focusing your attention in the middle of the darkness lying in front of you. That which sees the darkness is not our physical eyes but is the third or single eye located between and behind the eyebrows.

Continue to gaze into the middle of whatever lies in front of you. Mentally repeat any name of God you feel comfortable with. This repetition will keep the mind occupied and prevent it from wandering.

When Light or inner vistas appear, keep your attention focused in the middle of whatever you see and continue repeating whatever name you have chosen. As you meditate, you will begin to experience the reservoir of peace within yourself.