

## **Introduction to Sitting Meditation**

### **Purposes of meditation.**

1. Search for a peaceful mind. Trying to reach in state where the brain waves are between theta and delta. Theta is drowsy and asleep and delta is deep sleep.
2. Improving health and healing. A deep meditative state makes the mind-body communication more efficient. Relaxed breathing will enable more efficient intake of oxygen and expellation of carbon dioxide. Improved breathing improves the cell replacement process.
3. To Focus the Mind. Focusing the mind creates alertness, the ability to sense what is happening in life. Train alertness through feeling. This creates sensitivity called fighting with enlightenment, i.e. listening Jin. Meditation clears the mind and improves logical thinking.
4. To search for and understand the meaning of our lives. This stage is self awakening. Many people decide after self-awakening that human beings are spiritually ugly and decide to withdraw from layman society. Others are able to build their self confidence and make their lives more meaningful.
5. Search for spiritual freedom. Once awakened, people realize they have been abused by political and spiritual leaders. They search for ways to achieve freedom from bondage and achieve spiritual independence.
6. To comprehend the meaning of this universe. Even non-religious people try to comprehend the root or meaning of nature. The search for this root is called “embracing the origin” or “embracing singularity.”
7. To reach the goal of spiritual enlightenment. To do this you must learn Brain Washing Grand Circulation to lead the Qi from the Real Lower Dan Tian through the Thrusting Vessel to the brain to activate more brain cells and energize them to a higher state. When this happens the Third Eye can open.

Understand your goals for meditating. Ask yourself, What are the goals of my meditation. How do I reach my goal? How much commitment do I have?

### **General points.**

Begin by sitting 20 minutes a day for a week to make sure you can sit comfortably. Adjust the height of your seat or cushion. Legs should not be sitting on each other. Hands should be held at the Dan Tian to “firm the center.” Which hand is on top does not matter. Press the thumbs together to help the mind keep its focus in the center.

Group meditation is best.

When you meditate, the truth emerges from the subconscious. Many people cannot endure this self recognition.

Keep yourself from fantasizing. Whenever your imagination takes you away from reality, you must continue to lead your thoughts back to reality. Otherwise, you may enter what the Chinese call “the path of the devil.”

### **Orientation and Timing**

The back of the body is Yang and is repelling while the front of the body is Yin and nourishing. To nourish your body with Earth’s magnetic field, face South since the Earth’s magnetic energy flows from south to north. If you want to cool the body, face north.

Sun: Do not face the sun at sunset, it will take all of your energy. Sunrise: meditate only until sunrise. After sunrise, the energy is too intense. Sunset is the best time for cooling. Don’t face the sun, it will take all of your energy away.

Moon: Face the moon only during the three days before the full moon when the moon’s energy is rising.

Meditate before exercise because after exercise the energy naturally moves outward.

Meditate after teaching, draw the Qi into the Dan Tian. Massage the abdomen in the direction of the large intestine.

### **Location**

Do not meditate on a carpet of artificial fibers because it can generate an electronic field that can interfere with your Qi. A wood surface is best.

Stay at least one meter away from fluorescent lighting and stay away from electrical appliances.

Outdoors is best if there are no disturbances.

Use a sensitive compass to check the area for electrical fields

### **Equipment**

Canoe fishing chair is very comfortable..

### **Simple meditation. Relaxing the mind, body, and breath.**

If you are just doing simple meditation and nothing more, you can sit on a comfortable chair. If you intend to go beyond simple meditation and practice the Small Circulation, you must become accustomed to sitting with legs crossed. When sitting with legs crossed, use a cushion, block, or boat chair to raise your buttocks so that you can hold your spine erect easily. Natural fabric is best for cushions and clothing. If you need back support, you can sit next to a wall made of wood or wall board, but not stone, concrete or metal, which will chill your back and steal your Qi. Try to strengthen your back so that you can eventually avoid resting your back against a wall.

**What to do:** Bring your mind inside your body. Pay attention to your breathing. You can use normal abdominal breathing or reverse abdominal breathing. Breathe long, slow, deep, and even breaths, becoming ever slower. As your breathing slows and relaxes, your body and mind will relax, which, in turn will promote further relaxation of your breathing. You will want eventually to obtain a state called “thought of no thought” – an empty mind, but this will take time to develop sufficient focus and discipline. In the beginning, thoughts will come. Do not let their arrival disturb you; just let them go. If you have difficulty getting your mind to settle down, you may resort to a temporary device of giving it something simple and calming to focus on. This device can be counting the length of your inhalations and exhalations or repeating to you a prayer or mantra.

**Why do it.** Just this sitting meditation provides significant benefit in terms of reducing stress, improving mental clarity and focus. It helps to calm down the sympathetic nervous system, which generates the “flight or fight” response. Just 20-30 minutes a day of practice will make you more relaxed, focused, and productive. Research on brain scans by Dr. Daniel Amen shows that as little as 12 minutes of this simple meditation significantly improves blood flow to the brain. Starting with this simple meditation process is also necessary to build up the mental focus necessary to achieve the small circulation qigong