

How to relax and focus instantly in any situation:

Meditation Guide

by

HealingMindN Medicine
Man

- Natural deep breathing opens your higher consciousness
- Remain cool and calm in any crisis
- Simple step by step guide

I've listened to a lot of people concerning meditation. First, let's recognise that there are all kinds of meditation. The problem that I've encountered is that people have trouble getting into meditation and staying with it. This guide is meant to help you get into meditation, so you can take away something valuable from your experience.

Your Head Knowledge: Intention

Let me ask, first: Why do you want to meditate? Achieve inner peace? Achieve higher consciousness? Greater focus? Stabilise your health? This should be your number one question: *"What will I personally derive from meditation?"*. What about meditation is important to you? Do you simply want to feel good or do you also want to accomplish great things like healing and premonition?

By establishing the answer in your mind as to what positive result you will derive, you've established intention. Some where along the line you concluded that meditation would be good for you, but why? By establishing that intended goal in your mind, your attitude towards meditation becomes results oriented.

When you exercise, the results you want are to be healthier, shapelier, and stronger. When you eat right, the results you want are to be healthier with the necessary fuel reserves for all your strenuous activities. Altogether, these activities make you resistant to aging while helping you to concentrate, perform, and think better.

The actual purpose of meditation is to focus all of your energy, experience, and learning that you've gathered towards your specific intention. Every kind of meditation should provide you with specific intention – or at least it should.

For example, in martial **chi kung**, we build bioenergy in our limbs and flesh through exercise. In martial arts meditation, we take that bioenergy (*i.e. chi, ki, prana, etc. depending on culture*) and channel the circulation through the energy meridians through focused intent. In turn, our meridians become energised and can be used for even more focused practice. As you see, **“forging our bodies in the fire of our spirits”** is not just Chinese Folklore; through this feedback mechanism of exercise and meditation, this is what really happens.

Intention: the key to Meditation

There are all kinds of meditations for raising the consciousness to shape reality like the Kabbalah and remote viewing/influencing. Other esoteric meditations like Transcendental Meditation help the practitioners become “*siddhis*” or accomplished ones, so they accomplish the focused intent of invisibility, levitation or infinite strength, etc. There are mainstream kinds that raise the consciousness for remote healing like **Emotional Freedom Techniques** (*which takes advantage of esoteric connections with the energy meridians as from the above types of meditation*).

All kinds of fascinating things can be accomplished by raising the consciousness. One of the common threads between all of them is focused intention. You can go to all the fancy meditation retreats and take all the classes, but what will you take with you once you return to the real world? How will that experience serve you in real life?

Let's face the facts: Those more advanced accomplishments take time, something you feel you may not have – at least, not for the moment. From what I've experienced, most people just want to take a few meditation or yoga classes here and there when they have time on a vacation, then they hope that experience will somehow provide the freedom and control that they need when taking on a chaotic world with so much crisis at hand. Then that meditation retreat becomes nothing more than a beautiful memory.

I believe you want more than that.

Meditation: Questions in Your Mind

Let's assume that someone or something got you into meditation, but you have trouble getting into it and staying with it. It almost seems silly and you sometimes feel trapped with so many thoughts rolling through your mind about so many things that have to get done – then you start wondering if you're wasting time and on and on with so many more discursive thoughts.

Meditation is like any other self improvement activity. Treat it in the same way. If it's OK with you, allow me to appeal to your head knowledge a little more because that's what's getting in the way. Isn't it? Ask yourself these simple questions, then listen to your heart knowledge:

1. How do you feel about meditation?

Simple question, right? How do you feel when you see others meditating? Do you know what it looks like when others are meditating? Just sitting in a lotus position with eyes closed is a stereotype. There are all kinds of sitting, standing, and moving meditations (for example, *Taijiquan moving meditation*).

Did you know that the first time you meditated was when you day dreamed as a kid? You were very creative back then – weren't you? How did it feel back then? How would you feel about having that creative energy back as a successful, practical adult?

You feel that activity lacked focus? Just because the day dream didn't include your class work doesn't mean you weren't focused. You were focused on yourself and your personal intent – weren't you? Then you took back that creative imagery and found yourself even more creative and able to solve problems in your head. Amazing what your meditation did for you back then. How do you feel about it now?

2. How would you describe meditation?

This is an extremely important question. Now that you remember what it was like to meditate, what words come to mind in describing this action? Obviously, there's a lot more going on than what we see outside the person. Have you ever wondered if meditation is “*natural?*”

When you look at nature, how would you describe your feelings? How do you feel when you're in the majesty of a beautiful forest echoing with so much wildlife? Or when you watch and listen to the constant pulsing waves of the ocean and the call of seagulls along the shore? Or the gentle fall of rain on the roof as each drop falls to the ground in a steady beat? What do you believe you're experiencing?

What about when you look at the slow shifting and shaping of the clouds? The shining, tranquil stillness of the moon? The twinkling of the stars shining through the endless night? Or when you ponder a bright, fragrant rose glowing in the sunshine?

Your mind patterns reflect nature because you're a living part of nature. More importantly, you're a special variation of nature, aware of yourself.

In fact, according to more interesting theories about the universe in the [Holographic Paradigm](#) and [Nature's Mind: The Quantum Hologram](#), you're a piece of the universal hologram, a microcosm reflecting the macrocosm. Each piece of a larger hologram still contains the same information as the entire hologram; this means you contain the same information as the rest of the universe.

Since meditation is an act of consciousness and we are part of nature, we have to assume that there is a grand universal consciousness which reflects our mind patterns. When we meditate, nature meditates with us because we are all aspects of the same universal consciousness; this is your connection to nature.

3. How do you know if a certain meditation is good?

Do you try a certain type of meditation because someone you know said, “*Hey, this meditation retreat is great! You outta try it...*” Or do you study it first to find if it suits your personal intentions?

If your intention is to be social and simply be part of a group, then it won't work. If your intention is disciplined meditation towards higher consciousness and healing spiritual connections while everyone in the group has the same intention, then it will work – as long as everyone maintains discipline.

Meditation retreats are good because the space and environment allow for individual introspection and connection with nature; it's up to the instructor at such a retreat to train the proper discipline into each individual, especially when training in group sessions.

Within a group, each person follows the other as a form of neural entrainment; it's like being part of a resonant circuit. When one person loses discipline, there is a domino effect and the entire group discipline breaks down. Therefore, if you join a group meditation, make sure everyone is disciplined or your practice is for naught.

If you simply want to be social and be part of a group, then go dancing or join a club. Meditation is for your personal self improvement and the improvement of those around you. If it fails to do that, then you know it's not good. When your meditation fulfills your intention, then you know it's good – simple rule.

From my personal experience, meditation groups are for accomplishing singular intentions – like prayer groups praying for the health and well being of others; the individual agendas are secondary.

Meditation is best done individually when you have a personal agenda. There are very few meditation groups that command a singular, primary agenda. The few that come to mind are for contacting UFO's, remote viewing and/or remote influencing, remote healing, forming psychic shields, and psycho kinetic teleportation.

These are all intention based groups. When your meditation, either individually or in a group, fulfills all of your intentions towards self improvement, then you know it's good.

Your Heart Knowledge: How to program yourself to relax

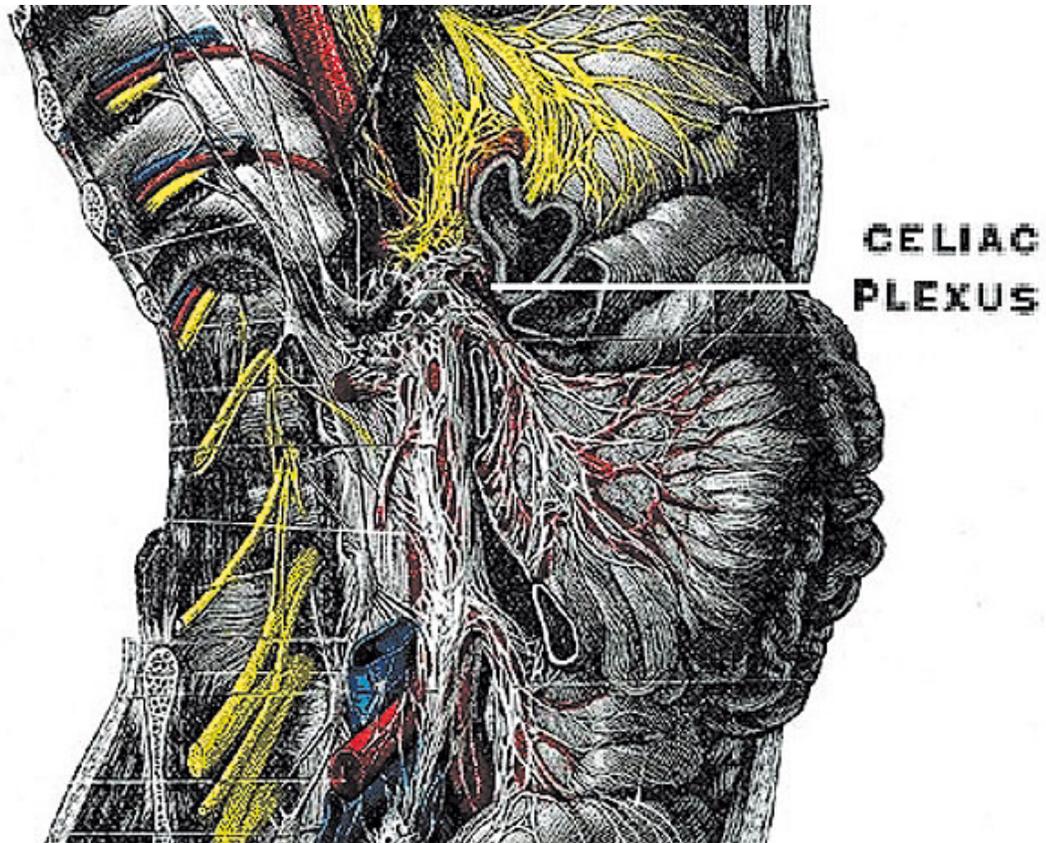
Different schools of meditation all have different methods of keying the relaxation response. Some experts advise that you find a quiet, comfortable place at a certain time of the day as you touch your fingers together in a certain way.

What they're all trying to do is get you into a routine of trained autonomic relaxation, but it's just not practical if they don't tell you how to take that experience with you wherever you go. What if you're in a noisy, uncomfortable place and your hands are full at rush hour, but you need to maintain calm, collected focus to find your way through busy traffic?

Not to worry: There is a common set of autonomic relaxation responses that most people have forgotten. Because part of our culture is based on stress, we've been trained away from our natural abilities since grade school. *(Let's face a discouraging fact: There are no academic requirements for relaxation and focused concentration classes to deal with stress in school or life in general, yet school officials expect kids to "deal with it.")*

The following set of relaxation responses are keyed through natural, deep breaths towards the diaphragm or solar plexus. Here's how to easily slide into relaxation mode:

1. **Breathe deeply and naturally.** Remember to take deep, natural, slow breaths only through the nose towards the solar (*celiac*) plexus as you perform each relaxation response. Your nose is your natural filter to pollutants. You may breath in through your nose and out through your mouth for one complete breath or respiration. Feel your breath being drawn deep into your lungs by your stomach muscles and diaphragm. Your deep breathing keys each of these responses, so you learn to relax automatically. The solar plexus is the bundle of nerves that cause people the most trouble when trying to relax because they breathe incorrectly, so they have shallow breathes or hyperventilate. When you breathe correctly, the solar (*celiac*) plexus becomes your ally in maintaining control.



2. **Hold your back in an upright posture.** Standing or sitting in this position helps keep you aware and awake during your relaxation, so you create control over your autonomic responses. If you must lay down, you can use a pillow under your back to hold a naturally straight posture. Breathe deeply and naturally.

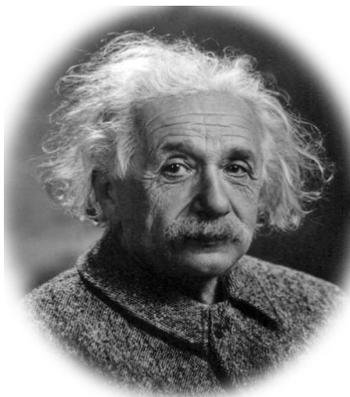


3. **Relax your shoulders.** The first thing I see people do when asking them to hold an upright posture is that they tense their shoulders. Relax your shoulders in

order to relax the brachial plexus on both sides of your neck. Tension in the shoulders leads to tension in the neck, then tension in the head which leads to stress ailments like headaches and dizziness. Make the bundle of nerves around your neck relax, and they will help you relax. Breathe deeply and naturally. *(I'm emphasizing relaxed shoulders by putting tense ones here.)*



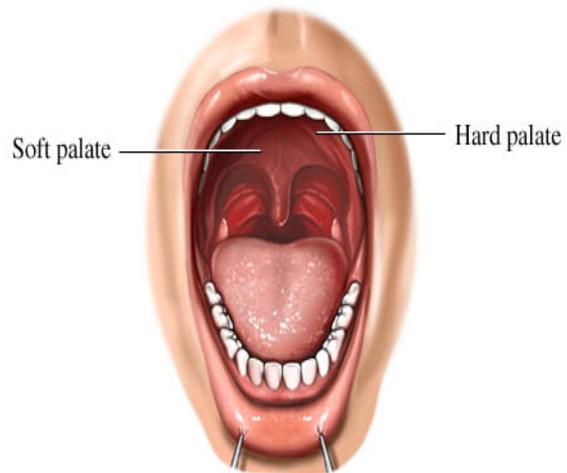
4. **Hold your head up, loosely.** Feel as if your head is supported by a string from above. Your head is upright, but feels free and moves slightly as if it is floating above water. This response allows enhanced, circulation of fluids and subtle energies going to and from your head. Breathe deeply and naturally.



5. **Relax your vision.** Relax your focus as if gazing blankly along a distant horizon of the ocean. Breathe deeply and naturally.



6. **Relax your jaw.** Allow your jaw to relax by letting it drop slightly. Coupled with steps 4 and 5 above, these actions relax cranial nerves 1 – 5 which allow your neural patterns to slow down, thus allowing you to further relax. Breathe deeply and naturally.
7. **Place the tip of your tongue gently against the roof of your mouth.** The tongue should be relaxed, but not touching the teeth. The relaxed tip of the tongue should be on or near the center of the palate (*between soft and hard palates*). This action is easier when the jaw is slightly dropped, another reason for step 6. Breathe deeply and naturally.



According to Chinese chi kung theory: “..when the tongue touches the roof of the mouth cavity, yin and yang vessels (yin in front, yang in back) are connected and the (chi circulation) circuit is complete. This tongue touch is called 'Da Chiao' or building the bridge. The tongue acts like a switch in an electrical circuit...” (“Nei Dan,” Ch. 3, p. 48, *Chi Kung Health and Martial Arts* by [Dr. Yang Jwing-Ming](#).)

You may say that you're not into chi kung meditation, so why do step 7? In fact, this is a natural, albeit, subconscious response by everyone throughout the day; we've all known since birth to “complete the circuit” in this manner, but a stressful culture trains unnecessary stretching and and tensing of the tongue which causes chi stagnation. This can lead to chronic physical and mental ailments.

In Chinese medical chi kung theory, your tongue is an extension of your heart. When you relax your tongue, you relax your heart. Breathe deeply and naturally.



1.1.1 Your Deep Breathing is Key

Remember, your deep breathing keys all of the relaxation responses at once. All you're doing is putting back all the natural autonomic functions that stressful culture took away from you.. Once you have correctly trained steps 1 – 7 above, one deep breathe is all it should take activate all of the necessary relaxation responses, so “all of the pieces fall into place” immediately.

I imagine that you may have already mastered all of your relaxation responses. Since you were born with them, all you're doing is “*remastering*” them. Now, you can easily take on any kind of meditation practice with no trouble.

Allow me to share a few of the more esoteric meditation practices with you because I feel that humanity should be far more spiritually advanced, therefore, these are the practices that everyone should be doing since grade school. Right now, you're one of the few – that's OK with you, isn't it?

Advanced Courses in Meditation

I'm recommending these courses because I believe you're more capable than the average person at this point. One is based in Chinese Chi Kung. The other is based in less common techniques of delta meditation. They both have roots in each other.

First of all, I whole heartedly recommend the works of [Dr. Yang Jwing-Ming](#). His research in chi kung and health in the martial arts returned me and all of his students to all the necessary basics of energy circulation for advanced health and well being. Chi kung serves as the root from which many forms of meditation branched such as the following.

Kuji Kiri: Meditation for Inner Strength

This meditation researched by Ashida Kim is designed for attaining certain attributes through chi circulation, breath control, finger knitting exercises (*8 of the 12 energy meridians terminate at the fingers which activate the corresponding extraordinary vessel when utilising proper finger knitting positions*), and focus on certain characters which serve as keys to these attributes. These characters are known as [Kuji Kiri Kanji](#) and are drawn with the mind (*same as letter extrusion practice in the Kabbalah*).

The [Kuji Kiri](#) warm up exercise in itself is cleansing while keeping the brain youthful. This means the warm up exercises in themselves would put you ahead of most people.

The attributes that are obtained through each of the nine levels of Kuji Kiri might be considered supernatural by some – maybe most. They are equivalent to the attributes you would obtain through transcendental meditation. Since you are spiritually enlightened, I'm sure you understand that these attributes are completely natural as part of our connection to the supernatural:

1. **Healing**
2. **Direction of Energy**
3. **Premonition**
4. **Harmony**

5. **Strength**
6. **Knowing the thoughts of others**
7. **Mastery of Time and Space**
8. **Control**
9. **Enlightenment**

Remote Viewing/Influencing

For decades, remote viewing experts have been used successfully by government intelligence operations for spying on “the enemy” and police for solving crimes. One person in particular, Gerald O'Donnell, used to work for Western European Intel-ops. He recently discovered that a person, place, or thing that is [remotely viewed](#) can also be [remotely influenced](#).

Whereas, many people feel they lack control in their lives, Gerald O'Donnell provides you with the meditation techniques to regain control of your reality. The downloadable mp3 samples of delta meditation induction which he provides at his site are very enlightening – they really work. In a way, I'm a bit jealous of Gerald because he got there before I did.

That doesn't matter because in life we will always find someone who is faster, smarter, and more cunning. What matters is that you build on their knowledge, then do it your own way. Fulfill your intention of self improvement by healing your reality through spiritual enlightenment: That's what really matters.

Thanks for your time. Remember, Healing Thoughts, HealingMindN, Save the World.

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Emotional Freedom Techniques (EFT): are a form of energy psychology developed by Gary Craig which combine the activation of chi flow through tapping stimulation of acupuncture points with spoken ideas from the patient involving his/her personal acceptance and/or practitioner which tune into the ailment in question by assumption of the patient. The form of activation in EFT usually involves tapping at a chosen set of "shot gun" of the energy meridians. EFT and other forms of energy psychology are based in the theory that chronic ailments are induced through emotional trauma and other energy imbalances..

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Persinger, Michael A. *Enhanced Power within a Predicted Narrow Band of Theta Activity During Stimulation of Another By Circumcerebral Weak Magnetic Fields After Weekly Spatial Proximity: Evidence for Macroscopic Quantum Entanglement?*; co-authors Eric W. Tsang, J Nicholas Booth, and Stanley A Koren; *NeuroQuantology* |March 2008 |Vol 6 |Issue 1|Page 7-21.

Abstract:

We tested if "entanglement" could be demonstrated between two non-sibling brains with only a history of spatial proximity if one brain was exposed to a consciousness-structured, continuously accelerating, circumcerebral magnetic field to access this connection. Four pairs of strangers met and remained within one meter of each other for one hour, twice per week, for four weeks. After this period the brain of the stimulus person of the pair, who was seated in a closed chamber, was exposed successively to six (5 min each) different complex circumcerebral magnetic fields that were rotated counterclockwise. Quantitative monopolar electroencephalographic measurements over the frontal, temporal, parietal, and occipital lobes were collected by computer for the response person of the pair who was seated in another room. The predicted increase in electroencephalographic power within the 5.0 Hz to 5.9 Hz band over the temporal lobes (but none of the other lobes), similar to that observed previously for siblings, was noted for the response persons when the stimulus persons received frequency modulated, circumcerebral magnetic fields at 20 msec rates of change per solenoid. The response persons also reported unusually intense "sensed presences," anger, and sexual arousal during these periods.

Persinger M. A. A THEORY OF NEUROPHYSICS AND QUANTUM NEUROSCIENCE: IMPLICATIONS FOR BRAIN FUNCTION AND THE LIMITS OF CONSCIOUSNESS

co-author: S. A. Koren. Affiliation: a Behavioral Neuroscience Program, Biophysics Section Laurentian University, Sudbury, Ontario, Canada
DOI: 10.1080/00207450500535784

Abstract:

The authors have assumed there are specific temporal patterns of complex electromagnetic fields that can access and affect all levels of brain space. The article presents formulae and results that might reveal the required field configurations to obtain this access and to represent these levels in human consciousness. The frequency for the transition from an imaginary to real solution for the four-dimensional human brain was the wavelength of hydrogen whereas the optimal distance in space was the width of a proton or electron. The time required to expand one Planck's length as inferred by Hubble's constant for the proton was about 1 to 3 ms, the optimal resonant "point duration" of our most bioeffective magnetic fields. Calculations indicated the volume of a proton is equivalent to a tube or string with the radius of Planck's length and the longitudinal length of m (the width of the universe). Solutions from this approach predicted the characteristics of many biological phenomena, seven more "dimensions" of space between Planck's length and the level of the proton, and an inflection point between increments of space and time that corresponded to the distances occupied by chemical bonds. The multiple congruencies of the solutions suggest that brain space could contain inordinately large amounts of information reflecting the nature of extraordinarily large increments of space and time.

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