

THE 6-PHASE MEDITATION

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The Truth About Meditation

- Meditation will transform your life. When you go within, your life starts to be more than just about you.
 - Benefits: elevates your sense of performance, your being, and your spiritual development.
- Yes, 50% of Americans who try meditation give up after one practice and never go back.
- Why is that? Myth: Meditation is painful and tough because of the outdated ideas such as
 - “Focus on your breathing, clear your mind, watch your thoughts, etc.”
 - None of these are necessary.
- Better term and way of meditation is *transcendent practice*:
 - Any practice that takes your attention away from the physical world and makes you go within.
 - Examples are gratitude, visualization, forgiveness.
 - Without and rigid rules of meditation that may cause stress and anxiety ...
- TIME is often an excuse. However, **optimized** meditation gives results in only 15-20 minutes.

5 TIPS for Meditation

1. Don't worry about clearing your mind.
 - “The mind is like a drunken monkey, always jumping from branch to branch.”
 - Asking yourself to clear your mind = like asking your heart to stop beating 😊
2. Best time to meditate = morning, when in Alpha state.
3. Sit up (don't lie in your bed) in whatever way you want.
4. Notice your bodily sensations, if your body is itching, scratch it.
5. If you hear a noise, notice it and let it pass.

Suggested TOOLS for Meditation

- ✚ Guided audio preferably downloaded to be available offline.
- ✚ Background music of binaural beat (= a mix of two sounds, one for each ear) that puts your brain in a specific frequency which facilitates meditation.
- ✚ A calm and comfortable place to sit.

THE 6 PHASES

1. Compassion

= expressing the intention of moving from judgment to caring, from isolation to connection, from indifference or dislike to understanding.

- Short-term benefits: more positivity, less stress, aging slows down, higher chances to get a date.
- Long-term benefits: leading to higher connectedness, which is directly correlated to happiness.
- The “Eve technique”:
 - Think about the person on the planet that creates the biggest sense of love within you.
 - Feel that person in your heart by creating a circle with a specific color (physicalize).
 - Expand the circle of love to fill the room, home, neighborhood, city, country, the entire planet.

2. Gratitude

= reflecting upon what has happened in the past and expressing appreciation.

- Short-term benefits: more energy, higher emotional intelligence, more forgiving attitudes, less depression and anxiety, less headaches, better sleep, more social connection.
- Long-term benefits: more connection to self and your goals, and unconditional happiness.
- The 3-level technique:
 - Be grateful for 5 things in your personal life, your professional life, and yourself.

3. Forgiveness

= a decision to let go of the desire for revenge and ill-will towards the person who may have wronged you.

- Short-term benefits: reduced levels of anger and hostility, reduced back pain, greater physical endurance, reduced blood pressure, improved cardiovascular health.
- Long-term benefits: increased feelings of love, higher capacity to trust people, greater happiness.
- 4 rules: you can forgive everything and anything, forgiveness is NOT pardoning, forgiveness frees YOU, the other person does not need to forgive you.
- Forgiveness starts with YOU:
 - See yourself in the incident, see the person in front of you, feel the pain or anger, question why the person wronged you (empathy), question your benefit or lesson, forgive into love.
 - Same process when forgiving yourself – just imagine your younger version of yourself.

4. Future Vision

= a way of creative visualization or simply dreaming about your goals.

- Fact: We tend to overestimate what we can do in 1 year but underestimate what we can do in 3 years.
- How to do future envisioning:
 - Ideally, write down your goals first – what experiences you want to have in the world, how you want to grow personally or professionally, and to contribute to humanity.
 - Imagine a giant mental TV screen 6-9 feet in front of you.
 - Think about 2-3 goals you have set for 3 years from now.
 - Bring in all five senses to produce the feelings inside you while envisioning your future.

5. Segment Intending

= setting intentions, “deciding” how you want your day to unfold, planning your perfect day.

- Benefits: influencing the outcome of the day by focusing on the positive.
- How to do segment intending:
 - Divide your day into several segments (morning, work, lunch, afternoon, evening, etc.).
 - Think about these segments and see each of them unfold perfectly.
 - Optional: 10-second mental declaration that you are going to have an incredible day.

6. The Blessing

= tapping into the energy of that which is greater (if atheist = your personal strength).

- Benefits: sense of safety and belonging, increased confidence in pursuing your dreams.
- How to do it:
 - Simply pray or ask for blessing from whatever higher power you believe in.
 - Imagine that blessing coming down as a beam of light entering your body through your head and going down all the way to your toes.
 - Optional: personalize your blessing with a fist bump, crossing your chest, etc.

Resources:

- ✚ Long version in English: www.youtube.com/watch?v=EaRu14P9H84
- ✚ Short version in English: www.youtube.com/watch?v=65Q4MGq5h0M
- ✚ Translated into French: www.youtube.com/watch?v=yJTLmyz4hOM
- ✚ Also available on Omwana, the meditation platform: www.omwana.com