

A Simple Yoganidra Meditation That Works Wonders

By Anupa Kumar Patri

You can learn to meditate in a very profound way very easily.

Follow these simple steps and enjoy.

1. Take a moment to sit quietly and be still. Acknowledge the part of you that feels compelled to meditate. Get in touch with that part of you that is evolving you and guiding you to realize your full potential. Get in touch with the volition or will that desires to meditate, find peace or enlighten.

2. Sit comfortably but sit up straight and take a few deep breaths to calm your mind and relax

your body, as if you were sitting in a hot bath. Open your heart to receive the grace and feel the life force energy in your body. That which causes your own heart to beat.

3. Close your eyes and forget about your mind. Do not try to stop your mind. Just relax, let your mind go on like a television left running in the room next door. Focus your eyes and attention at the *point between your eyebrows*. Gaze into the dark screen of your mind and tune into the subtle current of life force energy, or spirit, that is gathering at this point through your focus of attention.

4. Let this feeling be your guide. This current of life force energy is your homing beacon; tune into it like a radio tuning into a broadcast. Step out of your own way and let your spirit guide you. The more open you are to receive, the more you will receive. Open your heart.

5. Any time you are distracted by a thought, feeling or sound, just come back to the feeling and let it guide you. The more you focus the clearer it gets, and the more you allow the feeling to guide you the easier it gets. From peaceful to blissful. Enjoy the bliss.

