

Meditation

GETTING STARTED

If there is no meditation centre nearby, here are the first steps you can take to get started, or write to the nearest centre for details of the Correspondence Course.

- Make an appointment with yourself for 10 or 20 minutes each morning or evening.
- Find a quiet place and relax. Subdued light and soft music can create an appropriate atmosphere.
- Sit comfortably upright on the floor or in a chair.
- Keep your eyes open and, without staring, gently rest them on a chosen point somewhere in front of you in the room.
- Gently withdraw your attention from all sights and sounds.
- Become the observer of your own thoughts.
- Don't try to stop thinking; just be the observer: not judging or being carried away by your own thoughts, just watching.
- Gradually they will slow down and you will begin to feel more peaceful.
- Create one thought for yourself, about yourself; for example, "I am a peaceful being".
- Hold that thought on the screen of your mind; visualise yourself being peaceful, quiet and still.
- Stay as long as you can in the awareness of that thought. Don't fight any other thoughts or memories that may come to distract you. Just watch them pass by and return to your created thought, "I am a peaceful being".
- Acknowledge and appreciate the positive feelings and other positive thoughts which may spring directly from this one thought.
- Be stable in these feelings for a few minutes. Be aware of unrelated thoughts.
- Finish your meditation by closing your eyes for a few moments and creating complete silence in your mind.



BRAHMA KUMARIS
WORLD SPIRITUAL UNIVERSITY

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More and more people are adding some kind of meditation to their daily routine, either as an effective antidote to stress or as a simple method of relaxation.

Meditation enables you to create new attitudes and responses to life, giving you a clear spiritual understanding of yourself.

Meditation is the process of re-discovering, enjoying and using the positive qualities already latent within you.

Like any skill, meditation requires practice to achieve positive and satisfying results.

By doing a little every day, it soon becomes a natural and easy habit which generously rewards you for the little effort it involves.

MEDITATION HEALS

The mental and physical benefits of meditation are now clearly recognised in many areas.

By enhancing the ability to cope effectively with rapid change, meditation can open up a whole new understanding of purpose and potential. It positively affects all areas of your spirit, mind and body.



S P I R I T

Enhanced sense of well-being
Finding a sense of purpose
Understanding yourself
Fulfilling your potential
Ability to face challenge



M I N D

Freedom from anxiety and fear
Tranquillity and happiness restored
Greater control of thoughts
Ability to express positive feelings
Concentration improved



B O D Y

Release from tension
Better sleep
Increased vitality
Less psychosomatic illness

THE BRAHMA KUMARIS

The Brahma Kumaris World Spiritual University was established in 1937 and now has more than 3500 centres in over 70 countries. In the UK alone, there are more than 40 centres. The University encourages individuals to develop positive values through spiritual understanding and meditation.

The University is involved in a broad range of activities; for example, at an international level we have co-ordinated projects such as Global Co-operation for a Better World; nationally we have organised seminars and conferences for professionals to discuss ethical and spiritual issues which arise in the work place; locally many people have benefited from our courses on positive thinking and meditation.

The BKWSU is a non-governmental organisation in general consultative status with the Economic and Social Council of the United Nations and in consultative status with UNICEF. As a registered charitable trust in the UK, all our activities are offered without charge as a community service.

MEDITATION COURSES

Each Centre offers the Foundation Course in Meditation. Other courses and seminars include

Positive Thinking
Stress Free Living
Self-esteem
Self Managing Leadership

Please contact
your nearest
Centre for
details.

