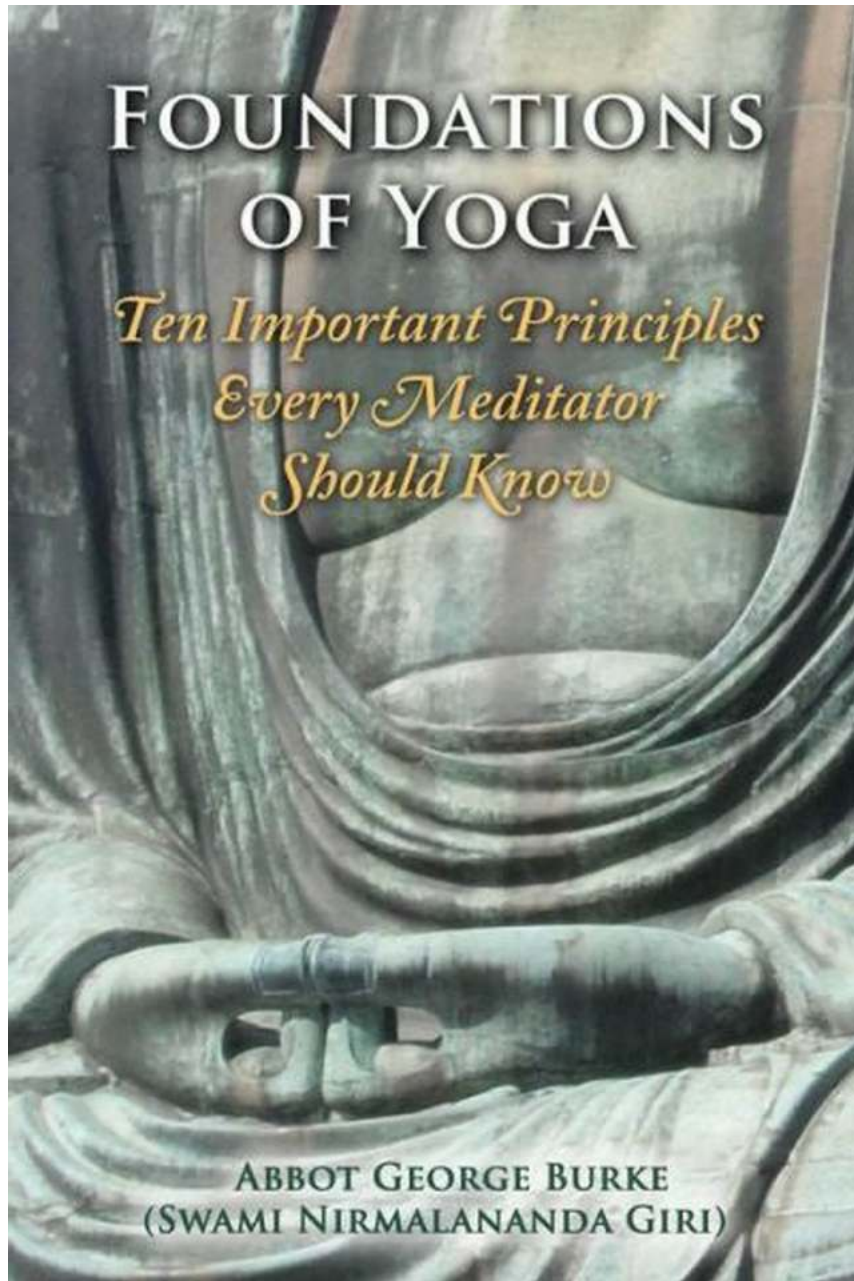


# Ten Important Principles Every Meditator Should Know

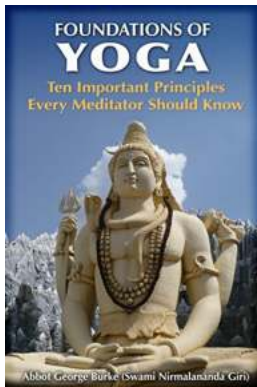


Are you interested in enhancing your mental well-being, reducing stress, and finding a sense of inner peace? Meditation is a powerful practice that can help you achieve all of these benefits. Whether you are a beginner or an experienced

meditator, understanding certain principles can greatly enhance your practice and deepen your experience.

## 1. Find Your Perfect Time

One of the first principles to consider is finding the perfect time for your meditation practice. Some individuals find early mornings ideal for their meditation sessions, as the mind is typically calmer after a good night's sleep. Others may prefer to meditate during the day or in the evening when they have more free time. Experiment with different times of day to find what works best for you.



## Foundations of Yoga: Ten Important Principles Every Meditator Should Know

by Abbot George Burke (Swami Nirmalananda Giri) (Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English  
File size : 969 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 58 pages  
Lending : Enabled



## 2. Create a Sacred Space

Having a dedicated space for meditation can greatly enhance your practice. Find a quiet and peaceful corner of your home where you can establish a sacred space. This can be as simple as a comfortable cushion or chair, with minimal

distractions. By creating a serene environment, you can facilitate a deeper connection with your inner self.

### **3. Start with Short Sessions**

Beginners often struggle with sitting for extended periods of time. It is essential to start with shorter meditation sessions and gradually increase the duration as you build your practice. Starting with just five minutes a day and gradually working your way up to longer sessions can help you develop a consistent practice without feeling overwhelmed.

### **4. Focus on Your Breath**

The breath is an anchor that can bring your attention back to the present moment. By focusing on the sensation of your breath, you can quieten your mind and cultivate a state of presence. Pay close attention to the inhales and exhales, allowing your breath to guide you into a meditative state.

### **5. Embrace Non-Judgment**

One of the key principles of meditation is to cultivate non-judgment and acceptance towards your thoughts and emotions. Instead of criticizing or suppressing them, observe them with curiosity and without judgment. This practice can help you develop a positive and compassionate attitude both in meditation and in your daily life.

### **6. Be Consistent**

Consistency is crucial for progress in meditation. Make a commitment to your practice and strive to meditate daily. Even if it's for a short duration, maintaining a consistent routine will allow you to cultivate a deeper connection with your inner self and experience the transformative effects of meditation.

## **7. Explore Different Techniques**

There are various meditation techniques available, each with its unique benefits. Explore different styles such as mindfulness meditation, loving-kindness meditation, or transcendental meditation. Trying different techniques can help you find the one that resonates best with you and caters to your specific needs.

## **8. Seek Professional Guidance**

If you're new to meditation or struggling with your practice, seeking guidance from a qualified meditation teacher or attending meditation retreats can be immensely helpful. They can provide valuable insights, address your concerns, and offer personalized guidance to deepen your meditation practice.

## **9. Practice Gratitude**

Expressing gratitude is an important aspect of meditation. Take a few moments at the end of your session to reflect on the things you are grateful for in your life. This practice can help shift your focus from negativity to positivity, fostering a sense of joy and contentment in your everyday life.

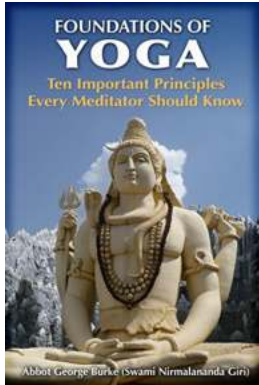
## **10. Be Patient and Gentle with Yourself**

Meditation is a journey, and it takes time to experience its full benefits. Be patient with yourself and avoid setting unrealistic expectations. Treat yourself with kindness and compassion, allowing your meditation practice to evolve naturally. Remember that each meditation session is an opportunity for growth and self-discovery.

## **In**

By incorporating these ten principles into your meditation practice, you can create a strong foundation for growth and self-transformation. Remember, meditation is

a personal journey, and it's important to find what works best for you. Embrace these principles and embark on a beautiful journey towards inner peace and self-awareness.



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An to the important foundation principles of Patanjali's Yoga: Yama & Niyama

Yama and Niyama are often called the Ten Commandments of Yoga, but they have nothing to do with the ideas of sin and virtue or good and evil as dictated by some cosmic potentate. Rather they are determined by a thoroughly practical, pragmatic basis: that which strengthens and facilitates our yoga practice should be observed and that which weakens or hinders it should be avoided.

It is not a matter of being good or bad, but of being wise or foolish. Each one of these Five Don'ts (Yama) and Five Do's (Niyama) is a supporting, liberating foundation of Yoga.

Read this to learn about these 10 Foundations:

Ahimsa: non-violence, non-injury, harmlessness

Satya: truthfulness, honesty

Asteya: non-stealing, honesty, non-misappropriativeness

Brahmacharya: sexual continence in thought, word and deed as well as control of all the senses

Aparigraha: non-possessiveness, non-greed, non-selfishness, non-acquisitiveness

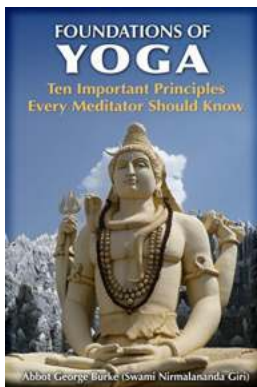
Shaucha: purity, cleanliness

Santosha: contentment, peacefulness

Tapas: austerity, practical (i.e., result-producing) spiritual discipline

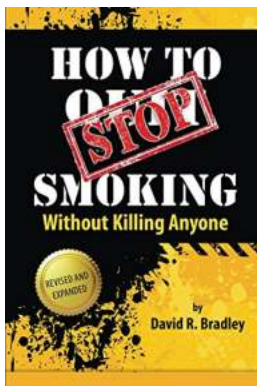
Swadhyaya: introspective self-study, spiritual study

Ishwarapranidhana: offering of one's life to God



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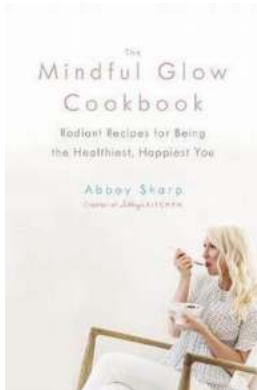
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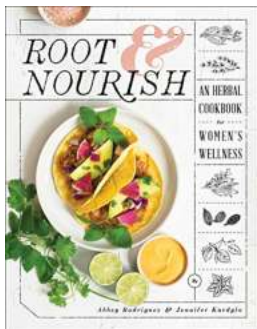
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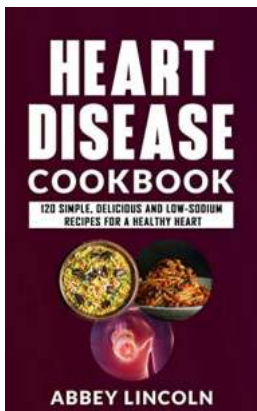
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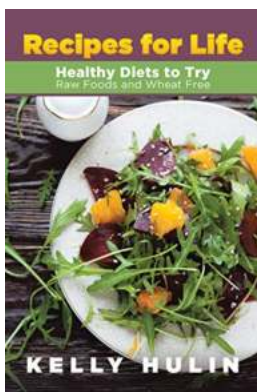
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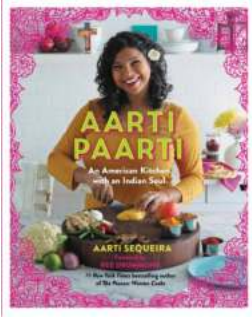
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