

History

In the presence of my teacher Maharishi Sadashiva Isham, I experienced pure unconditional love, an experience that changed my life forever. The greatest lesson I learned from him had to do with the nature of choice and not only that choice is possible; but also how important it is to make a choice in every moment. We live in a 'thought-created' universe and can choose, in every moment, to focus thoughts on Praise, Gratitude, Love and Compassion or choose to focus on something else.

The techniques I was taught are very simple and very powerful; simplicity is important so that everyone and anyone is able to use them. Power comes from the individual and by learning what happens when one chooses to focus their thoughts. By such an action they observe how the world changes around them. You need not be focused on thoughts of changing anything; simply choosing the meditation technique will change the world around you. What you focus on will grow - it is that simple. Seeing the glass of water as half full or half empty is a choice. The good thing is that you need not try to see the glass as half full and you need not tell yourself "I must see it as half full." If you practice the techniques, full will happen by design. Seeing the glass half full will come naturally with time and eventually you will see it filling up until finally it is overflowing in abundance.

The techniques provide a personal experience of the nature of reality and you will discover for yourself just how life can unfold. It is not just knowledge in words, concepts, ideas or belief systems and it is not about following some other person's belief in how you should lead your life. It is about the experiences gained by following the meditation techniques and continuing to use them because you see for yourself how the world changes around you the more you practice them. Follow your own unique experience of the world and see where it takes you. The more you practice the techniques, the more you discover about the nature of reality; that you and the world around you are one and that you have the power within yourself to change your experience of the world on the outside by the sole action of choice on the inside.

If you are reading this it is because you have made a conscious choice to better your life. It matters little as to whether or not you do it for stress reduction, relaxation, enlightenment or spiritual growth. The techniques are tools used to learn more about yourself and the nature of reality. Belief is not a requirement, just practice the meditation as instructed and experience first hand. Meditation is a tool for bettering your life, trust that your investment of time and energy will bring rewards far beyond your ability to imagine.

THIS IS ABOUT THE TEACHING, NOT THE TEACHER!

How to derive the most from the course

This course has been kept to the very basics: the meditation techniques and how to use them. It is all you really need to know. Practice will eventually answer the questions that you may have about meditation. Innocence with the experience of meditation is very important, and cannot be overemphasized!

A commitment of time and practice over the coming weeks is necessary. This meditation is very powerful and very subtle; it may take a few days or even weeks of regular practice to notice the benefits overtaking your life. Meditation works when we are completely innocent with it. Believing in it is not necessary, nor is it necessary to expect or desire some specific kind of experience when meditating. In fact, any kind of prejudicing the mind in this way is counter-productive to the innocent inward movement of the mind. So, to the best of your ability, be innocent.

When to meditate

Closed-eyed meditation should be done two or three times a day: ideally in the morning, in the evening and before going to bed use the techniques in the order they are taught. When you are learning a new technique for the first lesson, it is better to be sitting down so you *do not fall asleep*. After that first lesson comfort is everything. Sit up or lie down as you prefer.

There is no need to resist sleep or movement; many people do have a tendency to fall asleep because their bodies need to rest. Whatever happens during the practice is all right.

It is best to meditate before you eat, as a full stomach hinders the natural effectiveness of meditation; however, note that it is neither necessary nor helpful to be starving. When doing closed eye meditation it is best to remove pets, children, phones etc., to minimize potential disturbances; this is your time! If for some reason you are disturbed, meditate for another five or ten minutes to make up for the contrast.

Time your meditations by opening an eye and glancing at a watch or clock: **DO NOT** use timers or alarms. Meditation is a constantly changing experience and will be different every time. Try not to evaluate the success of a session by experiences during it. The techniques are mechanical and do work no matter what your subjective experience. Success is not determined by the state of the mind and body, as they both are in constant change.

What is important is never to force it. Commit to using the techniques for 20 – 30 minutes, two or three times per day. Whenever sick, meditate as much as possible because all of the good effects go into healing the body.

Use the techniques exactly as given, do not add or subtract anything. The keyword may change at any time.

In Opened-eye meditation, the first four techniques can be done anywhere, at any time, in any order. With your eyes open, just let your mind choose naturally, whenever you realize you are following a thought stream that is not expansive. Do not look for the same experiences as you have with your eyes closed. Any amount of time will do; a minute here a minute there, it all adds up and the more you can meditate the better.