



# HIMALAYA YOGA

*Transform your Life with Yoga, Meditation and Loving-Kindness*

## **10 Meditations for Inner Peace and Happiness**

Compiled with love by Dave West



*The yoga tradition of the world is centred on the quest for enlightenment. This is when the veils of delusion are peeled away and the true majestic nature of our inner most Self is revealed, in all its glory. Love, compassion, generosity, dispassion, caring, friendliness and happiness all naturally blossom in everyday life.*

*Meditation is awareness. It represents silence, the stillness that can come in the mind. This is when the mind naturally begins to cease its constant vacillation between worry of the future or regrets of the past, when the whole awareness comes to the present moment. Such beauty and fullness is found there!*

*Also termed by athletes and 'being in the zone', this natural state of awareness accompanies peak performance in all fields of human endeavour. This Presence is stillness inside, alertness, clarity of mind and peace, even in the midst of dynamic activity. Thus the human nervous system is far more effective, responsive, and action far more powerful.*

*The information in this book is compiled directly from the Himalayas, from all my teachers, past and present, in particular Swami Shyam Yogi, Martin Moore, Merta Ada, and from my own understanding of that wisdom. I pray that this new compilation reaches you with the blessings from God and all the holy beings, and assists you towards perfect health, inner peace and happiness.*

*Take time from the hectic pace of modern living to experience the silence of meditation through this book, combined with regular yoga and meditation classes from an experienced instructor and your own personal practice at home. Play relaxing music, burn natural incense and let the light of love shine clear in your heart.*

Dave West  
Bali 2007



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*Himalaya Yoga aims is to provide authentic Himalayan wisdom and yoga training for your health and happiness, and for the spiritual evolution of mankind.*

#### **Contents**

**Introduction to Meditation**

**10 Meditations for Inner Peace and Happiness**

**Pranayama**

**Affirmations and Techniques**

**Advice and Precautions**

**Profile**

**References**



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# **INTRODUCTION TO MEDITATION**

## **Relevance of Meditation Today**

Enlightened saints and sages have been telling us for centuries that being spiritual is not about locking ourselves away on a mountain top for 30 years, chanting and eating nettles. It's about using holistic and practical philosophies and techniques with our families, friends and enemies, in our homes, at work, in the community and environment. It's about creating love and compassion in our normal everyday lives, working together, playing together and meditating together. And being spiritual simply means pure and untainted, being in the present moment, mindful of our thoughts, speech and actions. But, as cool and romantic as it may seem, meditation and being spiritual is not about wearing hippy clothes and jewellery from India, or hanging cosmic mandalas in our living-room, sitting cross-legged and tuning in, turning on and dropping out. Meditation takes place on the inside and simply requires regular, diligent practice with patience and determination before results are noticed on the outside.

Meditation is as relevant today as it was thousands of years ago. It helps us now, as it did then, to begin to understand ourselves better, which in itself is a great achievement, because it is our misunderstanding of ourselves that leads us to disharmony. Meditation is an ideal way of performing a self-examination, working through unknown obstacles that are disturbing our life on account of which we are unable to progress. This requires effort, just like anything we set our heart on to achieve cannot be attained without struggle or effort from our side. The struggle is for the perfection of one's thoughts words and deeds. The effort is towards attaining balance in the different facets of one's personality. The head, heart and hand must synchronize if we want to realize our goals, whether they be material, spiritual or both. Meditation provides a suitable environment for this metamorphosis to take place. A place to accept inherent weaknesses and blemishes, change our outlook and opinion, and improve ourselves.

Meditation allows us to recognize that the fault is not in the difficult situation that confronts us, or in the people with whom we have to interact. The problems we face arise from within. Circumstances only act as a catalyst to bring them to the surface. Everything we feel, think, say, or do is coming up from deep within. Meditation gives us the chance to reflect on this, and apply the necessary changes to take place within us. After several years of regular meditation considerable changes take place in the mind, brain and the nervous system. New nerve-currents, new cells, new vibrations, new avenues and new channels are being formed. The whole mind and nervous system become remodelled. We will have a new mind, a new heart, new sensations, new feelings, new mode of thinking and acting and a new view of the universe. Diligent practice and persistence with meditation produces results that are permanent and abiding.

## **Meditation is Awareness**

One of the main differences between the many meditation philosophies and techniques around today is the object of concentration. The object could be observing the breath, a candle, or chanting a mantra according to our personal beliefs. What they all have in common is awareness. Awareness is being in the present moment, mindful of all thought, speech and action. By observing the present moment we can tune into our higher consciousness and make a positive decision to create harmony and balance, to think, speak and act with love, wisdom and compassion. Observing means to notice, to feel, to experience, but without reacting, without getting involved, without becoming distracted away from the simple awareness technique, from being in the moment. Awareness in meditation is using a specific technique that allows us to develop this present moment higher consciousness. This allows us to become aware of the qualities of the mind and how it works. Here, we can discover for ourselves the subtleties and impermanence of this mind, this body, this life, this universe. We realize that the mind is made up of wants, desires, judgements, plannings and measurings. Seeing the scope of our wanting shows us how deeply and subtly dissatisfaction has created our personal world, and this seeing frees us from much grasping, from thinking that all our wants have to be satisfied. We realize that we do not have to compulsively respond to everything that arises in our mind. We see that things can be a certain way without needing to be acted upon or judged or even pushed aside. They can simply be observed.

When there is wanting in the mind, that moment feels incomplete. Wanting is seeking elsewhere. Completeness is being right here, right now. When we experience the depth of wanting in the mind there follows a great joy. This is because we see how wanting obscures the present. To realize that there is nothing that brings lasting satisfaction shows us there is nowhere to go and nothing to have and nothing to be – and that's freedom! Working towards our goals with love and gentleness, but without expectation or attachment.

In this way meditation allows us to discover how thoroughly our life is shaped by our thoughts and the way we interpret what's going on. Every thought, feeling and emotion manifests itself in one form or another in our body and in our life. We notice this with surprising clarity as we become more sensitive to the inner feeling of who we are. We also learn a very simple truth: Loving thoughts feel good, and unloving thoughts feel bad. Unloving thoughts are like self-inflicted poison darts, whereas loving thoughts are the natural response to reality when it is clearly perceived. This simple understanding will initiate a natural change of mind that will culminate in the most important theme of yoga and meditation: Learning to love and be loved. Learning to gladly allow the energy of love to circulate and shine through, unobstructed by fear, pain and hatred. By letting go of our ego's reactions and practicing forgiveness and acceptance we begin to experience pure and perfect love.

## **Journey of Self-Discovery**

Meditation is based on the principle of training the mind to concentrate on a single point or object, for a defined length of time. With diligent practice we can become totally absorbed in that object. We can discover its ultimate truth and the ultimate truth of existence.

However, by using visualization/meditation techniques we can also become aware of higher states of mind by manipulating the different forces and systems in the physical body. Any stimulation or manipulation of the nervous system will also have an effect on the mind, for all the nerves in the body are directly or indirectly connected to the brain, i.e. pranayama, hatha yoga, kundalini yoga and chi gung.

Central to the philosophy of Yoga is the belief that divinity or God is already inside us, but has remained dormant, or veiled by the illusion that happiness can be found by achieving material possessions and desires. Meditation is the art of controlling the mind, gradually awakening and re-connecting with the divinity within us. Advanced meditation techniques can help us unveil this spiritual potential and release our attachment to the physical world. Initially meditation does bring inner peace and happiness to our life. But with regular practice the layers of the mind are peeled away, allowing us to discover for ourselves deeper realms of consciousness. By transcending the mental and physical worlds we attain the realization that there is no separation and no duality between the individual human spirit and the Supreme Universal Spirit. We are One with the Universe.

When we begin sitting and meditating, we are practicing being in harmony. We are training the mind to be content, to liberate itself from desire, to accept the ever changing universe as it is. This is inner peace. Being in the present moment, experiencing each and every joyful moment with full awareness. This is happiness. And this we can not buy with all the money in the world. This we must earn through the daily practice of meditation and experience it for our self.

By becoming more adept at meditating, we can begin to extend our practice beyond quietly sitting alone. We learn how to maintain a peaceful mind while going about our daily life, becoming aware of our thought, speech and action, observing our happiness, our suffering, our pleasure and pain. Permanent inner peace and happiness can only be attained by conquering doubt, hatred, laziness, lust and worry, and by living a virtuous life with morality, acceptance, love, wisdom and compassion.

Meditation helps us to reach this goal by training the mind to maintain awareness of itself in every moment. Then, throughout the ups and downs of daily life, our spontaneous reaction to real events out there in the real world will be the creation of peace, love and understanding.

The journey of self-discovery through meditation takes each of us in a different direction. As we go deeper and deeper into meditation, we begin to discover our own truth, our own experience of the soul, life, creation and the cosmos, and eventually it brings us to the ultimate truth of all things. And this is the happiness, freedom and enlightenment that we all seek. This journey of self-discovery and spiritual evolution is truly man's greatest adventure.



## **10 MEDITATIONS FOR INNER PEACE AND HAPPINESS**

The 10 Meditations for Inner Peace and Happiness is just one of thousands of techniques that can assist us on the path towards health and happiness, and is a very powerful way to transform our life in a positive direction. It gives us the chance to reflect on who and what we are and where we are heading, and helps us apply the changes that are necessary to take place within us. The 10 Meditations for Inner Peace and Happiness guides us through the many obstacles that beginners usually face when we first sit down to meditate. These techniques are designed to help us relax, accept discomfort, slow down the mind, concentrate, and to cherish others with great compassion. They also help us to make positive changes in our lives, and with our family, community and the environment. Remember, meditation is awareness, being in the present moment. Everything you need is already inside you. Meditation is simply the process of observing the mind, peeling away the layers and re-connecting with our higher consciousness. It is waiting for us to re-discover it. Diligent practice and persistence with meditation produces results that are permanent and abiding. The 10 Meditations for Inner Peace and Happiness require that you practice in two parts, which will eventually become one continuous meditation.

### **PART ONE**

**Sitting quietly in meditation** - practicing being in harmony relaxation, pranayama (revitalizing the mind and body), awareness, contemplation and concentration.

Before beginning carefully read the 'Advice and Precaution' section at the back of this book. For success, it is necessary to practice these meditations every morning before breakfast and then again in the evening before sleep. Each of the 10 Meditations has a specific affirmation to be contemplated and repeated three times. Each affirmation is accompanied by a meditation or pranayama technique and has a specific object of concentration. Without straining or tension, you must try your best to concentrate on this object, even though at first your mind may be distracted. When the mind wanders off following a thought, simply acknowledge that you were distracted and then gently return to the object of concentration. During meditation if you observe a state of tranquillity and serenity, do not disturb the mind. Do not try to get up from your seat. Try to prolong your awareness of this sensation for as long as possible, observing the joy and harmony of inner peace.

**Technique 1, 2, 3**

Always start with these three techniques as they help you to become centred and relaxed, ready for meditation.

**Technique 4, 5**

These techniques are the core meditations for inner peace. They guide you into a deep state of meditation and self awareness, and therefore require more time.

**Technique 6, 7, 8**

These techniques are the core meditations for generating love and happiness. They should only be attempted when the heart and mind are purified and untainted. i.e. by the preceding techniques.

**Technique 9, 10**

Always finish with these techniques to close the session.

In the beginning start with just 15 minutes meditation everyday and follow the recommended schedule below, until you can regularly and consistently meditate for one hour on a daily basis:

<b>15 minutes</b> meditation everyday for the first month:	1, 2, 3, 9, 10
<b>30 minutes</b> meditation everyday for the second month adding <b>4, 5</b> :	1, 2, 3, <b>4, 5</b> , 9, 10
<b>60 minutes</b> meditation everyday for one year adding <b>6, 7, 8</b> :	1, 2, 3, 4, 5, <b>6, 7, 8</b> , 9, 10

After one year of daily meditation, you may be ready for advanced meditation techniques, and you should ask your spiritual guide or meditation instructor for advice on how to proceed.

**PART TWO**

**Extending the meditation beyond sitting** - by incorporating this wisdom into your daily life, creating peace and harmony out there in the real world.

During the day extend the meditation beyond sitting. Throughout your day be aware of your thoughts, speech and actions. Observe yourself and the world around you with a peaceful mind. Tune in and allow your higher consciousness to guide you to live a more meaningful life, by paying attention with awareness to the details of the present moment. Apply the affirmations as you experience the ups and downs of daily life. Instead of reacting in a negative way to an unpleasant situation, use the correct affirmation to create inner peace and harmony in that situation. For example: when feel yourself getting angry, repeat the affirmation: "Patience is the destroyer of anger." And then feel yourself becoming patient and relaxed. Remember, the fault is not in the difficult situation that confronts us, or in the people with whom we have to interact. The problems we face arise from within. Circumstances only act as a catalyst to bring them to the surface. Everything we feel, think, say, or do is coming up from deep within. Regular meditation and positive action can heal these obstructions to perfect health and happiness.. However, without regular meditation the healing process will not become deep rooted and the benefits are reduced.

## 10 MEDITATIONS FOR INNER PEACE AND HAPPINESS

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AFFIRMATION		TECHNIQUE
1.	<p><b>PERSISTENCE</b></p> <p><i>"Persistence is applying the best effort in all things throughout the day."</i></p>	<p>COMPLETE YOGIC BREATHING Pranayama 1</p>
2.	<p><b>ACCEPTANCE</b></p> <p><i>"Acceptance is observing discomfort and distraction without reacting."</i></p>	<p>DEEP RELEASE</p>
3.	<p><b>EQUANIMITY</b></p> <p><i>"Equanimity is experiencing all things with a balanced and peaceful mind."</i></p>	<p>PURIFYING THE ENERGY CHANNELS Pranayama 2</p>
4.	<p><b>PATIENCE</b></p> <p><i>"Patience is the destroyer of anger."</i></p>	<p>MINDFUL BREATHING</p>
5.	<p><b>CONCENTRATION</b></p> <p><i>"Concentration is holding the mind on an object for a defined length of time."</i></p>	<p>STILLNESS</p>
6.	<p><b>LOVE</b></p> <p><i>"Love is the true nature of the universe."</i></p>	<p>HEART CHAKRA</p>
7.	<p><b>KINDNESS</b></p> <p><i>"Kindness is the joyful heart of abundance."</i></p>	<p>LOVING-KINDNESS PART 1</p>
8.	<p><b>COMPASSION</b></p> <p><i>"Compassion is the essence of spiritual progress."</i></p>	<p>LOVING-KINDNESS PART 2</p>
9.	<p><b>WISDOM</b></p> <p><i>"Wisdom is the destroyer of doubt and confusion."</i></p>	<p>RAISING THE ENERGY Pranayama 3</p>
10.	<p><b>ENLIGHTENMENT</b></p> <p><i>"Enlightenment is being in the present moment, mindful of all thought, speech and action."</i></p>	<p>PALMING Pranayama 4</p>



## **PRANAYAMA**

The 10 Meditations for Inner Peace and Happiness utilizes four pranayama techniques. Many people have misinterpreted this word to mean 'breath control'. But as you will see, it means much more! The sanskrit word pranayama literally means 'control and regulation of the life force'. Prana or vital life-force is found in all forms, from the lowest to the highest, from the ant to the elephant, from an amoeba to a man, from the elementary form of plant life to the developed form of animal life. It is prana that shines in your eyes. It is through the power of prana that the ears hear, the eyes see, the skin feels, the tongue tastes, the nose smells, the mind thinks. In the smile on the face of a child, in the radiance of a fire, and in the fragrance of a flower, from the digestion of food to the melody in music, all these and many more have their origins in prana.

Prana can be supplied to human beings in many ways; by food, water, air, love, solar energy, etc. The supply of prana to the body and mind is particularly abundant in the breath and is received by the nervous system and nadis. The excess of prana is stored in the brain, chakras and nerve centres and is supplied to the body as required. Prana is expended by thinking, talking, moving, writing, loss of semen, and so on. Prana is the link between the physical and astral bodies. When prana is cut off or absent, the astral body separates from the physical body resulting in death.

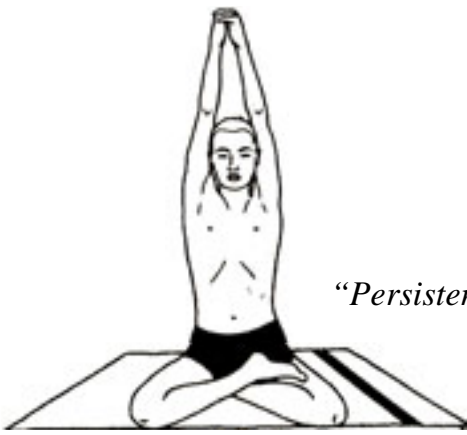
The prime purpose of pranayama is to absorb and store up as much prana as possible by the regular practice of specific pranayama techniques, just as the storage battery stores up electricity by regular charging. The man who has in his store an amazingly large supply of prana radiates vitality and strength all around. By pranayama you can also increase mental energy and develop thought control and thought-culture. It is therefore extremely important to learn and perfect the techniques of controlling prana. This is achieved by the control of the breath with specific breathing exercises. If you can control the breath you can control the prana. If you can control the prana you can easily control the mind. This is because there is an intimate connection between the breath, the mind and prana. If the breath is unsteady, the mind is unsteady. If the breath is steady and calm, the mind is steady and calm. A steady mind is the prerequisite for concentration, meditation and spiritual evolution. However, just as it takes a long time, patience and perseverance to tame a lion, tiger or elephant, so too will you have to tame this prana gradually.

The techniques in this book are reasonably simple and do not require a lot of preparation. However, some important points to remember will be mentioned here, as well as in the 'Advice and Precautions' section at the back of the book.

Pranayama 1 and 2 utilize three distinct processes; inhalation, retention, exhalation. The ratio of inhalation, retention and exhalation varies according to the strength and capacity of the practitioner. Beginners should start very slowly increasing gradually over periods of months and years. By controlling and regulating the breath the mind becomes quite steady, and a state of higher consciousness supervenes, Regulation of breath, and especially retention are of tremendous help in the practice of concentration and meditation.

Pranayama 3 and 4 utilize the awareness of the movement and circulation of prana. Awareness of prana can be visualized as a stream of silver liquid, cool and smooth. Feel its life-giving energy revitalizing and strengthening your mind, body and spirit as it travels around your entire being.

Most important is that the practice of pranayama, as well as meditation, should be in a well-ventilated room, where it is calm and quiet. The air in the room should be fresh so that you may freely breathe oxygen. If outside, choose pleasant surroundings like flowers and trees. Do not practice in a strong wind, in the cold, or in air that is dirty, smoky or smells bad. The bowels, bladder and intestines should all be empty. Throughout the practice of pranayama and meditation the body should be as relaxed and calm as possible. Keep the body still without jerking. Remember to keep the spine, neck and head erect and centred to assist the flow of prana along the spine. Strain should be avoided. The breath should not be retained for longer that is comfortable. This is very important as the lungs are very delicate and any misuse may easily cause them injury. If you feel dizzy, faint or chest pains at any time, stop practising and rest. Then seek proper guidance. Do not twist the face muscles while holding the breath. Relax the face as much as possible throughout the practice. Do not take a bath or shower for at least half an hour after finishing pranayama exercises. It is extremely dangerous to practice pranayama during illness, or while smoking cannabis, tobacco or any other material. People suffering from heart disease, respiratory disorders, blood pressure disorders, arteriosclerosis, mental problems or any other serious illness should seek medical advice before commencing pranayama and meditation.



# 1

## PERSISTENCE

*“Persistence is applying the best effort in all things throughout the day.”*

### **COMPLETE YOGIC BREATHING – Pranayama 1**

This technique helps to initially calm the mind and body from the hustle and bustle of daily life. It stretches the upper body getting a rich supply of oxygen and life-force energy into the whole being. It develops the virtue of persistence. Deep breathing and stretching up is the object of concentration.

*Take a few moments to find a comfortable and stable meditation position.*

*If you can not sit cross legged on a cushion, then you may want to use a chair.*

*Rest the hands in the lap or on the knees.*

*Relax the body but always keep the spine and head straight, close the eyes.*

*Feel as if the top of the head is being pulled up to the sky, keeping you perfectly straight.*

*Relax the body. Relax the breathing. Relax the mind.*

*Mentally repeat and contemplate the affirmation 3 times*

*Repeat the following technique 3 times.*

*Take deep slow breath in through the nose,*

*Be sure to completely fill the lower part of the lungs, middle and upper chest with air.*

*As you breathe in, feel your whole being renewed with vitality and strength.*

*When you are completely full of air, hold for two seconds 1... 2...*

*Now slowly breathe all the way out, completely empty all of your lungs,*

*Empty the chest, middle and the lower lungs,*

*As you breathe out, feel your whole being releasing negativity, distraction and disease.*

*When you are completely empty, but with out strain, hold for two seconds 1... 2...*

*Do this 3 times, then rest and relax for a few moments.*

*Now repeat the following technique 3 times.*

*Take deep slow breath in through your nose,*

*Be sure to completely fill the lower part of the lungs, middle and upper chest with air.*

*As you breathe in slowly stretch your arms up as high as you can,*

*Straighten the arms upwards and join your hands above your head.*

*Feel the healing energy rising up through your body, revitalizing your whole being.*

*When you are completely full of air, hold for two seconds 1... 2...*

*And mentally repeat the affirmation.*

*Now slowly breathe all the way out,*

*As you lower you arms down to your side. completely empty all of your lungs,  
the chest, middle and the lower lungs,*

*Hold for two seconds 1... 2...*

*And mentally repeat the affirmation.*

*When you have finished raising the arms three times, relax your body.*

*Feel your breathing slowing down. Feel your whole being relaxed and refreshed.*

*Mentally contemplate the affirmation.*

*Stay alert and relaxed, but do not move or change your sitting position.*



## 2

### ACCEPTANCE

*“Acceptance is observing discomfort and distraction without reacting.”*

#### DEEP RELEASE

This technique helps with further relax the body, breathing and the mind. By experiencing a deep sense of relaxation and release, it prepares the mind and body for meditation. It develops the virtue of acceptance. Relaxing is the object of concentration.

*Sit quietly and comfortably with the eyes closed and the spine and head straight, but not tense.  
Relax the body. Relax the breathing. Relax the mind.  
Mentally repeat and contemplate the affirmation 3 times.*

*Take a smooth, deep inhalation through the nose,  
Hold the air in for a moment,  
Then open the mouth about an inch and release the breath in a long, slow exhalation.  
Softly chant “ahhh...” for about 10 or 20 seconds.  
Use all the breath but do not strain.  
Close the mouth, breathe in deeply again through the nose.  
Hold the air in for a moment.  
Do this 12 times.*

*When you have finished chanting be still,  
Feel a deep inner release from tension and stress,  
Feel relaxed, feel safe, feel free, feel fearless,  
Observe any feelings or sensations with a calm mind and without moving.  
Simply observe any discomfort or distraction but without thinking about it any deeper than acknowledging it.*

*Now begin to deeply relax the whole body.  
Relax the feet, relax the legs, and relax the hips.  
Relax the stomach muscles and feel the whole abdomen drop.  
Relax the chest, relax the shoulders, relax the arms, and relax the hands.  
Check your spine and head are straight, but not tense.  
Relax the face. Relax the whole body, relax the breathing.  
Allow the body, mind and spirit to become quiet, calm and refreshed.*

*Keep still and do not react to any discomfort or distractions.  
Observe any feelings or sensations with a calm mind and without moving.  
Simply observe any discomfort or distraction but without thinking about it any deeper than acknowledging it.*

*Mentally repeat and contemplate the affirmation 3 times.  
Stay alert and relaxed, but do not move or change your sitting position.*



### 3

## EQUANIMITY

*“Equanimity is experiencing all things with a balanced and peaceful mind.”*

### **PURIFYING THE ENERGY CHANNELS – Pranayama 2**

This technique has many variations that become progressively more advanced. Here is described a simple variation for beginners. For pranayama, as well as meditation, it is extremely important to sit with the spine and head straight, but not tense. Feel as though the top of your head is being pulled up to the sky. This pranayama technique purifies the energy channels in the body and mind. It brings about a state of equilibrium in the mind, in preparation for deep meditation. It develops the virtue of equilibrium. Counting the length of each breath is the object of concentration. Practice five rounds for the first month, increasing to twelve rounds in the second month.

*Sit quietly and comfortably with the eyes closed and the spine and head straight, but not tense. Relax the body. Relax the breathing. Relax the mind.*

*Mentally repeat and contemplate the affirmation 3 times.*

*Raise the right hand to the face and hold the nose tip position.*

*Gently rest the index and middle fingers on the forehead at the eyebrow centre.*

*The thumb is next to the right nostril and the ring finger is next to the left nostril.*

*The thumb and ring finger control the flow of breath by gently blocking and releasing each nostril in turn. The little finger is completely relaxed.*

*The left hand rests on the left knee with the fingers ready to count five rounds of this technique.*

*Keep the head straight. Do not allow it to drop down during this technique.*

*This is the starting position.*

*Close the right nostril with the thumb.*

*Smoothly and softly breathe in through the left nostril. Breathing should be quiet and gentle.*

*As you breathe in start to count, in your mind, from 1 to 12.*

*When you reach 12, try to have your lungs completely full, but without straining.*

*Now close the left nostril with the ring finger, so that both nostrils are firmly closed.*

*Hold your breath and count, in your mind, from 1 to 12.*

*Keep the left nostril closed and open the right nostril with the thumb finger.*

*Smoothly and softly breathe out through the right nostril. Breathing should be quiet and gentle.*

*As you breathe out count, in your mind, from 1 to 12.*

*When you reach 12, try to have your lungs completely empty, but without straining.*

*Now smoothly and softly breathe in through the right nostril. Breathe quietly and gently.*

*As you breathe in count, in your mind, from 1 to 12.*

*When you reach 12, try to have your lungs completely full, but without straining.*

*Now close the right nostril with the ring finger, so that both nostrils are firmly closed.*

*Hold your breath and count, in your mind, from 1 to 12.*

*Keep the right nostril closed with the thumb and open the left nostril with the index finger.*

*Smoothly and softly breathe out through the left nostril. Breathe quietly and gently.*

*As you breathe out count, in your mind, from 1 to 12.*

*When you reach 12, try to have your lungs completely empty, but without straining.*

*This is one round.*

*Practice five rounds for the first month.*

*Mentally repeat and contemplate the affirmation 3 times.*

*Stay alert and relaxed, but do not move or change your sitting position.*



## 4

### PATIENCE

*“Patience is the destroyer of anger.”*

#### **MINDFUL BREATHING**

This technique helps to develop awareness and sensitivity. It relaxes the mind, bringing it into the present moment. It develops the virtue of patience. The breath is the object of concentration.

*Sit quietly and comfortably with the eyes closed and the spine and head straight, but not tense. Relax the body. Relax the breathing. Relax the mind.*

*Mentally repeat and contemplate the affirmation 3 times.*

*Relax the breathing, allowing the body to breathe naturally on its own.*

*Become aware of the nose and observe the sensation of breath as it comes in and out.*

*Do not try to control it, just observe it.*

*Let each breath remind you to stay centred and present in the now.*

*Be in the present moment with the breath.*

*Now begin counting the breaths backwards from 50 down to 20.*

*As you exhale mentally count 50,*

*As you inhale mentally count 49,*

*As you exhale mentally count 48,*

*As you inhale mentally count 47,*

*Keep counting your breathes but without controlling it,*

*Observe the breath as it passes through the nostrils and simply count.*

*If you catch the mind drifting away from the counting, gently bring it back.*

*When you reach 20 start counting only when you exhale.*

*Has you exhale count 19, and inhale,*

*Has you exhale count 18, and inhale,*

*Has you exhale count 17, and inhale*

*Keep counting the breaths until you reach zero.*

*When you reach zero stop counting, but continue to be aware of the breathing.*

*Observe each breath as it goes in, and as it comes out.*

*Continue to observe the breath as it passes through the nostrils, but do not count the breaths.*

*Do not try to control it, just observe it.*

*Let each breath remind you to stay centred and present in the now.*

*Feel the sensation of air as it comes in and pushes out through the nose.*

*Be in the present moment with the breath.*

*Breath to breath, moment to moment.*

*If you catch the mind drifting away from the counting, gently bring it back.*

*You may find yourself naturally relaxing.*

*Your breathing may become deeper and slower.*

*Allow this process to take place naturally.*

*Continue breathing attentively for a few minutes or longer.*

*Mentally repeat and contemplate the affirmation 3 times.*

*Stay alert and relaxed, but do not move or change your sitting position.*



## 5

### CONCENTRATION

*“Concentration is holding the mind on an object for a defined length of time without distraction.”*

#### STILLNESS

This technique helps to become completely still and focused. It develops the virtue of concentration and awareness of the crown chakra. Maintaining stillness of the water is the object of concentration.

*Sit quietly and comfortably with the eyes closed and the spine and head straight, but not tense. Relax the body. Relax the breathing. Relax the mind.*

*Mentally repeat and contemplate the affirmation 3 times.*

*Keep absolutely still, relaxed and alert.*

*Imagine there is a small bowl balancing on the top of your head.*

*In the bowl is water.*

*Keep the water completely still and without ripples so that the surface is like a mirror.*

*The slightest movement of the body will create ripples and disturb the surface of the water, so keep the body absolutely still.*

*The tiniest thought will create ripples and disturb the surface of the water, so keep the mind completely focused on maintaining the stillness of the water.*

*At first the mind will be very busy, and you might even feel that the meditation is making the mind busier; but in reality you are becoming aware of how busy the mind actually is.*

*If you discover that the mind has wandered and is following your thoughts gently bring your concentration back to the water.*

*Keep the water completely still by not moving or thinking.*

*Do this for a few minutes.*

*Now imagine that your mind is like a calm, clear lake, so that the surface is like a mirror.*

*As a cloud drifts past, image the mind reflecting it.*

*As the cloud passes imagine the lake returning to calm clarity.*

*Keep reflecting the clouds that pass, but always return to the clear lake.*

*After a time the clouds clear and the lake reflects the vast blue sky.*

*Stay with the clear lake for a few minutes.*

*Mentally repeat and contemplate the affirmation 3 times.*

*Stay alert and relaxed, but do not move or change your sitting position.*





## 6

### LOVE

*“Love is the true nature of the universe.”*

#### HEART CHAKRA

This technique helps to develop the love energy inside you by filling your whole being with love, every cell, every molecule, every particle. Love in the centre of your chest is the object of concentration.

*Sit quietly and comfortably with the eyes closed and the spine and head straight, but not tense. Relax the body. Relax the breathing. Relax the mind.*

*Mentally repeat and contemplate the affirmation 3 times.*

*Become aware of your heart in the centre of your chest.*

*This is your heart chakra.*

*This is the centre of your love energy.*

*Feel your heart breathing in and out, freely and easily.*

*As you breathe, feel the heart centre expanding and contracting.*

*As attentively as you can, note the change in sensations in the area of your heart that accompanies each breath.*

*Let each breath remind you to stay centred and present in the now.*

*Do not think about your breaths, or the meaning of love.*

*Simply experience what is there to be experienced.*

*Don't think, only feel.*

*Feel what is happening in the area of your heart.*

*Be especially on the look-out for pleasurable sensations of warmth, expansion, or spaciousness.*

*Notice how the movement of breath seems to fan and increase these sensations.*

*This is centre of pure love, kindness and forgiveness.*

*The centre of love for yourself, and for others.*

*Feel this love as a powerful healing energy in the centre of your chest.*

*Acknowledge this powerful centre of pure love*

*Mentally repeat and contemplate the affirmation 3 times.*

*Stay alert and relaxed, but do not move or change your sitting position.*





# 7

## KINDNESS

*“Kindness is the joyful heart of abundance.”*

### LOVING-KINDNESS PART 1

This technique helps to cherish others and reduce selfishness and greed by sending out loving-kindness to all beings in the universe. It develops the virtue of kindness. Loving-kindness emanating from the centre of your chest is the object of concentration.

*Sit quietly and comfortably with the eyes closed and the spine and head straight, but not tense. Relax the body. Relax the breathing. Relax the mind.*

*Mentally repeat and contemplate the affirmation 3 times.*

*Become aware of your heart in the centre of your chest.*

*This is the centre of your love energy.*

*Pure loving-kindness.*

*Feel this loving-kindness as a powerful healing energy in the centre of your chest.*

*The centre of loving-kindness for yourself and others.*

*Acknowledge this powerful centre of pure love and kindness.*

*Now send your loving-kindness to the twelve directions:*

*From your heart send out your loving-kindness energy to your whole body and mind,*

*May I be happy,*

*From your heart send out your loving-kindness energy to everything in this room,*

*May all beings be happy.*

*From your heart send out your loving-kindness energy to everything outside this room,*

*May all beings be happy.*

*From your heart send out your loving-kindness energy to everything above you,*

*May all beings be happy.*

*From your heart send out your loving-kindness energy to everything below you,*

*May all beings be happy.*

*From your heart send out your loving-kindness energy to everything to the right of you,*

*May all beings be happy.*

*From your heart send out your loving-kindness energy to everything to the left of you,*

*May all beings be happy.*

*From your heart send out your loving-kindness energy to everything in front of you,*

*May all beings be happy.*

*From your heart send out your loving-kindness energy to everything behind you,*

*May all beings be happy.*

*From your heart send out your loving-kindness energy to everything on the earth,*

*May all beings be happy.*

*From your heart send out your loving-kindness energy to everything in the sky,*

*May all beings be happy.*

*From your heart send out your loving-kindness energy to the whole universe,*

*May all beings be happy.*

*Mentally repeat and contemplate the affirmation 3 times.*

*Stay alert and relaxed, but do not move or change your sitting position.*





## 8

### COMPASSION

*Compassion is the essence of spiritual progress.”*

#### **LOVING-KINDNESS PART 2**

This technique helps to improve our personal relationship with family, friends, neutral people and also with people we dis-like. It develops the virtue of compassion. Compassion emanating from the centre of your chest is the object of concentration.

*Sit quietly and comfortably with the eyes closed and the spine and head straight, but not tense. Relax the body. Relax the breathing. Relax the mind.*

*Mentally repeat and contemplate the affirmation 3 times.*

*Become aware of your heart in the centre of your chest.*

*This is the centre of your love energy.*

*Pure compassion and love for the helpless and the weak.*

*Feel the desire to help the suffering and the sick people of the world.*

*Feel this compassion in the centre of your chest.*

*Compassion for yourself and others.*

*Acknowledge this powerful centre.*

*Now send your compassion in the form of loving-kindness energy:*

*From your heart, send out your loving-kindness energy to your whole body and mind,*

*May I be health, and happy, may I develop loving-kindness, wisdom, compassion.*

*From your heart, send out your loving-kindness energy to your family,*

*May they be healthy and happy, may they develop loving-kindness, wisdom, compassion.*

*From your heart, send out your loving-kindness energy to your friends,*

*May they be healthy and happy, may they develop loving-kindness, wisdom, compassion*

*From your heart, send out your loving-kindness energy to neutral people,*

*May they be healthy and happy, may they develop loving-kindness, wisdom, compassion.*

*From your heart, send out your loving-kindness energy to people you dislike,*

*May they be healthy and happy, may they develop loving-kindness, wisdom, compassion.*

*From your heart, send out your loving-kindness energy to neutral people,*

*May they be healthy, may they be happy.*

*From your heart, send out your loving-kindness energy to your friends,*

*May they be healthy, may they be happy.*

*From your heart, send out your loving-kindness energy to your family,*

*May they be healthy, may they be happy.*

*From your heart, send out your loving-kindness energy to your whole body and mind,*

*May I be healthy, may I be happy.*

*Mentally repeat and contemplate the affirmation 3 times.*

*Stay alert and relaxed, but do not move or change your sitting position.*



## 9

### WISDOM

*“Wisdom is the destroyer of doubt and confusion.”*

#### **RAISING THE ENERGY – Pranayama 3**

This technique awakens the dormant creative energy in the base of the spine, and distributes it throughout the body and mind. It develops awareness of this important energy channel in the spine and the flow of life-force energy. This technique develops the virtue of wisdom. Raising the energy is the object of concentration.

*Sit quietly and comfortably with the eyes closed and the spine and head straight, but not tense. Relax the body. Relax the breathing. Relax the mind. Mentally repeat and contemplate the affirmation 3 times.*

*Place the hands on the ground in front of the body and in line with the spine. The palms should be facing the body and the finger tips should be almost touching. Imagine gathering the creative energy into the hands. As the hands are raised up the front of the body, imagine raising the creative energy from the root chakra at the base of the spine, up through the centre of the spine to the top of head. As the hands are raised breathe in, smooth and slow. At the top of the head open the hands upwards and the arms wide. Imagine joining the creative energy with the pure consciousness in the crown chakra. Imagine a sphere of pure white light surrounding the head. Hold for a few moments and mentally repeat the affirmation.*

*Now place the hands in front of the forehead. As the hands are lowered down the front of the body breathe out, smooth and slow. Imagine the creative energy moving down the centre of the spine, back to the root chakra. Practice this technique 3 times.*

*After the third time lower the hands and completely relax. Feel a deep inner release from tension and stress, Feel relaxed, feel safe, feel free, feel fearless, Experience the energy you are made of. Feel what it is like to be you. Experience yourself as the infinite mind that you are. Safe and fearless. Healthy and happy, Experience a renewal of optimism that will clarify your priorities and aspirations. Your life will acquire new meaning as you establish the inner conviction that you live in a friendly, nonthreatening, purposeful universe.*

*Mentally repeat and contemplate the affirmation 3 times. Stay alert and relaxed, but do not move or change your sitting position.*



# 10

## ENLIGHTENMENT

*“Enlightenment is being in the present moment, mindful of all thought, speech and action.”*

### **PALMING – Pranayama 4**

This technique accumulates and concentrates the life-force energy into the hands, which can then be placed over the eyes and over the whole body. It distributes healing energy to the eyes, enlightening the mind and revitalizes the whole body. It develops the virtue of enlightenment. The healing energy is the object of concentration.

*Sit quietly and comfortably with the eyes closed and the spine and head straight, but not tense.*

*Make a silent prayer according to your own religion or personal belief.*

*Repeat the following 3 times.*

*Rub the palms of the hands together vigorously until they become hot.*

*Place the palms over the eyes without any undue pressure.*

*As you repeat the affirmation, feel the warmth and healing energy being transmitted from the hands to the eyes. Hold for a few moments.*

*Then repeat.*

*On the third time as you repeat the affirmation, feel the healing energy being transmitted from your hands to your eyes and then to your head.*

*Feel the body becoming healthy and strong.*

*Feel the healing energy being transmitted to the mind.*

*Feel the mind becoming enlightened,*

*Feel the healing energy being transmitted to the soul.*

*Feel the divinity awakening in the soul.*

*Feel your whole being connected with the universe.*

*Feel at one with the universe,*

*Feel love all around, inside and out.*

*Feel inner peace and happiness.*

*Then open your eyes and slowly lower the hands down the face, letting the light in slowly.*

*Rub your hands over your whole body,*

*Feel the healing energy circulating around the whole body, healing all sickness and pain.*

*Feel stronger, healthier, happy and content.*

*Observe this feeling for a few moments.*

*Finish the meditation by joining your hands over the heart in prayer,*

*Gently bow your head and say:*

*“Peace above me, peace below me, peace all around me.”*

*Or you may wish to say the traditional Himalayan greeting of :*

*“Namaste” which means: “I see the God in You.”*

At the end of meditation it is recommended that you lie down and simply observe the beauty and joy of the present moment. This is the feeling of inner peace and happiness. While meditating we are practicing being in balance and harmony, so that we have a good idea of where we are heading and what it is meant to feel like. The goal is to train the mind to maintain this awareness in every moment, so that throughout the ups and downs of daily life, we spontaneously create peace and harmony. Remember, practice makes perfect. Contemplate this for a few moments before you finish.

## **ADVICE AND PRECAUTIONS**

The following are certain practical points regarding the basic techniques of meditation.

### **RESTRICTIONS**

People suffering with medical conditions of the mind and other mental problems, should seek professional medical advice before practicing meditation.

### **BEFORE BEGINNING**

Before beginning meditation it is best to have a proper attitude and environment. The place of meditation, schedule, physical and mental state should all reflect a readiness to turn inward. It is far easier to practice meditation when the body can sit quietly and is fully charged with vitality and strength. It is therefore recommended to practice yogasana and pranayama prior to meditation. This may simply include a few rounds of Salutations to the Sun, or other light warm-ups such as back twists, headstand, butterfly, yogasana or Tai Chi. Taking a cold shower before you begin can make you more alert and greatly enhance the effect of your practice. Start your meditation on a new moon to incorporate the natural flow and cycles of the universe.

### **REGULARITY**

The regularity of practice is very important. It is difficult to focus the mind when it wants to jump about as soon as you sit down for concentration. Meditating at a fixed time everyday conditions the mind to slow down its activities with the minimum of delay. Not having time or not making the time to meditate indicates the lack of commitment and you must re-evaluate your lifestyle before continuing. The most effective times to meditate are around the time of sunrise and sunset. The mind will settle down more quickly when a regular time and place have been established.

### **MEDITATION ROOM**

Try to have a separate room for meditation. If this is not possible designate an area especially for meditation only. Keep your meditation room simple and clean. For inspiration, a focus point may be set up in room including fresh flowers, or objects and symbols according to your personal beliefs. As meditation is repeated powerful vibrations will be lodged in the room. In six months the peace and purity of the atmosphere will be felt.

### **DURATION**

Begin practicing meditation for 15 minutes and increasing until you are able to sit for one hour undistracted. It is recommended to practice sitting meditation twice per day, at sunrise and at sunset. During meditation if the state of tranquillity prevails, do not disturb the mind. Do not try to get up from your seat. Try to prolong the meditation for as long as possible, observing the joy and harmony of inner peace.

### **MANTRA**

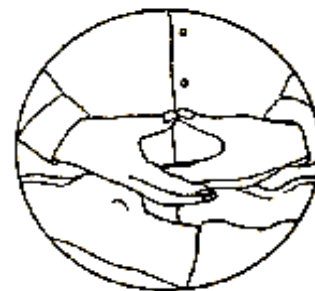
Many cultures and religions make use of mantras. It is a very powerful way of approaching meditational states and one does not need to be a Hindu or a Buddhist to make use of a particular mantra. The chanting of mantras is used to focus and concentrate the mind, and to invoke the deity of the mantra to bring physical, mental and spiritual healing. The mantra acts as a pathway between normal states of consciousness and super consciousness. Mantra is a Sanskrit word meaning 'the thought that liberates and protects'. A mantra is a word or group of words that contain powerful healing vibrations within the syllables of the words. When using a mantra, repeat it mentally or out loud, and co-ordinate the repetition with the breathing. Ask your spiritual guide which mantra is most suitable for you. In the 10 Meditations for Inner Peace and Happiness 'ahhh...' is used, but this may be exchanged for your personal mantra.

### **SITTING POSITION**

Sit on a cushion in a comfortable position. A cross-legged position provides a firm base for the body and makes a triangular path for the flow of energy. If this is not possible try sitting on a chair, but don't lean back and rest on anything as this only trains you to be lazy. It is not important to sit in the lotus at this stage. Just try to be comfortable without damaging your knees. More important is having a good posture in the upright position. The spine and neck should be straight but not tense. Feel as though the top of your head is being pulled up to the sky. Do not move the body unless it is absolutely necessary. This helps to steady the mind and encourage concentration. Metabolism, brain waves and

breathing will slow down as concentration deepens due to a steady sitting position. Before starting, the body should be as relaxed and calm. Command the mind to be quiet. At first the mind will wander and jump around, but will eventually become concentrated, along with the concentration of prana. If the mind persists in wandering do not force it to be still. Simply disassociate from it, and observe it as though you are watching a movie. It will gradually slow down.

Suggested sitting position:



Sit on a small cushion with the legs crossed. Adjust the sitting position until comfortable. Close the eyes and relax the whole body the body.

Keep the spine and head straight, as if the top of the head is being pulled up to the sky. Relax the breathing.

Rest the hands in the lap with the left hand on top of the right hand and join the thumbs making a circle. Relax the mind.

## PRANAYAMA

Most important is that the practice of pranayama, as well as meditation, should be in a well-ventilated room, where it is calm and quiet. The air in the room should be fresh so that you may freely breathe oxygen. If outside, choose pleasant surroundings like flowers and trees. Do not practice in a strong wind, in the cold, or in air that is dirty, smoky or smells bad. The bowels, bladder and intestines should all be empty. Throughout the practice of pranayama and meditation the body should be as relaxed and calm as possible. Keep the body still without jerking. Remember to keep the spine, neck and head erect and centred to assist the flow of prana along the spine. Strain should be avoided. The breath should not be retained for longer that is comfortable. This is very important as the lungs are very delicate and any misuse may easily cause them injury. If you feel dizzy, faint or chest pains at any time, stop practising and rest. Then seek proper guidance. Do not twist the face muscles while holding the breath. Relax the face as much as possible throughout the practice. Do not take a bath or shower for at least half an hour after finishing pranayama exercises. It is extremely dangerous to practice pranayama during illness, or while smoking cannabis, tobacco or any other material. People suffering from heart disease, respiratory disorders, blood pressure disorders, arteriosclerosis, mental problems or any other serious illness should seek medical advice before commencing pranayama and meditation.

## PROGRESS

Each of us has a different starting point depending on temperament and capacity. We begin where we are and how we are, and whatever happens, happens. We should not compare or compete with others. We should celebrate our individuality and accept our personal starting point. The actual practice of meditation takes each person in a different direction. Each of us is required to pay careful attention to the direction we are taking, so that we know where we are going and how we are going to get there. This careful observation will allow us to discover something new about ourselves. When we gain more understanding of ourselves and reach a point we have personally never been before, that is meditation. The more we progress, the more we become aware of the holistic nature of our being, realizing that we are made of body, breath, mind, and more. If we are to become complete human beings we must incorporate all aspects of ourselves, emphasizing all aspects of human life, including our relationships with others, our behavior, our health, our breathing and our meditation.

## EXPECTATIONS

Do not expect over-night results. Disappointment may result from not understanding basic concepts and theories. It takes many years of discipline to achieve success, and in time you will understand the need for patience and persistence. Meditation is a skill that responds well to practice. Be Patient with yourself. At the beginning even if your meditation does not seem to be going well, remember that by applying effort to training in meditation you are creating the mental karma to experience inner peace in the future. So even if you feel that you are not making any progress, you are at least sowing the seeds of future happiness. After you have been regularly practicing meditation for 3 to 6 months will you begin to notice a deep sense of peace and harmony emanating from inside you. After several years of regular meditation considerable changes take place in the mind, brain and the nervous system. New nerve-currents, new cells, new vibrations, new avenues and new channels are being formed. The whole mind and nervous system become remodelled. You will have a new mind, a new heart, new sensations, new feelings, new mode of thinking and acting and a new view of the universe.

## HIGHER CONSCIOUSNESS LIFESTYLE

For students who wish to support and advance their meditation, it is recommended that you begin to lead a higher consciousness lifestyle. This requires self-discipline and includes eating vegetarian food, reducing the hours of sleep and conserving your energy. Morality plays an important role in spiritual evolution, i.e. not killing, not stealing, not lying, not committing sexual misconduct and not taking intoxicating substances. Cultivating a more spiritual life is enhanced by giving less importance to the physical world, i.e. materialism, desires and pleasures of the senses. However, do not meditate so much that you neglect your obligations to family and employer. Instead incorporate meditation and wisdom into your daily life, creating peace and harmony. As you become more adept at meditating, extend your meditations beyond quietly sitting alone. Meditate while going about your daily life. Be aware of your thoughts, speech and actions. Observe your breath, observe your happiness, your suffering, your pleasure and pain. Observe with a peaceful mind, without reacting. Tune in to your higher consciousness, use your intuition and live a more meaningful life.

## ADVANCED MEDITATION

The philosophy of yoga teaches that advanced meditation can be symbolized by the process of awakening the creative energy sleeping in the base of your spine. It is then raised up through the spine to the crown of the head, which is the seat of pure consciousness. The fruit of meditation is union of creative energy with pure consciousness, resulting in complete absorption with the Divine. This state is known as *samadhi*, where there is no separation, no duality between the individual human spirit and the Supreme Universal Spirit, or God. You are One with the Universe. This is the supreme goal of human life - enlightenment – being aware of the ultimate truth of all things at all times.

## BEFORE FINISHING

Before finishing the meditation session you may want to lie down and simply observe the beauty and joy of the present moment. This is the feeling of inner peace and happiness. While meditating we are practicing being in balance and harmony, so that we have a good idea of where we are heading and what it is meant to feel like. The goal is to train the mind to maintain this awareness in every moment, so that throughout the ups and downs of daily life, we spontaneously create peace and harmony. Remember, practice makes perfect. Contemplate this for a few moments before you finish. May your practice be successful.



## Profile

**Dave West** – Yoga and Meditation Instructor



“I lived in the Himalayan Mountains with the great yogi masters for 3 years and studied Sivananda Yoga and Bihar School of Yoga for over 12 years, becoming a yoga instructor in 1998. I have since returned to India and Nepal several times to advance my personal practice studying Kundalini Yoga, Indian philosophy, Tibetan Buddhism and meditation. I have taught yoga in England, Australia, America, Thailand and Indonesia. I have recently returned from Japan where I studied Zen Meditation and Japanese language. I am currently teaching at several resorts in Bali and head of the sports and yoga department at Sunrise International School.”

“I see myself as a down-to-earth practitioner carrying the light of yoga around the world for all those who are interested in benefiting from the healing powers of this ancient art. In India my guru taught me that each of us has our own starting point and it is here that we begin our personal journey to health, happiness and beyond...”

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