

# Meditation: The Inward Journey eBook



by Blair Lewis, PA-C

Published by:  
The Alive and Healthy Foundation • [www.AliveandHealthy.com](http://www.AliveandHealthy.com)

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Updated August 2004 Version 2.0



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### **Acknowledgements**

A special thank you to my many teachers of meditation and yoga science, especially to Swami Rama and Pandit Rajmani Tigunait, P.h.D. of the Himalayan Institute. And to the many sincere teachers and students of meditation that strive to bring peace to the world. I would also like to thank the board and staff of the Alive and Healthy Foundation for its editorial assistance. Finally, my thanks to Todd Wolfenberg for his design, photography and creation of this publication.

**Legal Disclaimer** - No portion of this document is intended to substitute for doctor's advice, or medical treatment. It is always best to consult your family doctor or practitioner before choosing your therapy.

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# Introduction

Why meditate? Why now? If you're reading this e-book, then you know that you have to make a change in your life. You already know that you are way too busy. So busy that you have become a stranger to yourself. All of us have paid so much attention to the world around us, that we know nothing about the world within us. Our life has kept us running - succeeding, failing, winning, and losing - this is all we seem to know. When we are not socializing with our friends and family, we are socializing with the Internet or the television.

What happens when we become a stranger to ourselves? We lose our confidence. We get confused about why we are living such a hectic life. We feel empty inside. As our outer pillars of support crumble around us, we become afraid. Very afraid. We expect answers to magically come from heaven and solve all of our problems. We hope our politicians will solve all social ills, that the police will keep us safe. In short, we become so powerless that we begin to blame others for our troubles, and we expect others to take care of us. Peace and prosperity was just a wish, a mere desire, we never made it a priority and thus, we did not make it happen.

In ancient times, we used Mother Nature's herbs and fresh foods to help us heal. Then, for millennia, we ignored all of this. Today, modern medicine is re-awakening knowledge about herbs, nutrition, and natural healing. Why? Because ancient methods were effective and have a very long tradition of helping us. We are seeing today that they still work.

Ancient knowledge of meditation is also coming back. This inward science can lead us to the heights of spiritual wisdom and worldly success.

I have been practicing meditation since I was 17. It started as a search for happiness - an antidote to the pain and confusion of adolescence. Over time, an awareness and an identity started to emerge. It was not as a Christian or a Jew, Republican or Democrat, it was a purely human identity. I began to identify myself with the plain, simple me. Fallible, lovable, trainable me.

For over 30 years, I have been meditating. The insights and rewards are too numerous to count. If you have the slightest doubt about the benefit of meditation, jump right now to Chapter 12 and read some of the summaries from over 2000 clinical trials that show meditation's benefits on physiology and emotions.

There is a true humanness to the science of meditation. All of us are aware of changes we could make to improve our lot in life, but we do not always act on them. This is not a modern dilemma; it is a human dilemma.

This straightforward view of human frailty and sincere human effort is what endears me to the science of meditation. The best thing that I can do for you and that you can do for me is to be real and genuine. Meditation lifts us out of our false fantasies and out of our troubling trifles. Uplifted from these, we finally see the wonder and beauty of the human spirit.

In that wonderment and in that beauty, I offer you this compact guide to meditation.

## Defining Meditation

Let's start with some definitions. You need to know the origin of this science. In some dictionaries, under meditation it says, “see contemplation,” and under contemplation it says, “see meditation.” Even the dictionaries seem to confuse meditation with contemplation. When you cannot find an accurate definition of meditation, it makes it all the more confusing to understand both what meditation really is and how to apply it in our lives today.

The word “meditation” is a noun that is based on the root word “med.” “Med” means “to attend to.” When a word ends in “tion,” this means “the condition of.” Thus, meditation means the condition of paying attention. Anything that we pay attention to is a form of meditation. However, in spiritual sciences, meditation refers to the process of paying attention to a specific object supportive of the goal of self-transformation. The most common objects are the breath and a mantra. We will talk more about them in coming chapters.

Here are some basic definitions, so we can move quickly into the deeper aspects of meditation.

**Meditation:** The science of paying attention to an object that will help us further unfold the finer aspects of our own self. This object is very important. The yogis joke that if you were to meditate upon the image of a goat you would start to develop the personality and behavior of a goat. So it's very important that we choose the object carefully.

**Spirituality:** The comprehensive science of how to make qualitative changes in our lives. These changes will make our minds more stable and our senses more sturdy. The philosophical principles of this science surface spontaneously in every culture, climate, and decade since the dawn of time. They do not belong to any one country, religion, or dogma. Most religions are founded on spirituality, but commonly leave out specific techniques that make the goal of spirituality attainable. When the human heart cries out in desperation, this science spontaneously awakens within the society and starts to flow into our lives once again.

**Mantra:** A sacred awakened sound that guides and protects each individual. Mantra is composed of two words: “man” (human beings) and “tra” (that which guides and protects). What do we really need guidance and protection from? Our own mind -- it's impulses, confusions, distortions, and deletions. When our own mind is confused, mantra meditation helps open us to clarity and the fruits of our individual spirituality.

# The History of Meditation

The science of meditation flows from the beginning of human existence. This ageless, timeless science will help you have the mental clarity and emotional stability necessary to reconcile with your individual spirituality.

World history tells us that ancient civilizations lived in and around the foothills of the Himalayan mountains. The mantras used in authentic meditative traditions come from the original languages that existed before the Tower of Babel and the onset of confused tongues.

Applying these ancient skills today will lead you to the same heights of knowledge, insight, and compassion that the ancient seers attained in centuries long past. In keeping with the oral tradition of the Himalayan sages, we will focus on techniques that have direct application in your life.

You will re-verify the validity of this science, by simply meditating. As our forefathers wrote over 200 years ago, “and we hold these Truths to be self-evident...” This means that with proper instruction, the truth about you and your relationship in this world will be directly evident. You will not need external verification in order to figure out how to live a happy, wholesome life. I greatly admire that the rich tradition of meditation cures us of codependency and false weaknesses.

*“Meditation can do that which nothing else can do, it introduces you to yourself.”*

-Swami Rama of the Himalayas

## Shortcuts

Below is a summary of Meditation: The Inward Journey, which will give you a preview of what's to come on your inward journey.

**Learning to Pay Attention and Why It's So Important** - The essential skill of meditation is learning to concentrate, condense and compress your awareness, to be totally focused on the very subtle object of your meditation. As your entire being becomes absorbed in meditation, every stress and strain of daily life will fall from your shoulders. In a few moments, you will become rested and refreshed.

Your attitude will be more positive and compassionate. Your family and co-workers will immediately see the benefits of your meditation. You will make better decisions, have greater creativity, and become playfully clever in managing the challenges of the day. In short, by regularly meditating, you will build mental clarity and become more “in tune” with yourself. You will learn the best method for making qualitative changes in your life.

**The Setting** - This should be quiet, clean, and still. The atmosphere should be serene, with no sense of hurriedness - it should be free of interruption. The setting should be a pleasant place, suggestive of inner exploration.

**You** - Your body should be clean and properly nourished. Use the nasal wash and brush your teeth. Wash your face, hands, and feet. Take a moment and refresh yourself. Empty your bowel and bladder. Wear comfortable, loose-fitting clothes that will allow you to breathe and sit comfortably. Stretch out any tension in your muscles. Coordinate your stretching with your breath.

**Sit Down** - Using a proper chair or meditation cushion, sit down in a manner that allows your head, neck, and trunk to be in straight alignment. It is preferable to not lean against walls or the backs of chairs. However, if your back and abdominal muscles are weak, you will need the support of a chair or wall.

**Be Still** - Breathe gently through your nose. Let your abdomen rise and fall with each breath. The abdomen expands during inhalation and then collapses during exhalation. Your shoulders remain quiet and still. Continue to breathe as you feel all the restlessness and tension melt away.

**Focus on Your Breath** - Allow your breath to become smooth, slow, continuous, and quiet. Eliminate any pause between inhalation and exhalation; this requires you to pay close attention during the end of each breath. Make a smooth transition between inhalation and exhalation. Notice inside your nose a slight sensation of coolness when you inhale and a very faint sensation of warmth during exhalation.

**Your First Meditation** - Your first meditation is to meditate (pay attention) on the sensation of coolness when you inhale. Feel a faint sensation of warmth during exhalation. You will notice this sensation on the wall that divides your nostrils and at the tip of your nose. For the next 5-10 minutes, continue this exercise.

Notice what happens to your mind as you intensify your awareness of the cool and warm sensations. Notice how your body feels after several moments of this breathing method. This is only the beginning of learning how to meditate.

**Alternate Nostril Breathing** - Now we will learn a more advanced form of breathing that will deepen your meditation and revitalize you in profound and immeasurable ways. You will learn more about the fascinating science of nasal physiology

Your Second Meditation - So-Ham. That's correct, hum. Like the benefits of the 'coolness and

warmth' technique, there are specific sounds that further help lengthen the breath and calm the mind. These sounds are repeated silently in the mind and are coordinated by your breathing. As you inhale, be aware of the sound "so." Emphasizing the "o" sound will help lengthen your inhalation and further quiet your mind. During exhalation, have your mind quietly focus on the sound "hum." "Hum" will further help you lengthen your exhalation and quiet your mind. Spend 10 to 15 minutes focusing your mind on the sounds of "so - hum."

**Making Friends with the Mind** - By now, you are aware of how your mind distracts you from the object of your meditation. Whether it is the coolness and warmth or the sound of "so - hum," the mind tries to flood you with impulses, memories, and conversations. Meditating does not suppress these experiences. However, meditation redirects the focus of your mind back to the specific object you are meditating on. Be gentle and consistent in guiding your mind. In time, your mind will obey you. Sitting still and skillfully guiding your mind through these distractions will help you overcome inner unrest. Do this with a playful attitude and don't be dismayed when the mind sweeps you away.

**Inward Traveling - The 61 Point Relaxation Exercise** - Eventually, you will want to dive deeper into the lake of your mind. Meditation has shown you glimpses of the gems of knowledge and insight that lie within you. Already you are becoming more peaceful, more insightful, and much more content. People that could easily destroy your high hopes and charming moods are no longer able to do that. You are becoming your own person. This is very exciting and pleasing, and yet, there are still moments when the mind erupts with thoughts that upset you. The 61 point relaxation exercise will drastically decrease the momentum of these powerful thoughts that disturb and distract you. As they become less powerful and less frequent, your concentration will greatly improve, and you will become more happy and trusting of yourself.

**Holistic Health** - A real meditator realizes the importance of good physical health and proper hygiene. Their body becomes a shrine. The dweller of that shrine is their soul, which they may know as their conscience. Using natural means to keep this shrine clean and bright will make sense to you now. A healthy mind is incomplete without a healthy body. It is time to get your body, breath, and mind in good shape. Holistic therapies are usually the best way to do this.

**Your Happy Mind** - Meditation will help you have a good relationship with your own mind. Eventually, your mind will no longer frighten, degrade, distract, or discourage you. You and your mind will be best friends. This means your sleep will be sound, your mind focused, and you will become more thoughtful and wise.

**Taking Charge of Your Destiny -** In the past, your mind may have been the saboteur that ruined many of your plans and destroyed your dreams. Meditation helps create a healthy, working relationship between you and your mind. Now you can plan and accomplish your goals without inner fears or doubts. Your judgments are more accurate, and your attitude is in a healthier place.

**The Health Benefits of Meditation -** Those who meditate are mentally healthier than the general population. They are happier and spiritually wealthier. In the beginning, curiosity, or perhaps even desperation, drove you to meditate. Once established in the skills of meditation, this chapter will further encourage you to learn more about yourself through active meditation. There are now over 2000 studies on meditation. Every one of them shows that meditation is helpful.

**Resources -** Meditation is a lifelong process of evolution. There have been many books published on meditation and its positive benefits. The following is a resource guide for you of valid books on the science of meditation and spirituality. I have chosen writers who focus on the science of meditation rather than on the cultural and religious views about meditation - while books focused on cultural and religious views are valid, it is the specific techniques, the science of meditation, that will help you focus in the beginning. Even today, the sages say, “Without meditation, religion becomes a cult of its leader or a victim of the politics of its organization.” Teaching you the same authentic techniques that allowed the great sages to attain their lofty compassion and spiritual profundity is the goal of meditation. For attaining that goal, I further offer you these companion texts and tapes.

**Appendix -** Additional information for you to deepen your meditation.



# Chapter One

## Learning to Pay Attention

The essential skill of meditation is learning to concentrate, to be totally focused. As your entire being becomes absorbed in meditation, every stress and strain of daily life will fall from your shoulders. In just a few moments, you will become rested and refreshed. Your attitude will be more positive and compassionate. Your family and co-workers will immediately see the benefits of your meditation. You will make better decisions, have greater creativity, and become playfully clever in managing the challenges of the day. The world is full of tired, cranky, stressed-out individuals trying to be the best, trying to do the right thing, trying to balance their career and raise a healthy family. Meditation helps you create an honest, loving attitude, so that you can endure even the toughest or most overwhelming times.

Regularly meditating will help you feel confident about your daily life, rejuvenated, and spiritually attuned. Meditation is a key source for preventing feelings of distress and overwhelm, frustrations that often stem from modern-day stresses. We scurry from place to place, distracted by our cell phones and our pagers, consumed by the demand and convenience of e-mail. We have so much to pay attention to that the priority of our relationship with ourselves, the most important relationship of all, is severely ignored. The fact that you are curious about meditation means that it is not too late to start your journey toward a healthier, better lifestyle. You must remember that you are the foundation of all that whirls around you. When you are spiritually healthy, you are able to help others. Think of the saying by Lincoln, “You do not strengthen the weak by weakening the strong.” Every building has a foundation. The bigger the building, the stronger the foundation. Once the building is fully constructed, the foundation is hidden. It is buried deep into the earth, yet supports the entire structure. Try to look at building your own spiritual strength in this manner. When we forget our roots, our foundation, life is full of stress and fear. Only by diving deep within can we reconnect with our own roots, our own foundation. Meditation is a science of self-discovery, self-understanding, and self-transformation. Through meditation, we remember who we are and thus, regain our self-respect and our love for life. This is one of the important reasons why meditation is a primary, foundational issue for all of us. We have to pay attention.

## Chapter Two

### The Setting

Your place for meditation should be quiet, clean, and still. The atmosphere should be serene with no sense of hurriedness and free of interruption. The setting should be a pleasant place, suggestive of inner exploration. We move forward.

**Living in a Good Space** - There are two important sanskrit words in the meditative tradition: sukha and dukha. Sukha means “good space.” Dukha means “bad space.” A bad space is characterized in three ways: it is dark, it is cramped, and it is crowded. When we are in a bad space, we may feel like we cannot see our way clearly. We may feel a tightening, a shortage of our supplies - meaning that we do not have enough time, money, love, freedom, etc., to go around. We may be too crowded by duties, people, and obligations.

When we are in a good space, sukha, there is plenty of light to see our way. We have unlimited resources to help ourselves and others, and we have plenty of room in both our schedule and our lives. We can welcome others into our life without hesitation. Like the ocean in which all the rivers of the world flow, we never overflow and never deny that which is coming our way.

Creating a good space to live and work in is important. Creating a clean space for meditation and introspection is equally important. Most of us do not have a private meditation room. While such a luxury is ideal for meditation, it is not necessary. All you need is a place free of distractions and interruptions, a place you could use for ten to fifteen minutes. Whether your car, church, synagogue, or park, choose a space that is clean, quiet, and pleasant. Turn off your cell phone, radio, television, and pagers. Sit comfortably and know that you are in sukha - a very good space.

# Chapter Three

## You

Your body should be clean and properly nourished. A clean body and clean diet is conducive to mental clarity. Cleanliness refers to the environment in which we live and work as well as to our personal hygiene and dress code. Do your best to create a pleasant atmosphere for meditation.

To feel clean and refreshed from the inside out, use the nasal wash and brush your teeth. Wash your face, hands and feet. Empty your bowel and bladder. These actions will lessen the distractions during your time for meditation.

When you sit for meditation where comfortable loose fitting clothes that will allow you to breathe and sit comfortably. Remove any tension from your muscles with simple stretching techniques. Coordinate your stretching with your breath.

Your diet can further support your mental clarity and insight. A clean diet is composed of foods that are easy to digest-fresh fruits, whole grains, plant-based proteins and leafy green vegetables that are freshly cooked. Milk is best taken when boiled with sugar and specific spices, such as ginger, saffron and cardamom. The beneficial effects of always eating food that is less than eight hours old will soon convenience you of the power of fresh food. This simple nutritious diet will further aid your efforts in the inward journey of meditation.

As a student of meditation, the relationship between the cleanliness of the body and the cleanliness of the mind is startlingly obvious. Furthermore, the effect of good nutrition is also clearly seen. Keeping yourself clean, comfortable and well nourished will greatly enhance your progress toward deep meditation.

Those who teach meditation advise not to meditate when you are overly tired, hungry, or emotionally unstable. Do some physical exercises, i.e., gentle stretching, to calm down before trying to meditate. Before you begin to meditate, be sure to freshen up. Emptying your bowel and bladder will further lessen distractions in your mind. When any aspect of the mind or body is not properly attended to, the mind will make us aware of the areas that demand our attention and care. Whether a tight muscle or a hungry stomach, distractions like these will hamper your efforts to find solace in meditation. It is important to remember that you can meditate anytime you desire. Certain methods in this chapter are designed to help you create an optimal environment for meditation. These are not rules that must be followed; they are only suggestions. You will learn to tailor rituals that best accommodate your preparation to meditate.

***“Cleanliness is next to Godliness.”*** This is an old saying from my childhood. From a medical point of view, cleanliness is always a good and helpful idea.

One specific technique for cleanliness that you may not know about is the nasal wash. The nasal wash pot is an amazing invention from hundreds of years ago. I use nasal wash twice daily, year-round. It is a comfortable way to flush out dry mucus, as well as huge globs of mucus when present. It is more helpful than most folks think. Allergies will start to recede with regular use of the nasal wash. Your breathing exercises will have a much greater effect on your nervous system and your meditation. I use nasal wash twice daily, year-round, which helps me stay to calmer and healthier. You will find it much easier to quiet your mind by breathing slowly through a clean nose. [\*\(Please see our FREE Report on the Nasal Wash if you would like to learn about the ceramic pot and the magic it can do for you.\)\*](#)

For the more serious student of meditation, there are very specific guidelines about diet. When menu-planning is oriented towards both nourishment and mental clarity, a delicious food program can be developed. Historically, a balanced vegetarian diet that includes dairy and cooked, leafy green vegetables is recommended. Cooking your own food and limiting microwave packaged foods is beneficial.



# Chapter Four

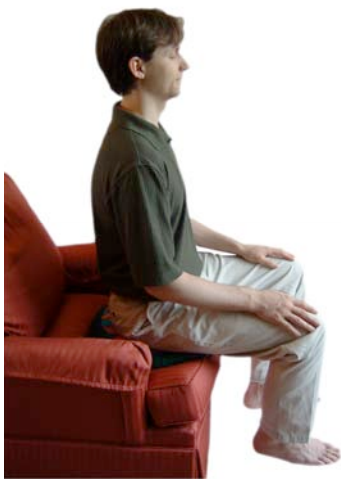
## Sit Down

Let's go back to the foundation of meditation - your posture. When I visit meditation classes and yoga classes all over the world, I see students struggling to sit for meditation. They contend with the bare floors and most often slump and slouch. How is it possible to proceed on an inward journey when your knees or back are screaming at you for proper posture?

Meditation is a fascinating journey that will help you learn to accept yourself as you truly are. This direct honesty between you and your mind is a very humbling and growth-producing experience. To have five or ten quality minutes for meditation absolutely requires your posture to provide you with stability and comfort.

**You must be comfortable.** The ideal posture for meditation is one in which your head, neck and trunk are in a straight alignment. Your ankles, your knees, and your back must be supported in a comfortable manner.

Photo 1



Using a comfortable chair or meditation cushions, sit down in a manner that aligns your head, neck, and trunk. It is preferable not to lean against walls or the backs of chairs. However, if your back and abdominal muscles are weak, you will need the support of a chair or wall.

Sitting with your head, neck, and trunk in straight alignment is very important for both good health and for meditation. Today, the chair and sofa have replaced the floor. To fully understand the best seated postures for meditation, a picture really is worth a thousand words or more.

### Photo #1

This is called the friendship pose. The feet are flat on the floor. The palms are resting comfortable on the knees or thighs. And, as always, the head, neck, and trunk are in straight alignment.

### Photo #2

To sit on the floor, a cushion or thick blanket is highly recommended. It is important to be comfortable and, of course, it is important to keep the head, neck, and trunk in straight alignment. Here is how to accomplish both. Unless your knees and hips are extremely flexible, you are going to need to have your knees lower than your bottom.

Photo 2



See Photo #3

A good comfortable cushion or series of blankets will help you.

If this elevated posture puts too much pressure on your ankles, then use a secondary thin cushion for your ankles. I like this platform of a cushion on a large pad. See Photo #4.



Photo 4



Photo 3

To prevent slouching, hold your tailbone in place by putting a small blanket against it and slightly underneath the tailbone. See Photo #5. This slight pressure will hold your tailbone steady and prevent slouching in your lower back.



Photo 5

Finally, for the serious meditator, a mulabhandha cushion is used to hold the root lock firmly closed. The root lock is a closure of the lower pelvic area that contracts by pulling this area upwards. Once you pull it up, use a mulabhandha cushion to then hold these tissues in place. See Photo #6.



Photo 6

Here are several views of a comfortable floor posture for meditation.

Photo #8 shows you the advanced meditation posture for your feet. In the last photo, you will see how a simple wool shawl is used to cover you and keep you warm and free of drafts. See

Photos #7 through #9.

My thanks to [Seat for Your Soul™](#) for donating the cushions and the models for these photos. They produce the most comfortable and supportive cushions I have ever found. You can find their cushions by [clicking here](#).





# Chapter Five

## Be Still & Use Your Breath

Breathe gently through your nose. Let your abdomen rise and fall with each breath. The abdomen expands during inhalation and then collapses during exhalation. Your shoulders stay quiet and still. Continue to breathe as you feel all the restlessness and tension move away. Focus on your breath. Allow your breath to become smooth and slow, continuous, and quiet. Eliminate any pause between inhalation and exhalation. This requires you to pay close attention during the end of each breath. Make a smooth transition between inhalation and exhalation. Notice that at the tip of your nose and inside your nose, you can feel a slight sensation of coolness when you inhale and a very faint sensation of warmth during exhalation. Keep your awareness there. Coolness on inhalation, warmth on exhalation.

Breath awareness can improve your physical and emotional health in very dramatic ways. Awareness of the breath seems too simple to be important, but soon your experiences will document the power of breath awareness.

We can study one profound aspect of breath awareness by looking at our nervous system. We have two types of nervous systems: a voluntary nervous system that responds to our will and an involuntary nervous system that automatically watches over the functions of the body.

Hormonal secretions are affected by both nervous systems, but it is the involuntary system that mainly regulates hormones. Therefore, an imbalanced involuntary nervous system is more likely to cause chronic ailments physically and emotionally.

The involuntary nervous system keeps us alive when we sleep - it maintains our breathing and our heartbeat as we sleep. The voluntary nervous system rests while we sleep. So, when does our involuntary nervous system get to rest?

The answer seems to be that only when we consciously take over the act of breathing for about 12 to 24 minutes does the involuntary nervous system rest and rebalance. During this time, if we stop thinking about our breath for even a moment, the involuntary nervous system rushes in to take over the breathing in order to keep us alive. However, with consistent gradual training, all of us can practice breath awareness, and it will provide deep rest to the body and involuntary nervous system.

Begin by allowing your breath to flow in and out of your nose exclusively. Your breath will become smooth, serene, and quiet. Gradually the flow of air becomes slow, continuous, and diaphragmatic. The upper chest and shoulders remain quiet and still, while the abdomen



pushes outward on inhalation, then gently falls inward on exhalation. Later, we may even gently pull in with our abdominal muscles at the end of an exhalation to insure a full and complete exhalation.

To observe the flow of air, notice that at the tip of the nose, on the inside of the wall that divides your nostrils, you will feel a sensation of coolness on inhalation and a faint sensation of warmth on exhalation. Allow the mind to focus on this sensation of coolness and warmth as your breath lengthens to a slow, gentle, continuous flow of air. The airflow when breathing in should be equal when breathing out. As your breath slows down the mind and body will also calm down. You can start with the goal of inhaling for eight seconds and exhaling for eight seconds as a measure of a slow breath. However, the goal is serenity, not a counting exercise. Remember to always keep the breath continuous - without a pause. The slower you breathe, the easier it is to eliminate the natural pause between the two different motions, inhalation and exhalation.

Within a week or two, it will be very natural to breathe in this serene manner. Now we are ready to gather tremendous rest for our mind, body, and the entire nervous system by consciously breathing 12 minutes twice daily. This amount is based on one minute of proper breathing for each hour of the day - thus a total of 24 minutes for the 24 hours of the day. Every morning and evening are the best times for this breathing practice.

Keep the alignment between the head, neck, and trunk of your body. This will further enhance the comfort and rest of your body as you breathe. It will take a few weeks to be able to sustain 12 minutes without becoming distracted. Gentle persistence will help you overcome these distractions.

Everyone in your family can be taught to breathe slowly and consciously with breath awareness. The health benefits for our body and emotions increase over the years with consistent practice.

## Tips on Breath Awareness

- ◆ Inhale and exhale through the nose.
- ◆ Breathe smooth, slow, quiet and continuously.
- ◆ Keep your head, neck and trunk in straight alignment.
- ◆ Notice the sensation of coolness on inhalation at the tip of the nose and the sensation of warmth on exhalation.
- ◆ Practice slow serene breathing with an initial goal of inhaling for 8 seconds and exhaling for 8 seconds. With proper guidance this capacity can be expanded.
- ◆ It is important to stay within your comfortable capacity. Do not strain the breath.
- ◆ Practice your breath awareness for 12 minutes twice a day or longer. For your nervous system to get great benefits from this practice, strive for consistent awareness of the act of breathing for the entire 12 minutes.

# Chapter Six

## Your First Meditation

For your first meditation exercise, meditate on (pay attention to) the sensation of coolness when you inhale and a very faint sensation of warmth during exhalation, like we reviewed earlier. You will notice this on the wall that divides your nostrils and at the very tip of your nose. For the next five to ten minutes, please notice the sensation of coolness on inhalation and warmth on exhalation.

Notice what happens to the noise of your mind as you intensify your awareness of cool and warm sensations at the tip of your nose. Notice how your body feels after three to four minutes of this introductory meditation.

Write your own observations here:

# Chapter Seven

## Alternate Nostril Breathing

Now we will learn a more advanced form of breathing that will deepen your meditation and revitalize you in profound and immeasurable ways. Here you will also learn more about the science of nasal physiology.

### **An Introduction to Alternate Nostril Breathing**

Modern science has now verified that breathing through a particular nostril for several minutes strongly affects the brain and nervous system. Alternating breath flow between your nostrils has maximal psychological and physiological benefits. The body itself has a natural rhythm of switching the breath flow from one nostril to another every 90 to 120 minutes. While this is accomplished by the unilateral swelling of the nasal turbinate, it is an easy phenomena to observe and learn.

As you are reading this e-Book, note the time right now. Then use your fingers to shut off your right nostril. Notice how easy it is or difficult to breathe through your left nostril. Observe this for 5 to 10 breaths, then switch nostrils. Use your fingers to close off your left nostril and breathe for 5 to 10 breaths through your right nostril. One nostril will be more open and thus, much easier to breathe through - that nostril is your active nostril. Write down which nostril is most active in accordance with the clock time you previously recorded.

In the next 60 - 90 minutes, your active nostril will switch to the other nostril. In an hour or so, repeat the same test. You will discover that you are now breathing through the opposite nostril.

The exercise you are about to learn will allow you to gain tremendous benefits by breathing through one nostril smoothly and slowly, and then switching to the other nostril. Alternating your breath flow between your nostrils will have a healthy impact on your sleep, your blood pressure, your learning ability, and deepen your state of relaxation.

There are three different styles of alternate nostril breathing. The essence of this practice is to use one nostril for three breaths, the second nostril for the following three breaths. Then, to breathe through both nostrils for three breaths. These nine breaths comprise one set of alternate nostril breathing. You then continue until you complete three to nine sets of alternate nostril breathing.

# Alternate Nostril Breathing

1. Sit with your head, neck, and trunk in straight alignment.
2. Establish smooth, diaphragmatic, nasal breathing.
3. Set up an area that allows you to sit quietly and comfortably.
4. Determine which nostril is the most active (the most open) by using your fingers to close off the other. The active nostril is the nostril that is most easy for air to flow through.
5. The essence of this practice is to breathe through one nostril for three breaths, then to breathe through the opposite nostril for the next three breaths. Always start with exhalation, exhaling through the most open (active) nostril. After breathing through each nostril, then breathe through both nostrils for three breaths. On page 23, you will find three different styles of alternate nostril breathing. Choose a style that you prefer.
6. These nine breaths comprise one set of alternate nostril breathing. You then repeat these nine breaths (one set) until you have completed three to nine sets.
7. Upon completion of alternate nostril breathing, begin your meditation practice.

## A Few Quick Reminders

- All breathing is diaphragmatic breathing. Your upper chest and shoulders stay quiet and still as your abdomen moves with your breath.
- Make sure your head, neck, and trunk are properly alignment.
- A clean nose is very helpful. Use your nasal wash pot for clean and happy nostrils.
- Alternate nostril breathing can be done several times a day. Start with twice a day, followed by 5 to 15 minutes of meditation.

\*\* If you would like me to talk you through this exercise and explain some of the major research studies on alternate nostril breathing, I would be happy to do so. To obtain my audio tape or CD on alternate nostril breathing, just [click here](#).

# Alternate Nostril Breathing Styles

## Style #1

<u>Active Nostril</u>	<u>Passive Nostril</u>
-----------------------	------------------------

exhale	inhale
exhale	inhale
exhale	inhale
	exhale
inhale	exhale
inhale	exhale
inhale	

**then three full breaths using both nostrils**

## Style #2

<u>Active Nostril</u>	<u>Passive Nostril</u>
-----------------------	------------------------

1	exhale -- inhale
2	exhale -- inhale
3	exhale -- inhale
4	exhale -- inhale
5	exhale -- inhale
6	exhale -- inhale

**then three full breaths using both nostrils**

## Style #3

<u>Active Nostril</u>	<u>Passive Nostril</u>
-----------------------	------------------------

1	exhale -- inhale
2	exhale -- inhale
3	exhale -- inhale
4	exhale -- inhale
5	exhale -- inhale
6	exhale -- inhale

**then three full breaths using both nostrils**

## Chapter Eight Your Second Meditation

Just like the benefits of the 'coolness and warmth' technique, there are specific sounds that further help lengthen the breath and calm the mind. These sounds are repeated silently in the mind and are coordinated with the breath. As you inhale, be aware of the sound "So." Emphasizing the "o" sound will help lengthen your inhalation and further quiet your mind. During exhalation, have your mind quietly focus on the sound "hum." "Hum" will further help you lengthen your exhalation and quiet your mind. Spend 10 or 15 minutes focusing your mind on the sounds of "So - Hum."

Now it is time to meditate. Once again, establish yourself in a quiet room and maintain proper posture. Do three sets of alternate nostril breathing, remembering the sound of "So Hum." Repeat these sounds silently in your mind in coordination with your breath. As you inhale, be aware of the sound "So." Emphasizing the "o" sound. During exhalation, have your mind quietly focus on the sound "hum." Should other thoughts and impulses arise, gently guide your awareness back to the sound of "So - Hum." As you continue to practice, it will gradually become easier to focus your mind on this sound. As your concentration deepens, your mind will become quiet and more responsive to your guidance. Slowly, slowly you are training your mind to follow your commands.

Continue your "So - Hum" meditation for 5 to 20 minutes, depending upon your comfort level. Below, make some notes of your own observations and experiences.

Observations:



# Chapter Nine

## Making Friends with Your Mind

By now you are aware of how your mind distracts you from the object of your meditation. Whether it is “coolness and warmth” or the sound of "So - Hum," the mind can flood you with impulses, memories, and conversations. While meditating, do not suppress these experiences; however, keep redirecting the focus of your mind back to the specific object of your meditation. Be gentle and consistent in guiding your mind. In time, your mind will obey you. Sitting still and skillfully guiding your mind through these distractions will help you overcome your inner unrest. Practice this method with a playful attitude, and do not be dismayed when the mind sweeps you away now and then.

### **Mind as Friend, Mind as Foe**

How wonderful to have a constant companion that is always helpful and fun! A true friend that helps you understand the criticisms of others and lovingly beckons you to do your best. However, few of us ever meet such a friend. Maybe we are looking in the wrong direction.

People complain about how their mind distracts them, about how unhappy they become. Such complaints are common, and yet the solution is overlooked. If a friend distracted you the way your mind does, what would you do?

You might sit down, gently confront your friend, and ask him or her not to disturb you. After hearing both points of view, a mutually agreeable plan of action could be designed. This “win-win” situation is very important to lasting friendships, especially if you are planning to live together for a long, long time.

Developing a friendship with your mind is no different. Having a friendly chat with your mind broadens your understanding of your entire life. The mind is the inner instrument designed to serve your every need. However, when untrained and ignored, the mind is left to interpret all sensory input as best it can. This is when misunderstandings begin and history repeats itself.

Loving guidance allows the mind to change its reactions in the present, thus preventing the past from repeating itself over and over. Such repetition is simply a sign that you have not explored new options when faced with the same situation, time and again. Your mind needs your attention and direction. Withholding attention is a mistreatment that offends every mind. Your mind has the quality of wanting your attention and will do anything to get that attention.

Paying attention to your mind will dramatically increase your sense of peacefulness and understanding of your life. Having a great friend is beneficial to a healthier life, but your mind and body should be primary priorities and the greatest of friends to you. I hope you two will get to know each other better and establish a lifelong friendship.

*“People are just as happy as they make up their minds to be.”*

- Abraham Lincoln

# Chapter Ten

## Inward Traveling & Holistic Health

Eventually, you will want to dive deeper into the lake of your mind. Meditation has shown you glimpses of the gems of knowledge and insight that lie within you. Already you are becoming more peaceful, more insightful, and much more content. People that could easily destroy your high hopes and charming moods are no longer able to do that. You are becoming your own person. This is very exciting and pleasing, and yet, there are still moments when the mind erupts with thoughts that upset you.

The 61 point relaxation exercise will drastically decrease the momentum of these powerful thoughts that disturb and distract you. As they become less powerful and less frequent, your concentration will greatly improve, and you will become more happy and trusting of yourself. Inward Traveling -- the 61 Point Relaxation Exercise

The 61 point relaxation exercise was designed by a great yogi of modern times named Swami Rama. He taught this exercise to help with many psychological and physical health problems, including sleep problems, blood pressure problems, depression, and anxiety. This very powerful healing exercise is simple and easy to do. It consists of lying down on the floor or a firm surface in the corpse pose. This pose is shown in Photo #1. As you can see in the photo, you place a small pillow under your head. Covering yourself with a light blanket or shawl is recommended.

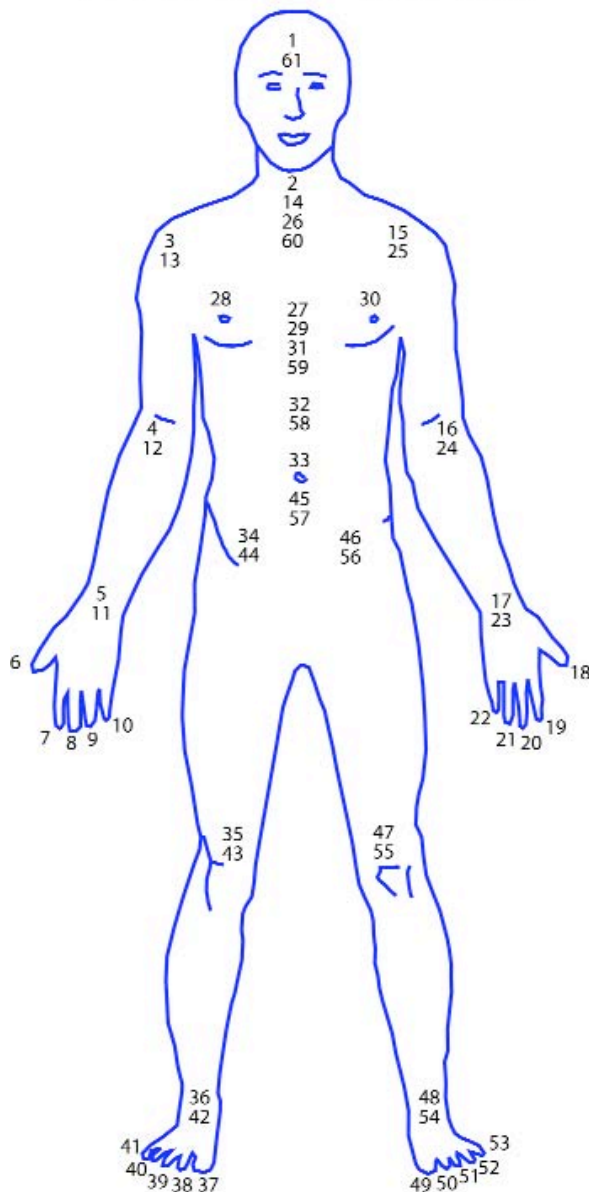


Photo 1

This exercise consists of mentally traveling from point to point in numerical order. You will stop at each point and maintain a mental awareness of the number of the point while visualizing a blue dot or ball at each point. At first, you will need to keep your notes at your side until you have memorized the location of all 61 points. In the beginning, if you would like me to talk you through this exercise, you can listen to the exercise on tape or CD. Obtain my audiotape by [clicking here. \(It is now available instantly as an MP3! click here!\)](#)

Here is a chart of the 61 points in their proper order.

## The 61 Points



## Holistic Health

Meditation helps you realize the importance of good physical health and proper hygiene. Your body is like a shrine, and the inner dweller of the shrine is your very soul, which you may first know as your conscience. Using holistic therapies to keep this shrine clean and bright starts to make a lot of sense to you now. You realize that a healthy mind is not completely possible without a healthy body. It is time to get the body, the breath, and the mind into good shape. Holistic therapies are usually the best way to do this.

The topics of rejuvenation and holistic health are popular. Rejuvenation and holistic health are essential parts of achieving higher goals of meditation. You are in a very special situation. You are interested in rejuvenation for all the best reasons. It is for you that this science exists. Rejuvenation was originally offered as a gift to sincere students, like yourself, as an avenue to have enough longevity to finally attain their goals in life. Knowing that a healthy body and mind are an essential prerequisite to tread any path of life (including the spiritual path), this science gives the methodology for healing. Most people are so distracted with worldly pursuits that their best intentions to do well never manifest. Learn how to gently handle these powerful desires while pursuing higher knowledge.

The science of rejuvenation is one branch of Ayurvedic medicine. Today, herbal therapies are the most accessible part of Ayurvedic rejuvenation. Five master herbs for rejuvenation have been used since the dawn of time to help keep the body, breath, and mind in good shape. These five master herbs (Ashwagandha, Brahmi, Purnarnava, Shankpushpi, and Vacha) are still easily available today. When taken properly in the right proportions, they have an amazing ability to help us. Ashwagandha is known for reawakening our self-confidence and self-esteem. Brahmi, the memory miracle, is an excellent brain tonic for writers, artists, and speakers. Purnarnava is the gentle rejuvenator of the very weak, the very allergic, and the very feeble. Shankpushpi and Vacha both help us have the clarity and courage to speak out in a helpful manner. They also help with abstract thinking and with rising above agonizing memories of the past that keep us feeling bad about ourselves or our life.

You can receive many kinds of benefits by changing the proportions of these five master herbs and their specific companion herbs. The companion herbs strongly influence how the master herbs will help you. Certain herbal combinations are recommended for meditation students to keep the mind sharp, the memory precise, and joy ever-present. This is the outcome commonly produced by Joyful Mind, a rejuvenation formula by Himalayan Heritage. You can contact Himalayan Heritage about Joyful Mind and their other fine traditional formulas that include the five master herbs. [Click here and you can learn much more.](#)

Obesity, arthritis, and blood-sugar problems are some of the most common health problems I see today. These are also health problems in which holistic medicine and meditation are very helpful. I have prerecorded audio seminars with some of the finest insights into the holistic treatment of obesity, arthritis, and blood-sugar problems. If you would like to learn more about how holistic medicine can help you, please take a moment to look at my audio seminars. You can access them by [clicking here](#).

To give you a broad overview of how to start thinking more holistically about your lifestyle, below is a checklist for newcomers to this path. It will take just a few moments to find your own starting point. In the pursuit of health and happiness, your own conscience is the best guide. My list of suggestions from my office is waiting for you on the next page.

## Six Steps to Better Health

1. First determine that living a stress-free lifestyle is important to you and your family.
2. Gradually make lifestyle improvements in terms of sleep, activity, and environment that are compatible and comfortable for you.
3. Make simple dietary additions and deletions to insure that your nourishment is easy to digest and wholesome. Your food needs to be delicious and fresh.
4. Learn breathing and cleansing exercises, such as alternate nostril breathing, the nasal wash, and agni sara (abdominal exercises) to gradually remove residues of stress and poor diet. Nasal breathing should be smooth, slow, quiet, and diaphragmatic.
5. Learn to do stretching exercises that will calm and rejuvenate your mind and body. Endorphins, the body's own pain-relieving and antidepressant compounds, are the vehicles that propel the hypothalamus to perform its function. Various exercises like stretching, breathing, and massages promote the release of endorphins.
6. There are safe and effective methods to slow the aging process. The best approach is to explore and understand which methods are best for you. Happiness and high self-esteem lead to longevity.

# Chapter Eleven

## Your Happiness & Your Destiny

Meditation will help you have a good relationship with your own mind. Eventually, your mind will no longer frighten, degrade, distract, or discourage you. You and your mind will be best friends. This means your sleep is restful, your mind is focused, and you have become more thoughtful and wise.

**Taking Charge of Your Destiny** - In the past, your mind was the saboteur that would ruin many of your plans and destroy your dreams. The science of meditation creates a healthy working relationship between you and your mind. Now you can plan and accomplish your goals without inner fears and doubts. Your judgements are more accurate and your attitude is more forgiving.

**You have to be a master if you really want to enjoy life here - the master of your mind.** To be the master of your mind, you must first learn to train your attention. Paying attention is the key to concentration and meditation. Secondly, you must develop the ability to make mistakes without condemning yourself. This is a great virtue. You have to determine that no matter what happens, no matter how many times you stumble in life, meditation can help you through. So, do not be afraid of making mistakes, like any child learning new things, you will stumble many times. Any activity that affects your mind in a negative way can lead you to a state of self-condemnation and negativity. In time, this could make you feel passive and helpless.

All teachers of meditation tell us not to identify ourselves with negativity, with a passive mood, or with weakness. Instead, decide that you will help yourself. It is never too late to try again. When you commit mistakes, simply do your best not to repeat them. If you stumble, try again. Do not condemn yourself.

Never let doubt and worry continue to build. There is an old saying from my childhood, "*Kill the monster while it is a baby.*" Dismantle your fears quickly and easily by simply examining them. Do not let them grow into huge monsters that harass you all day long. Bring your fears out into the light and watch them evaporate before your eyes.



# Chapter Twelve

## The Health Benefits of Meditation

Those who meditate are healthier, happier, and spiritually wealthier. In the beginning, either curiosity or desperation drove you to meditate. Once established in the skills of meditation, this chapter hopefully encourages you to learn more about yourself through active meditation. Every scientific study on meditation (there are now over 2000 studies), shows that meditation is beneficial.

Meditation helps you rest, build self-confidence, and be compassionate. Your concentration at school and work becomes sharper. Your mind no longer distracts you with doubts or confusion. You accomplish much more in a shorter period of time. You set out on a task and get it done in a very thorough and complete manner. Your teachers, your employers, and your co-workers will notice that your productivity has skyrocketed. Overall, you are going to be healthier, happier, more rested, and less cranky by meditating regularly.

In preparation for this book, I reviewed hundreds of articles on meditation, clinical studies done in the United States and all over the world. Over and over again, results show that practicing meditation can only be helpful for both men and women, regardless of age, race, or nationality. Here is a tiny peek of what your own research would find:

o Meditation helps balance your blood pressure. For those who struggle with high blood pressure, meditation can help with your mean, diastolic, ambulatory blood pressure (your bottom blood pressure number). Meditation is shown to help reduce high blood pressure in all groups, with a specific reduction of systolic blood pressure to more ideal levels (your top blood pressure number).

- Meditation can lead to decreased medical-care expenditures. The greatest savings are seen in elderly and high-cost, medical-risk groups.
- Meditation promotes better sleeping habits and even helps decrease smoking addictions. People, even insomniacs, who meditated were reported as having improved in the time taken to fall asleep.
- Meditation showed improvements in general physical and mental well-being in industrial workers with decreased physical complaints, decreased impulsive tendencies, reduced emotional instability, and decreased neurotic tendencies.
- Meditators demonstrate an improved immune response to stress.

- Meditation in elderly has demonstrated a reversal of aging and increased longevity (higher survival rate).
- Improved mental health (improvements on nurses' mental health ratings).
- Meditators do better in school. Studies show that meditation has increased cognitive flexibility (less premature cognitive commitment, increased learning ability on associate learning, and greater perceptual flexibility). They have increased word fluency.
- Meditators age more gracefully. Studies show improvements in self-reported measures of behavioral flexibility and aging (greater ability to cope with inconvenience, reduced feelings of being older, less impatience with others). They have lower erythrocyte-sedimentation rate levels, indicating less serious illnesses and a slower aging process.
- Meditators have lower health-insurance usage. And, when they do get sick, they have significantly fewer hospital in-patient days and out-patient visits. Meditators have fewer in-patient admissions for all major categories of disease.
- Meditation has been used to help decrease stuttering.
- Meditators have improved mental and physical health and decreased use of prescribed and nonprescribed drugs.
- Want to stop smoking and drinking alcohol? Studies about those who meditate show a decrease in use of alcohol, use of cigarettes, and a decrease in drug abuse. Studies also show a reduction in the need for anti-hypertensive drugs, drugs for heart disease, sleep medications, tranquilizers, antidepressants, anti-asthmatics, antihistamines, analgesics, drugs for hypertension, and asthma.

Could anything else be better, easier, or less expensive than meditation? If this chapter has not convinced you of the results of meditation, maybe some books and resources in the next chapter will finally drive the point home. Yes, this is my sales pitch - to make the world a happier, healthier place:

***“Learn to meditate now. It is good for you and good for us.”***

# Find Happiness in your life

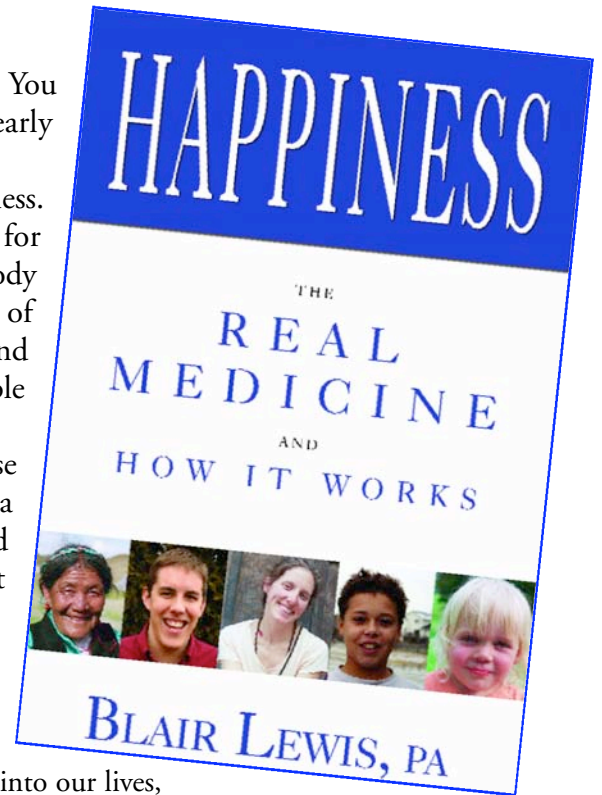
A New Book from Blair Lewis, PA

An Excerpt from *Happiness: The Real Medicine*

Happiness is our essential nature. It is not created but rather revealed. You cannot increase the quantity of happiness. It is like the quiet of the early morning-when noise is eliminated, quietness reveals itself.

In my life, I have found multiple levels of “noise” that obliterate happiness. There are foods in our diet that make the body and mind too restless for happiness to be experienced. There is pain and tension throughout our body that barricades happiness deep inside us. There can be a relentless train of thoughts and feelings that prevent the presence of happiness from any and all detection. To be happy requires a proper diet, a body that is comfortable and calm, and most importantly, a mind that is sturdy and stable.

Happiness has always been our only pursuit. Through the grace of those who have attained the happiness I sought, I am able to share with you a comprehensive approach to quieting the noise in your body, breath, and mind in a manner that will allow the perennial joy hidden in the deepest recesses of your heart to flow forward.



Praise for *Happiness: The Real Medicine*

“Blair Lewis has written a wonderful step-by-step guide to bringing happiness into our lives, restoring health and well-being in the process.”

– NEAL BARNARD, MD, AUTHOR OF **FOODS THAT FIGHT PAIN** AND *BREAKING THE FOOD SEDUCTION*, PRESIDENT AND FOUNDER OF THE PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE IN WASHINGTON, DC

“Blair Lewis uses his own life and learning to provide a road map to health and happiness. His engaging personal story is filled with practical examples of how we can find meaning and joy in our lives.”

– LEE HAMILTON, US CONGRESSMAN 1965-1999, PRESIDENT AND DIRECTOR OF THE WOODROW WILSON INTERNATIONAL CENTER FOR SCHOLARS

“A practical and personal guidebook to the most elusive but most important aspect of human life, and something consumerism can never give us: yoga’s gift of enduring inner happiness.”

– DR. DAVID FRAWLEY, AUTHOR OF *YOGA AND AYURVEDA* AND *YOGA AND THE SACRED FIRE*

“Blair Lewis’s book is a lively and comprehensive guide to finding health and happiness by integrating the mind, body, and spirit. The Buddha said there is no way to happiness, happiness is the way. So why not start with a book called Happiness?!”

– ARTHUR JEON, AUTHOR OF *CITY DHARMA*

To Order: Click on this page,  
visit [www.AliveandHealthy.com](http://www.AliveandHealthy.com),  
or call 1-888-414-9500

# Chapter Thirteen

## The Essentials of Meditation

### Resources

Meditation is a lifelong process of evolution. The meditative tradition is thousands of years old and has produced thousands and thousands of books. The following is a resource guide of books on the science of meditation and spirituality. I have done my very best to choose writers that remain focused on the science without weighing too heavily on cultural and religious views that may limit the comfort of my readers. Even today, the sages say, “Without meditation, religion becomes a cult of its leader or a victim of the politics of its organization.” Teaching you the same authentic techniques that allowed great people to attain their lofty compassion and spiritual profundity is the goal of meditation. For attaining that goal, I further offer you these companion texts and tapes.

### Audio CD's and Tapes

- [\*The Dynamics of Meditation\*](#)

This is a complete 4-hour course and booklet. This course teaches you the basic principles of meditation and guides you through several meditation sessions.

- [\*61 Points - A Technique for Health and Relaxation\*](#)

This is a wonderful tape that provides clear instruction on how to use the current of your mind to cleanse neuro-pathways and marma points (energy centers) for deep relaxation and rejuvenation.

- [\*Natural Solutions for Arthritis\*](#)

This is a 3-tape series on how to use natural therapies to treat arthritis and chronic inflammatory diseases.

- [\*Natural Solutions for Weight Loss\*](#)

Beyond the hype and the lies - here are things you can do today to lose weight naturally, gradually, and safely. An excellent instructional guide is included with a CD.

- [\*The Complete Homeopathy Home Study Course\*](#)

This is a 6-tape series with a detailed instructional manual that helps teach you how to use Homeopathic remedies to treat mild to moderate health problems. Topics include women's health, trauma, colds and flus, and remedies for children. This course is an absolute must for all families.

• [\*Natural Solutions for Blood Sugar Problems\*](#)

Diabetes is reaching epidemic proportions in America. Learn how you can use natural therapies and lifestyle changes to combat your blood sugar problems.

**Book List**

- Living with the Himalayan Masters by Swami Rama
- Inner Quest by Pandit Rajmani Tigunait
- The Power of Mantra and the Mystery of Initiation by Pandit Rajmani
- Yoga and the Quest for the True Self by Stephen Cope
- After the Ecstasy, the Laundry by Jack Kornfield
- Perennial Psychology of the Bhagavad Gita by Swami Rama
- Love Whispers by Swami Rama
- At the Eleventh Hour by Pandit Rajmani Tigunait
- Practical Guide to Holistic Health by Swami Rama
- The Art of Joyful Living by Swami Rama

**Meditation Supplies**

Cushions, mats, shawls, pillows, and more. Meditate in style and comfort.

[www.AliveandHealthy.com/meditation.html](http://www.AliveandHealthy.com/meditation.html)

**Rejuvenation Herbs**

Authentic Herbal Rejuvenation Formulas from Himalayan Heritage.

[www.HimalayanHeritage.com](http://www.HimalayanHeritage.com)

**[Happiness: The Real Medicine and How it Works by Blair Lewis, PA](#)**

## Want to learn more?

### **A FREE e-Book- The Heart of the Meditator is available.**

In the summer of 2004, Mr. Lewis wrote a sequel to *Meditation: The Inward Journey*. We invite you to continue your progress with meditation by reading his newest book, [\*The Heart of the Meditator\*](#). This sequel is also available as a free e-Book that you can instantly download by clicking on this link - [click here!](#)

Here is an excerpt from the forward of *The Heart of the Meditator*:

“In this sequel to **Meditation: the Inward Journey**, I will take you deeper into the world of meditation. You will journey deep into the mind, finally coming to rest at the true home of the meditator: the cave of the heart. I will show you the cave of the heart and explain the concept of the Sacred Heart – found in many the world’s greatest traditions. You will be enthralled with the discoveries you find in the cave. I will attempt to push you, as meditator, still farther. From the deepest, most inner recesses of your mind and heart, I will bring you full circle back into the day-to-day world of men and machines. Here, the words of my teacher, Pandit Rajmani Tigunait, Ph.D., will explain the dynamic living connection with all beings – the Sacred Link.”

[I would love to hear from you!](#) What are your experiences with the practices we have discussed? Everyone will experience meditation slightly differently. However, many of you will have very similar results. I will include your experiences in upcoming publications. Send me your stories by clicking here.

Finally, I would like you to be aware that I have published an audio series on meditation, titled “*The Dynamics of Meditation*.” This is a four-hour audio course that takes you through the basic meditations and goes into detail about each one. I strongly recommend this course for anyone that is serious about meditation.

Thank you for requesting your copy of “*Meditation - The Inward Journey*.” All of us at the Alive and Healthy Foundation hope it will help you feel inspired to meditate. Through meditation, we hope that your life and relationships will become happier and healthier.

Best Wishes,



## Please share this e-Book

***“If you have knowledge, let others light their candles in it.”***

Margaret Fuller, 1810-1850, American philosopher, writer, feminist leader

Please share this e-Book with all your family and friends. If they wish to receive our free, monthly newsletter and more information on meditation, please have them sign up at our website [www.AliveandHealthy.com](http://www.AliveandHealthy.com). You can also request other information on holistic health and meditation seminars from Blair Lewis at our web site.

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Please share this e-Book

## About the Author

### **Blair Lewis, PA-C**

Blair has been a student of meditation for over 30 years and has practiced ayurvedic and homeopathic medicine for over 20 years. His holistic practice consists of classical homeopathy, ayurveda, neuromuscular therapy, and craniosacral therapy. He is a licensed Physician's Assistant specializing in preventive medicine and holistic treatment of chronic disease from a wellness perspective. His training in ayurveda continues in the Himalayan region of Uttar Pradesh and with the Himalayan Institute in the United States. A direct student of Swami Rama and Pandit Rajmani Tigunait, Blair has been teaching meditation for many years. He is one of the co-founders of the Blue Sky Educational Foundation in Wisconsin and the founder of the Alive and Healthy Foundation. Both Foundations are non-profit, tax-exempt organizations dedicated to humanitarian services.

A graduate of both the National Center for Homeopathy and the International Foundation for Homeopathy, Blair is the co-author of Homeopathic Remedies for Health Professionals and Laypeople.

A graduate of Indiana University and the Physician Assistant Program at the Cleveland Clinic Foundation, he has also studied in Europe, Greece, India, and the United States. Blair received his training in osteopathic manipulation at Michigan State University. An enthusiastic teacher, Blair lectures nationally and abroad.

Currently, Blair is writing more books, teaching seminars and still providing holistic health consultation with patients world-wide. If you would like to contact Blair, you can write him at [HealthCoach@AliveandHealthy.com](mailto:HealthCoach@AliveandHealthy.com).