

# Again...

## About Meditation

How to breath during meditation?

In the same way when you were kid or better to say, A new born baby.

Don't remember?

What a pity!

Anyway, first of all, you should breath naturally, I mean, without effort or without doing anything unusual. All the techniques start from this, they can be even difficult to understand or even complicated to practice, but never, never, never should they create a difficult or a complicated sensation for you during the practice or any difficulty in breathing, nor should you feel dizziness, vertigo or other similar effects. If any of this happens, just relax and stop the exercise for a while or reread the explanation for clarification.

So be at ease, feel yourself at home, your real home that is Meditation.

Meditation is the direct contrary of a loss of consciousness, it increases the power of your mind and your ability to be alert but free from any preoccupation or obnoxious modality.

Breathing happens in the same way as when you fill a glass with water. The water goes to the bottom, then fills up slowly or quickly until it reaches the top edge. And when you pour out the water, it pours out from the top and then, after some time, the water that was in the middle drops and then the bottom drops at the end.

Try some breathings - inhaling (...hhhhhhh...) and exaling (...hsssssss...), to produce a little sound in the back of the throat visualizing the column of the breath going in and out like water into or out of the glass.

Don't force this effort too much, even if you will like the sensation, just go with your natural rhythm.

Now, for the diaphragm.

Put your hands with the backs of the jointed fingers together pointing toward you, just below the sternum, and press a little. Then press a little more and continue to press a little more as you explore the best effect for you. You can also bend over a little so your muscles are softer and more relaxed. We are not trying to suffer any pain but, actually, to have an experience of a relief of any tension. Massage all around below the chest trying to enter your fingers a little under the chest.

Of course the practice of Uddyana, as explained in the book, will help you more but, still, this little technique will be very useful, even for the stomach and the gall bladder functions.

Remember: never, never repress yawning or sneezing.

Particularly yawning is connected to the relaxation of the diaphragm muscle, something that sad, repressive people just imagine to be a simple distraction from their idea of (paranoid) concentration.

Yawning does not mean that you are drowsy or that you should go to sleep, on the contrary, yawning could be a stronger act of preparing your nervous and endocrine system, switching on consciousness, boosting concentration.

My mother, during the fascist regime in Italy, was punished by a paranoid nun teacher if she ever yawned during the lessons. The poor nun never knew that, in this way, she obtained the contrary of what she was looking for, and that after decades, her students remembered her as an idiot; for the same reason, during your Meditation, don't think about yawning or strong breathing as a lack of something in your Meditation. Just enjoy them.

Bliss doesn't start from sainthood but from accepting the first little shifting to another state of mind and energy.

When you have relaxed your diaphragm completely, you can push your diaphragm down during the inhaling and keep it pushed down during the exhaling phase. This gives you a lot more energy, particularly when you are tired or during Meditation. In this way, you shift from the physiological state to the electric state of breathing. We will practice more about it when we will meet.

Now. Put your back so that the lower part of it, just a little above your buttocks, will curve gently and in a way that your diaphragm and belly will pop out in relaxation.

If you feel nausea, don't worry, it will pass in a little time or in 2-3 sessions of Meditation.

Probably it is only a little air in your stomach, and usually you will have improved digestion with Meditation, for a variety of reasons.

If your breath seems to stop, don't worry and, please, accept my compliments. It's a wonderful experience and a very useful one.

The position, again.

Believe me when I say that if you train just a little every day, in a few months, you can master some Meditation positions that you can't even think that at the moment you could maintain for more than 5 seconds.

Train means to just acquire the habit during the day to sit for a time that way and not just on comfortable chairs. I know it is challenging, but if you do not have particular joint problems or other serious problems, it is really worth and pays you back a lot.

In fact, sitting with crossed legs is not a mystical, or an alternative or an ethnic thing, but a useful magnetic/energetic experience that really gives interesting results.

I repeat, the leg-crossed position, it is not absolutely necessary; if you cannot succeed in doing it, it does not matter, but it is really useful.

So challenge yourself a little by trying to relax your joints more if you can.

Continue giving yourself enough time to stretch your muscles, tendons and, at the same time, relax your joints. This simple habit does not involve putting yourself into a rigid and difficult routine; we just need time to train ourselves and continue our progress, from now on, by continuing to do it.