



## Meditation Course



# CONTENTS

Introduction to the Course	Pg 3
Benefits of meditation	Pg 4
Overview of Course	Pg 6
Fees	Pg 7

## INTRODUCTION TO THE COURSE

Meditation is a practical and easy way to relax the mind and release the deep seated tensions that have become the cause of our emotional and physical discomforts. With the hectic pace and demands of modern life, many people feel stressed and over-worked. It often feels like there is just not enough time in the day to get everything done. Our stress and tiredness make us unhappy, impatient and frustrated. It can even affect our health. We are often so busy we feel there is no time to stop and meditate! But meditation actually gives you more time by making your mind calmer and more focused. A simple ten or fifteen minute breathing meditation as explained below can help you to overcome your stress and find some inner peace and balance.

Meditation can also help us to understand our own mind. We can learn how to transform our mind from negative to positive, from disturbed to peaceful, from unhappy to happy. Overcoming negative the mind and cultivating constructive thoughts is the purpose of the transforming meditations found in all of the traditions that teach meditation.

**Overview** – Meditation is the main aim of all yoga practice and therefore yoga exercise and breathing play an important role in preparing the body and mind for the practice of meditation. It is possible to practice meditation without any experience of yoga stretching or breathing and this course will only introduce the very simple aspects of yoga practice as an introduction with the main focus being the techniques of meditation. The purpose of meditation is to establish a state of mind that is calm and peaceful. The nature of the mind is in conflict with its self and has a tendency to dwell in the negative self destructive thoughts that are disruptive to our sense of wellbeing and self esteem. A peaceful calm mind will be free from worries and mental discomfort, and so we will experience true happiness; but if our mind is not peaceful, we will find it very difficult to be happy, even if we are living in the very best conditions.

Meditation is a process that allows us to train the mind to be comfortable with stillness and to relax from the impulsive tendency to always negate our thoughts with the rational intellect. The inner mind is the identity of being an observer or witness to the conditioned mind that is always thinking and reacting to thoughts. Meditation develops the skill of concentration so we can disconnect from the reactive mind and become a silent witness. In this way our inner mind becomes calm and steady and the reactive mind will gradually become more and more peaceful. This will result in an experience of emotional tranquility and a general feeling of contentment that is satisfying and long lasting. Eventually, through regular practice we find ourselves more positive and liberated from the destruct effects of negative thinking so that we are able to be happy and positive even in the most difficult circumstances.

*“By training in meditation, we create an inner space and clarity that enables us to observe the restless reactive mind and this enables us to choose and change the thoughts that are the cause and effect that govern the way our mind evolves.”*

Reactions and erratic moods arise because we are too closely involved in the external situation. We are like a child making a sandcastle who is excited when it is first made, but who becomes upset when it is destroyed by the incoming tide. By training in meditation, we create an inner space and clarity that enables us to control our mind regardless of the external circumstances. Gradually we develop mental equilibrium, a balanced mind that is happy all the time, rather than an unbalanced mind that oscillates between the extremes of excitement and despondency.

If we practice meditation systematically, eventually we will be able to eradicate from our mind the conditioned thinking that forms the delusions that are the causes of all our problems and suffering. In this way, we will come to experience a permanent inner peace, known as shanti.

## BENIFITS OF MEDITATION

Although the primary focus of Meditation is to establish a calm and peaceful mind, there are many other side benefits along the way. You can practice meditation simply for the general benefits listed below without having to associate yourself with any religious or spiritual concepts. Most will practice meditation and yoga simply for these benefits, however as you begin to experience the benefits you will naturally begin to develop an interest in the deeper aspects of meditation that are associated with yourself as a spiritual being.

- 1. Good Health & Stress Reduction:** Regular practice of meditation will almost certainly improve your health and physical wellbeing. It does this for a myriad of reasons. We will briefly touch upon a few here. Obviously the physical yoga and pranayama will help (and the benefits of each exercise will be explained in the course) but the value of the meditations with regard to good health should not be underestimated. Meditations (especially the basic sitting meditations that involve the breath) put the mind-body complex in a state of relaxed alertness which is ideal for self healing to take place. In this state, the body's natural healing capability is vastly enhanced, thus the body is able to readjust and harmonize the systems of the body so that they become more efficient and effective. In addition, during meditation when the conscious mind is silenced, psychological wounds and other negative emotions that are kept locked up in the subconscious mind are allowed to rise and be released. This prevents these unresolved negative emotions from expressing themselves as disease and illness which is often the path they take if they remain suppressed. Finally with regular practice meditation, reduces anxiety and stress by teaching you to live in the present and this state of peaceful, happy living is the biggest boon to good health.
- 2. Excellent Brain Function:** Meditation is a very effective and powerful tool for improving one's brain functions significantly. The practice of meditation requires concentration and a focused mind which sharpens the intelligence and awareness aspects of the mind. A quiet mind is conducive to attuning your logical and analytical functions of the mind. One's memory and retrieval pathways are also improved and overall one finds the mind clear and precise. The improvements are sometimes gained in a very short time and are often unmistakable which results in greater confidence and a freedom from doubt.
- 3. Balance:** We all experience a state of mind where we feel emotionally, mentally and even physically out of balance. With regular practice you will find that you are not tripping over the same bad habits and personality flaws as you had been in the past. You will definitely experience greater clarity and develop psychological and emotional balance over time.
- 4. Confidence:** One of the key benefits of meditation is confidence and many aspects of the course are designed to improve your sense of self worth and confidence so that you can develop a greater sense of inner strength and willpower.
- 5. Character:** Character means to live with integrity and dignity. A calm mind is one that has the strength to bear the difficulties of life with a smile. A quiet mind can achieve whatever one sets one mind to do. A peaceful mind is free of doubt reliable and dependable.
- 6. Charisma:** A calm and focused mind achieved by regular practice of meditation will generate a vibration of calmness that is easily felt by others and they will be attracted to your charismatic warmth and steadiness. Even when others around you are distressed you will be able to remain calm.
- 7. Discover Your Purpose & Gifts:** Meditation will release the deep seated thoughts that lay dormant in the unconscious mind. Many of these thoughts are revelations that will give you insight into who you really are and what you really love in life. That is the secret of mastering the art of living and discovering your true talents, gifts and purpose. That which you love, you do for its own sake without the need for reward of accolades. Once this is discovered, life can be lived with passion, zeal and independence.

**8. Improved Relationships:** The attributes of sensitivity to caring about others and non-attachment to outcome of your efforts will be discussed during the course. Sensitivity is obviously a necessary component in having good relations. It promotes thoughtfulness, affection and forgiveness, but equally important and perhaps a little more subtle is the need for non-attachment. Non-attachment does not mean apathy or disinterest. Rather non-attachment is a state of mind where you are not dependent on the other for personal fulfilment. Being dependent is based in fear. The fear of losing the pleasure or security that the other provides or of the pain the other can impart. This fear creates an underlying resentment that prohibits love from flowering. Attachment to one's image, reputation, possessions etc. all lay the groundwork for fear and conflict in relationships. Meditation dissolves these attachments and allows for relationships to be based on love and adoration instead.

*“Yoga is a practical and scientific approach to the health and wellbeing of the mind body. The chemistry of the body and mind are regulated and maintained by the effects of the yoga stretches on the endocrine system while the mind is cleansed and strengthened by techniques of relaxation, concentration and meditation”*

*Swami Yogasagar*

## OVERVIEW

The course can be hosted at the Satyam Yoga School in Melrose Johannesburg or at the venue of your choice. Swami Yogasagar will conduct all of the lessons and the course will also be available to individuals, couples, families and groups

**Founder:** Swami Yogasagar is undoubtedly a senior and respected authority on yoga. He has gathered a dedicated team of students who have contributed to the establishment of the Satyam Yoga School.

**Theme:** Students will be offered ongoing support in the form of regular classes that can be attended in the form of private sessions or participation in general classes at the school. Throughout the course participants will be encouraged to establish the following principles.

- Regular daily practice preferably at the same time each day
- Consistent effort of 10 min a day is better than 20 min at odd intervals.
- Intensity in practice is the ability to be regular and consistent
- Faith is the outcome of practice as the results and benefits will build faith in the practice

**Course Program:** It is suggested that regular and continued practice is essential to the success of any endeavour. The ideal presentation would be to offer the course with a series of ongoing classes to support the group. An alternative is for us to provide recorded lessons in meditation for each participant to use at home or in the work environment.

Basic Skills: It is recommended that we initiate the course with a basic program as follows.

- **Introduction:** A short talk on the system of yoga and role that yoga exercise and breathing play in the practice of meditation. The concept of meditation will be introduced as an integrated part of the complete yogic science with a recommendation that regular practice of yoga exercise and breathing will enhance the effectiveness of the meditation practice.
- **Practical:** A short class in yoga stretching to relieve back pain and promote good posture followed by a simple practice in the basics of breathing with awareness.
- **Meditation:** the first technique will be taught in the form of a yoga nidra as an alternative to relaxation and as an effective meditation technique to release emotional and mental tension.
- **Short Break:** for tea and toilet
- **Revision:** An opportunity for questions and answers.
- **Meditation:** A second technique will be taught in the form of a sitting meditation.

## **INVESTMENT:**

Our rates reflect our professional approach and guarantee that the course you are investing in will be presented by fully qualified and competent teachers with 35 years of experience. Swami Yogasagar offers his own personal style that includes personal attention and adjustment of each student so that they have the advantage of experiencing the feel and benefit of each and every posture. His unique experience guides the student through the course with detailed precision.

**Enquiries:** Please contact us with your individual requirements and a request a quote.



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