

*"So I turned myself to face me  
But I've never caught a glimpse  
How the others must see the faker  
I'm much too fast to take that test"  
David Bowie*

### ***Why Meditate?***

*To relax, to breath, to feel good, to be calm.*

*To meet yourself.*

I have meditated most of my life - but I never knew I was. I have been heavily meditated the past 2 years by adding frequency, and structure to my meditation practice.

Change is the only constant in life. Meditation is a tool that helps you with change

### **What is Meditation?**

Meditation is a methodology to quiet your mind and your body.

Meditation is about becoming aware - aware of yourself, your body, your mind, and your views of the world. Meditation invites you to look at yourself physically and mentally. In many ways, Yoga and meditation are intertwined. Yoga is movement based meditation. Meditation is the phrase most associated with looking at the mental aspects of yourself. Yoga provides a meditative mind.

### **What will meditation do?**

*"Mind Believes, Body Achieves"  
Dave Jost*

By truly knowing yourself, meditation provides many benefits. You will be happier. You will be more satisfied. You are enough. You will change the world. You will change any aspect of your life that you want to. Meditation is the gateway to these successes.

### **How do I meditate?**

This course will teach you how. There are many ways to meditate and in the next six articles, I will describe different meditation techniques you can apply. Each technique can be self-standing but they also can be used together.

The only requirement to meditate is a desire to meditate. If you have a desire to mediate, you will be successful a successful meditator.

