



MONTH ONE

MEDITATION QUICK
START



Introduction &
Lessons 1-1 to 1-4



MONTH 1 – MEDITATION QUICK START

WELCOME—YOUR PATH TO SUCCESS

Congratulations on making a magnificent investment in your life!

Meditation can bring success to just about every part of your life, and over the next sixteen months you are likely to discover a new and remarkable version of yourself. As you experience memorable moments of deep stillness and profoundly healing contentment—the hallmark of Dru Meditation—you will gain innumerable advantages.

For an investment in yourself of as little as ten or twenty minutes per day, you are likely to become:

- More able to handle stress
- More able to relax at will
- Clearer and more creative in your decision making
- Less reactive when you meet a challenge
- More satisfied by who you are and where you are going
- ... and most importantly...
- a lot more interesting and fun to be with!

Sounds good? Read on!

The structure of the course

Over the course, you will learn how to use meditation to make your life more meaningful in almost every respect. Months one to nine cover topics like:

- How to relax quickly, anywhere—the foundation to a successful life
- Breathing with energy—unlocking the secrets to abundant vitality
- Boost Your Brainpower 1—effortless concentration
- Self Esteem
- Achieve Your Goals
- Overcoming Stress
- Building Emotional Intelligence
- Meditations for Boosting Your Brainpower 2
- Beginning right from the start, you will also learn a complete movement programme, which has been carefully designed to realign your posture, build vitality and free you from chronic pain – in your neck, back or wherever!

And the remainder of the course continues with topics including:

- Meditations for Boosting Your Brainpower 3
- Healing the Body / Managing Pain
- Building Radiant Vitality – (also including overcoming burnout, chronic fatigue or depression)
- Meditation for Successful Relationships
- Intuitive Leadership Skills



*What lies behind us and what lies before us
are small matters compared to what lies within us.
- Ralph Waldo Emerson*

How long should I spend each day in making my life better?

When you think there are 1440 minutes in every day, a 10 or 20 minute appointment with yourself isn't much to put aside – especially when you consider the phenomenal benefits your meditation will bring.

This course aims to help you gain a solid foundation in meditation by encouraging you to adopt a regular 'almost-daily' rhythm of practice. We have given suggestions for either a ten or twenty minute programme:

- If you have limited time – choose ten minutes.
- If you really want to make progress fast – choose twenty minutes (or more is fine too!)



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Continued...

MONTH 1, WEEK 1—QUICK START TO SUCCESS

Lesson 1-1



*This very moment is a seed
from which the flowers of tomorrow's happiness grow.
- Margaret Lindsey*

Meditation's keys to success

Article by Chris Barrington, Director of the International School of Dru Meditation

Summary

- Meditating is not about controlling the mind. It is more about befriending yourself.
- It helps you see the world as it really is, rather than mis-perceiving it and reacting or feeling victimised.
- Learning to relax at will is the most important foundation skill of meditation.

Ask anyone you know whether they meditate or know someone who does, and you will find that many people have tried it at some time or other. Even the business world is being won over to meditation, with companies like Apple Computers, Pacific Bell, NASA, Yahoo! and Google offering free meditation classes to their employees.



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A myriad of health benefits

Findings at the American Institutes of Health, the University of Massachusetts, and the Mind/Body Medical Institute at Harvard University and many others indicate that meditation enhances the qualities we all need most in the 'information age': increased brain-wave activity, enhanced intuition, better concentration and the alleviation of aches and pains that plague our busy lives. Meditation is being used in the health industry to decrease the effects of PMS (by up to 50 %!), increase health and vitality, and heal a wide range of 'dis-eases'.

Meditation, it could be said, is rapidly becoming part of the mainstream.

Make meditation easy

Consequently, there is a growing need for effective training in meditation, for it takes time and skill to discover how to achieve the stillness of mind that meditation can give to you. Like riding a bike, meditation is not actually difficult... yet if you haven't learnt the basics of how to ride, you can find yourself spending a lot of time and effort and getting nowhere.

The aim of this course is to give you a thorough introduction to a wide world of meditation techniques, designed to bring you success in almost all of your life. You'll learn how to choose the right meditation methods so you can most quickly reach a rejuvenating stillness and feeling of inner strength.

Most people know that meditation can help you relax, concentrate, become less reactive, control your blood pressure, and aid a whole catalogue of things that maintain our body-heart-mind internal balance. Yet for some reason people find it difficult to actually practice this ancient art. It seems that there is something inside most people that resists change and is quite happy to accept our normal state of mind with all its agitation, stress and emotional ups and downs.

The art of befriending yourself

Actually, meditation is not about trying hard to control the mind. It is the art of befriending yourself. Whenever you try to control or discipline an unruly mind you will face a huge barrage of resistance. The nature of the ego is not to let go, as it thinks that it is in charge. Instead it is important to make the whole process as easy and enjoyable as you can. Then your meditation practice will bring you success much more easily.

Why practice meditation

Before you begin to meditate it is important to consider why you are practising. Is it because you wish to develop good mental or physical health? Maybe you are interested in uncovering greater depth of awareness or exploring your spirituality. Maybe you wish to develop your powers of concentration, creativity or insight.

Whatever your reason, probably the most important message that meditation has to teach you is the difference between the way you perceive the world from moment to moment and the way it really is.

As a result of developing this insight you will see that the world is much greater than you had imagined. You will be able to assess people's motives more accurately, you won't react as much, and you will make better decisions. You will be much less likely to feel a victim of circumstances, and much happier about who you are and where you are going.



We do not see things as they are; we see things as we are.
- Talmud

What sort of meditation exercises should I practice?

All forms of meditation practice lead to variations upon the same states of consciousness. Actually there is not just one state of meditation. Even the ancients classified various levels of consciousness, from a mild state of happiness to intense bliss and the onset of the cosmic state of Samadhi. The techniques that you employ do have some bearing upon the final destination in meditation.

One spiritual master said quite clearly that not all roads lead to Rome. If you want to get to Rome, don't choose a road going in the opposite direction! It is good to know exactly what you wish to get out of your meditation practice.

The course will help you develop goals with razor sharp clarity, and then give you a range of meditation techniques to help you achieve them.



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MONTH 1, WEEK 2—RELAXATION WITH EASE

Lesson 1-2



*The time to relax
is when you don't have time for it.*
-Jim Goodwin

Essential insights—guidelines to easier relaxation and meditation

Summary

- You can make your meditation practice easier by adopting a variety of simple measures.
- Cultivate the attitude that you enjoy your meditation & relaxation, and you value its benefits.
- Prepare your environment so you have the most comfortable and uninterrupted space possible.

Your meditation and relaxation will be amongst your life's most enjoyable activities, if you get them right. And you may be interested to know that a large part of making them work well involves cultivating the right attitude, as well as creating conducive circumstances for your practice. So, here at the beginning of your course, let's help you start off on the best possible footing by giving you some tips that take the effort and stress out of meditation and relaxation.



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This Week's Practice

Month 1, Week 2—Lesson 1-2

Having explored some fundamentals of the Foundation Relaxation last week, we are now going to take a quantum leap in our exploration of relaxation skills and invite you to practice this relaxation sitting up, without using the CD.

When you can truly let go of tension in your body and mind, while also staying alert, then you are halfway towards successful meditation.

Your suggested practice		
	10 minutes	20 minutes
 1. Movement: Align your spine	About 5 times	About 12 times
 2. Foundation Relaxation	Learn the first 2 stages of the Foundation Relaxation from last week (Deep Relaxation CD:1). Then try doing them sitting up without the CD	Learn all of the Foundation Relaxation from last week (Deep Relaxation CD:1)—then try doing the whole technique sitting up and without the CD
 3. Entering silence	After you have relaxed, be silent for a minute or two	
 During the day	Just how stressed am I?—a stress questionnaire	

I try to take one day at a time, but sometimes several days attack me at once.

-Jennifer Yane

Summary

- Our ability to relax at will is improved dramatically when we can relax each part of our body individually.
- Relaxation is enhanced by combining breath, movement and awareness.
- Understanding the causes of stress is the first step in successful stress management.



1. Movement— align your spine

Repeat the following sequence several times:

- **Heart Expansion Breath** (from last week) 3 times.
- **Side bends:** As you breathe in, raise one arm out sideways, over your head, and then follow it into a side bend. Breathe out and lower your arm down to your side. Repeat on the other side. Feel as if you are rotating a huge ball between your arms. Repeat each side 3 times.
- **Standing stretch:** Raise both hands up above your head and stretch upwards. Breathe out, release the stretch and then as you breathe in, reach up once more. Repeat this movement twice more. Relax your arms to your sides.



Contra-indications—as always, move only in a way that is comfortable for your body. Do not stretch in a way that causes pain.



2. Relaxation techniques—learn the Foundation Relaxation

You have experienced the Foundation Relaxation (Deep Relaxation CD, track 2) for the past seven days. This is such a powerful technique that this week we would encourage you to learn it without the CD so you can apply it in many other situations. Make an effort to try and remember all the stages of the Foundation Relaxation. Then try and do the whole technique without the CD.

Remember the main points within the technique are:

- **Most effective lying position:** Lie on your back, with feet about 40—60 cm apart (toes outwards), arms by your sides, palms up, about 20 degrees out from



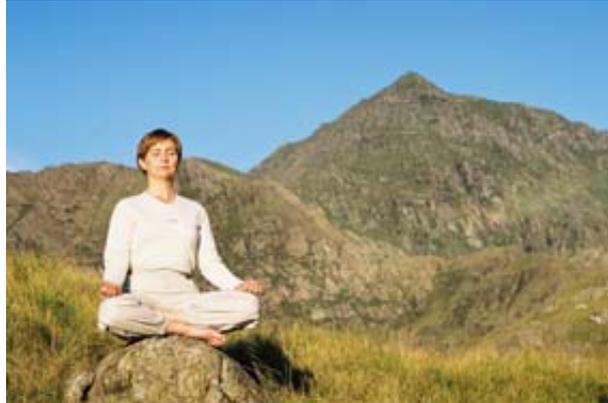
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MONTH 1, WEEK 3—SITTING WITH ENERGY

Lesson 1-3



*Meditation brings wisdom;
lack of meditation leaves ignorance.
Know well what leads you forward
and what holds you back,
and choose the path
that leads to wisdom.*

- Buddha

Essential Insights—discovering perfect posture

Summary

- Good posture optimises your meditation by freeing your breathing and allowing you to stay upright without fatigue or pain.
- If only 1% of your energy was being wasted by stiff muscles and poor posture opposing the free movement of your breath cycle, you could be losing as much as 10% of the energy available for your conscious activities.
- Check regularly that your posture is aligned—from side to side and front to back—while at the same time not being tight or over-alert.



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THIS WEEK'S PRACTICE

Month 1, Week 3—Lesson 1-3

Your suggested practice	
<i>(This week's new practices are shaded in blue)</i>	
 1. Movement: upper body stretches 1	Practice for about 3 minutes with special focus on breath and awareness
 2. Sitting with Energy-stage 1	Learn how to sit, alert and comfortable, on a chair or on the floor
 3. Heart Relaxation	Listen to the Heart Relaxation technique while lying down (Deep Relaxation CD: 2)
 4. Entering silence	After the CD finishes, sit up and be silent for a minute or so
 During the day	Be aware of your posture at various times during the day

*Mindfulness is the aware, balanced acceptance
of the present experience.
It isn't more complicated than that.
It is opening to or receiving the present moment,
pleasant or unpleasant, just as it is,
without either clinging to it or rejecting it.
- Sylvia Boorstein*

Summary

- This week’s movements can help reduce drowsiness or headaches.
- Correct sitting posture helps you create the best balance between being able to relax and staying alert. In fact, correct posture actually gives you more energy.
- Being aware of your posture during the day is one of the easiest ways to strengthen your back.
- How long can you relax and sit still for?



1. Movement—upper body stretches

When you do these upper body stretches slow the movement down and try to be very conscious of the experience of the movements. Sense which muscles are stretching, and how the joints feel. Be very aware of coordinating your breath with your movements but don’t ever put strain on your breathing. You might like to make these stretches into a flowing, moving meditation.

Use the following sequence:

- Perform the **Heart Expansion Breath** (pError! Bookmark not defined.) 5 times.
- **Side bends** (p12) from last week, 3 on each side.
- **Standing stretch** (p12) from last week, 3 stretches.
- **Arm rotations:** From the Standing Stretch, bring your arms down to shoulder height, extending horizontally out to each side. Breathe in, and rotate your arms from deep within the shoulder joint, so the outside surface of your arms rolls backward. Then, with great awareness, breathe out and rotate your arms inwards from deep within the shoulder. Repeat this movement twice more. Now, on each in or out-breath, move one arm in one direction, the other in the opposite direction, for several breaths. Then relax your arms to your sides.

Benefits: These exercises together can help **whenever you feel sleepy or headachy**. While the first three movements above expand and free your spine and ribcage, arm rotations begin to release the muscles of the upper back and neck, free the breath cycle, open the heart and improve upper body lymph drainage.



2. Sitting with Energy—stage 1

Above all, please be comfortable.

There is no use having a perfect posture while being so rigid and tense that you can't even begin to relax. In this course, we really encourage you not to be a 'posture hero'! The following guidelines will help you find a sitting position that gives you the best balance between upright alignment and comfort.

Sitting in a chair

Until you ⁴²become a seasoned meditator, you will almost certainly find that you gain the same benefits from meditation whether you sit on a chair or on the floor. So, if it helps you to be comfortable, please sit on a chair.

- Sit with legs uncrossed, feet flat on the floor—on a cushion if necessary.
- Keep your back upright, preferably away from the back of the chair.
- Try to sit so the lower spine tilts forward a little. You may need to experiment to find the most comfortable way of doing this. Try pushing the base of the pelvis firmly towards the back of the chair, or use a cushion to support the small of your back.
- Lift up through your spine. Then lift your shoulders and relax them back and down slightly. Let the whole spine relax. Do this 2 or 3 times and then let the spine rest in its most comfortable position.
- Lift up your head and then let the neck relax.



Sitting on the floor

- Whether sitting with legs crossed or kneeling, ensure that the top of your pelvis tilts forward enough to create a comfortable hollow in your lower back. This helps support your whole spine upright.
- Sitting cross-legged: For optimum pelvic tilt, try sitting on the edge of a cushion, rather than on the whole cushion. Also, choose to support your knees with cushions if they don't naturally rest on the floor.
- Kneeling: Try using a meditation stool, or alternatively fold a blanket and place it beneath your shins, or between your calves and your buttocks.





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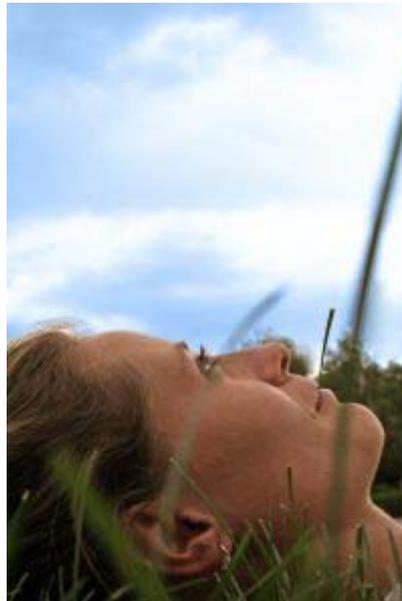
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Insight Questions cont'd

When you were performing your relaxation techniques:

- *What were three things that helped you?*
- *What were three things that hindered your experience?*

You might like to keep a diary of answers to these questions over the next couple of months. We hope you'll watch with fascination as your responses improve!



*Every now and then go away, have a little relaxation,
for when you come back to your work your judgment will be surer.*

*Go some distance away because then the work appears smaller
and more of it can be taken in at a glance
and a lack of harmony and proportion is more readily seen.*

- Leonardo Da Vinci