

Human and Universal Energy Health Science Class Note

A Brief Talk about the Essence of Meditation -- Managing Posture, Breathing and Mind

There are two main branches in Human Energy Study: The Human Energy Study's meditation and the long kept secret Xiang Gung. One is quiet and the other is active and they complement each other for effectiveness. They let students quickly or gradually improve their health. Human Energy Study's meditation does not require certain specific posture. For example, for those who do not feel well or have physical handicaps or those who are very busy and do not have time, they can lie on beds, sit on chairs, sit or stand at bus stations, train stations, in cars, airplanes, in the offices etc, depending on the situation, to do a few minutes or tens of minutes meditation. Beginners only need to be comfortable, and do not yet need to worry about posture technique. And in times, with practices and gradually adjusting posture, breathing and mind, one will understand and improve and get the benefit of meditation. At this time, if our body can take it, we can talk about posture. The most effective posture is sitting on the floor with legs crossed (Indian squat). If both legs can cross, it is even better. Beginners of such sitting, especially middle age or older person, should take it easy. It is not an easy thing to do. One has to be ready psychologically that he can withstand the pain and numbness of both legs. Pain and numbness are the frightening battle that a beginner needs to fight. After he passes this difficult journey with hard work, at least his determination will be winning this frightening psychological battle. And he will be quietly making a big step forward in life.

Breathing and meditation are quite related. Most people breath with lung. During meditation, one should move the breathing focus gradually down to the abdomen, commonly known as Dan Tian. Moving the breathing from chest to abdomen cannot be done in a day or two. Most Qigong or Yoga teachers suggest using abdominal breathing to achieve this goal. Actually this is also not easy to do. Most people want to do abdominal breathing. Then during meditation, they keep thinking about their breathing and they turn out to be bothered by breathing: when not paying attention, they are back to chest breathing. One good way of doing this is let it be natural. Do not force yourself to achieve that right away. First let yourself breath normally and continue exercise. As time goes by, the rate of breathing will be getting slower, the number of breaths will naturally be reduced, and the depth of the breath will naturally extend downward. And one day, without even noticing it, you will already move your breathing to the abdomen.

The most difficult part of meditation is managing of the mind. Normally you may not feel a lot of distracting thoughts. But when you quiet down, a lot of thoughts then pop up and no matter what you do you cannot get rid of them. It is not easy to control it. In our every day life we have a lot of challenges like that. Now you want to quiet your mind, of course it is a very difficult task. There are lots of ways to quiet the mind, such as reciting in your mind numbers, Buddhist prayers or your prayers, counting breaths from 1 - 9 and then start from 1 again, listen to music, prayers, or recite in your mind the six Buddhist sound "yan-ma-ni-bi-me-ho" which will increase the magnetic field and get rid of evils.

Here is one way you may try. Beginners actually do not have to painstakingly get rid of distracting thoughts. We do not have to hide anything. And we also do not need to feel the pressure of changing ourselves. We accept them because they are really part of our lives. The best way to cure distracting thoughts and daydreams are "not afraid they come up, only worry that we are too slow to aware of it". We need to clean them up. After we deal with one thought, we will then throw that one out and start to think of the next thought. And then orderly move forward, our thinking then will not be messy. As time goes by, the number of distracting thoughts will gradually diminish. When it reaches the point of no more distracting thought, you will then finally succeed! After all these talk, the most important thing is your determination and persistently making progress using the practice methods. Finally, do not forget the procedures and purposes of the Human Energy Study's meditation: our bodies, after the six Sinus (chakras) are opened by Sinus teachers, through continuous meditation exercises, absorb the universal energy, transforming it into biological energy of our bodies, making our body a good conductor of the universal energy, achieving the goals of strengthening our health and healing ourselves and others.