

You Can Do It

# Meditation



BY

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The Awen Academy Press

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## Dedication.

To Hanny

Where ever you are, my heart finds peace.

I Love You.

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## Introduction

As a hypnotist and mind coach I get asked a lot about meditation, so a little whilst back I did a short video. You see we can over complicate things, the idea of the video was to strip away everything and just present the basic fundamentals that you need. I have been meditating for thirty years now and have read and studied, but find that a lot of the time this just makes meditation harder. With a few re-thinking of how we look at meditation and what we want to achieve we can establish a rewarding practice that becomes almost like a friend upon the journey of life.



After the video I have been asked to share a little more to help people get into meditation. So in this micro-read you will find some basic definitions, techniques and thoughts to help you get going with your own meditation practice. Even if you have already meditate, I am sure there will be one or two hints in here that enhance your own practice.

The reason this is a micro read and not a lengthy book is because you do not learn to meditate by reading. You learn meditation by just doing it. Sometimes it will be amazing, sometimes you may wonder why you are doing it, that my friend is perfectly okay. It is when we experience resistance in life that we are usually about to make a breakthrough, so embrace every session as a unique experience of its own.

What is more, play, do not take this serious, If you take it too seriously you will be judging yourself before you get going. Meditation should be fun, rewarding and relaxing. If you are being harsh with yourself you are removing at least two of those aspects from your practice.

Anyway, enough of my wittering on. I do hope you enjoy this micro-read and that your journey with meditation is blessed with peace, healing and joy.

Blessings

Rob

## Do THIS, before you go on



Straight into the practical side of things, no messing around, and I really would love you to do this before you go on any further.

You will need a pen and paper and up to about half an hour.

This is an exercise that I use with all my private clients and workshop groups when teaching meditation. You see we think we know what we want. So when we think about meditation we believe we know what we want to get from it and what we would like to achieve. The fact is that we only know half of the story.

Our conscious minds understand what we want, but we are very rarely aware of the subconscious desires and aims in regard to our practice. In general, our subconscious mind gets on doing its thing. Running our bodies, storing our memories, creative stuffs. If we listen to that part of ourselves then we have a fuller image of what we wish to achieve. That is where this exercise comes in.

I want you to imagine your ideal, perfect meditation session. This is the session that if you were to do it every day for the rest of your life would bring you happiness, peace, wisdom etc.

This must be somewhat realistic. For instance, I do not want you to write. Today I meditated and reached enlightenment and developed super powers and saved the world, then had tea with God. I am not saying that is not a possibility, just that it is unlikely.

With this exercise I want you to think and write about the following. Do not plan this and make notes it needs to be a spontaneous repose to the work.

Write about:

Where you are doing meditation? Why? How does it make you feel?

What time of day is it? Why? How does it make you feel?

What are you wearing? Why? How does it make you feel?

How long do you meditate for? Why? How does it make you feel?

How are you doing it? Why? How does it make you feel?

What happens to you during the session? Why? How does it make you feel?

How do you feel when you finish your session? Why? How does it make you feel?

What do you do immediately after your session? Why? How does it make you feel?

For example.

I wake at 7am, because I need to be up at this time so as to allow enough time for me to do my meditation before starting the day. This makes me feel relaxed and valuing of myself. I put on my comfy cotton trousers and shirt, this feels good as it does not restrict. I head down to the park and sit by the river. Being free electrical goods, walls and having nature around me allows me to relax and focus on what I am doing. I do a few stretches, before sitting down on the small stool I bring with me. I use the stool because I find that the traditional positions cause me discomfort where as the stool allows me to get a comfortable posture. I tell myself I am going to meditate, relax, focus. I then close my eyes, taking three deep breaths, this signals to me I am starting and starts to help me relax. I sit for ten minutes just following my breath. The natural rise and fall. My eyes focused on my brow. This brings me to my centre, I relax, thoughts happen but I pay little attention. After ten mins, I start to change to long deep breathing, pausing a little longer between breaths. I do this because it is a technique that I have found really works for me, slowing my mind, allowing to me to drift deep within. I reach a point where all is still, peaceful. Time stops and I am no longer aware of my body. I stay with this until naturally feeling the shift and I slowly return to my normal breath. I allow that focus to be as long as it needs as I feel my self knows what I need most during my session and the centred feeling makes me feel like I am a part of all the flow of the universe and can deal with whatever the day may bring. After a little whilst longer I emerge, do a few stretches to bring me back to my body. This just feels good after the session, I say a small prayer of thanks to the universe for this life. And return home for breakfast.

Once you have done this, put the piece of paper under your pillow, or by your bed and forget about it. By using your creative imagination, you have allowed your subconscious mind an opportunity to let you know what it wants from the session. In a few days when you look again at what you have written you have before you the plane that you need to work toward, the qualities you hope to gain, the place,



time and practice to use. Really allow yourself to dream with this one. Once you have completed the exercise and given a couple of days for the process to settle. Read on.



## What is meditation

Meditation can bring peace, well-being and productivity to our lives, it can help unlock our creative nature as well as give us a deeper understanding of self. Through regular practice we can develop greater concentration and focus, which can aid us in our working lives, giving us greater coping and problem-solving abilities. Meditation can also benefit our spiritual lives giving us answers to the deeper questions in life and bringing us closer to our connection with the divine.

Meditation is more than just sitting or lying in a relaxed state. Meditation is being in **a state of relaxed body and focused, alert mind**. Very similar to the state of hypnosis, which I explore more with one to one clients and a little within workshops. Meditation is about inner harmony and peace, it's about balance, it disciplines the mind. A lot of people hear of meditation and think it evolves emptying their mind, when they have a go they give up straight away because they realise that the mind is anything but a quiet place. Have you ever been so focused on doing something that you stopped hearing the radio in the background, or completely did not hear someone speak to you? If you have then that is what you are trying to do with your thoughts, not silence the mind, but be so focused in what you are doing that you just do not notice the thoughts, they cease to be a distraction. Buddhists often say that meditation is a way of “training the monkey mind”. But meditation like any form of exercise needs persistence and regular practice. There are ways I have discovered using hypnosis that help the process of reaching the meditative mind, but they are not for this small book. You can always get in touch in regards to one to one training and mentoring should you wish to explore further.

We train the mad monkey by giving it something to do, focusing on the breath. The monkey is your attention, critical factor. It is this you are learning to put aside for an inner, undisturbed focus. It can be good to plan your week allowing for

meditation sessions during each day. Look at your ideal session from the last chapter and see when you feel would be a good time for you, see if you can work that into your daily plan. Regular work will release stress from the nervous system bringing greater stability.

“A wise person once said that the tragedy of the westerner is that he/ she cannot sit quietly “in his own room,” whether it be the physical room of the outer world or the mental room of the inner world. Meditation is the experience of your own being, the experience of what lies behind the thousand and one thoughts and emotions that usually clutter up life...Finally, remember that meditation is already there inside you...we often refer to it as a technique, in reality it is not something waiting to be learnt...Meditation is the experience of who you really are, and have always been and will always be...a final metaphor, it is how the world looks when you stand still and see it for what it is instead of distorted into a blur by your own perpetual motion.”

(The Meditators Handbook, Dr Fontana, Element Books 1992.)



## Infinite Game!



Treat all that you read as an infinite game. There are no winners or losers, just the joy of the moment, the experience.

My first advice to you is **Keep a Journal**. Keeping a journal is a good idea when meditating; it does not have to be anything complicated, in fact simple is always more powerful in whatever you do. In it you need to keep a record of all your practice sessions. A few headings you could write under are

Date/Time/Place

What you did

Feelings before: Physical/mental/emotional/spiritual

Feelings after meditation Physical/mental/emotional/spiritual

Images/ Impressions/ Insights

Further Notes.

Sometime you will have little to write, other times you may have lots. It is good to be able to look back through our journals; we can see our progress, re-visit meditations that worked well for us and get an impression of which techniques we prefer. They can also be good guides to our own personal/spiritual development.

However! **DO NOT** fall into the trap of comparing one day with another. Each day is different. One day you may already be relaxed and so feel that you got really deep, another day you may have had things on your mind, been a bit stressed. The only thing to compare is how you felt at the beginning of any one session and how you feel at the end.

## Posture & Breath

The most important thing to get right when learning meditation is posture and breathing. We do not need to be able to fold our legs around our backs and stand on one finger to meditate. It is **far more important** to be comfortable, sitting on a good chair is fine. You want to aim to have:



A Straight Back

Head and Neck Comfortable

Your spine should not be so straight that you start to feel stiff and tired. We are looking for a nice balanced posture.

That is it, simple is it not. If you are going to be sat somewhere for the best part of half an hour or longer, you want to be comfortable. Even on the most comfortable of chairs, a lengthened period of stillness brings its challenges and these are part of the journey of learning meditation. To go beyond the body and become more than.

A lot of people do not **breathe properly**, using only the top part of their lungs. When breathing in meditation you should be aware of your belly rising and falling as you breathe deeply. If you breathe slow and deeply you start to relax and your mind will start to slow down. Do not let your shoulders slump; slumped shoulders inhibit the expansion of your chest. Your chest should be kept open so as you can breathe into your belly. You can also lie down, this though makes it easier to fall to sleep. You can also try sitting on a cushion upon the floor, this allows for a straight back and tilts the hips forward, which keeps balance and is comfortable.

Re read the last couple of sections, find your comfortable position and you are ready to do your first session.

Get yourself comfortable, make sure you are not going to be disturbed, phone off etc. Know that *meditation is a state of mind that you already have within you*. Know that in just reading this book you are opening that connection to that state of mind.

Now let Do This!

1. Take three deep breaths, then return to your natural breath.
2. Tell yourself, "I am going to meditate! Outside noises and sounds will not distract me. My everyday thoughts will pass by, unnoticed, like clouds in a summer sky.
3. Start to imagine what it would be like to be deeply focused, deeply relaxed.
4. Focus on your breath, taking slow deep breaths, imagine that you are breathing all the way in to the soles of your feet. This will help lengthen the breath.
5. Follow your in breath, feel the belly fill as you breath deep. Hold for a moment then slowly release that breath. Following from the very depths out into the world. Be aware of the cool intake and the warmer out.
6. Continue on. Feel good, feel still, feel centred
7. Return to your natural breath and just follow it with a detached interest. Accept and be aware. If your mind strays, just bring it back to the focus on the breath. Stay for a while with your natural flow.
8. End session, chill for a few moments, record your session in your journal.

And that my dear friend is that. To start off with you need do nothing more, you can as you get more into the practice lengthen the time you take. But at its simplest that is meditation. Gift yourself each day fifteen minutes to practice and in just a matter of weeks you will feel calmer, more focused, relaxed and at ease with life.

## Overcoming Obstacles

You can meditate, I know you can as you have it within you. What is more I believe that if you can imagine it, you can do it. In fact, if you just take a moment.

As you are reading this

Just imagine

Pretend a moment

What it would be like

To meditate.

For your body to relax more

With every Breath

Now, finding that

Your focus turns inward

Thoughts Slow      You centre

Allowing Peace

Now

As

You imagine

How it would feel

To meditate

Relax

Let Go

Calmer

Stiller

Peaceful

Meditate

Now

As you read this

Focused                      Realising      Just                      By Imagining                      It starts  
  
To Happen                                      Now                                      Relaxed                      Focused.

Just take a moment. If you started to imagine, to follow the last few lines, you will find that even by just imagining the body starts to respond. Imagine that you are meditating, that thoughts are not disturbing you that you are centred and at peace and then allow your body to follow. The mind does not know the difference between waking reality and daydream so make the most of it.



Saying this, there are obstacles that crop up. One of the is comparing sessions which I have already talked about. Let is look at a few others that if you are not aware of may have you giving up before you start.

### **Thoughts.**

*"I have tried to blank my thoughts out, but they just won't stop. I can't empty my mind..!"*

Indeed, you cannot, and there is a good reason for this. You are human, you think!

In meditation we need to be aware of our thoughts, but in a detached way, just as we watch our breath, do not try and stop your thoughts, let them flow, but let them go. Just like watching clouds float across the sky, let your mind be the sky and let your thoughts be the clouds and breeze past.

Before a session allow yourself a few moments for your mind to calm and settle on what you are about to do. The thing is, if your mind does stray from your breath so what! It does not matter, do not stress and worry about it, just come back to the breath and carry on. The more you practice the easier this all gets, you can do it!

### **Dependancy on Location.**





When we start to meditate we get caught up in the newness of it all, we find that we are relaxing and find new levels of energy and well-being. It is important when we start to make sure that the environment and atmosphere that we practice in are suitable. (more on here later in the guide.) The more you practice meditation the more you will be able to let go of the technique and just be. This is when you start to connect to your higher self.

We can become dependant upon our location. With ideas such as “ I can only meditate in my special chair.” These location dependant thoughts are no good, tell yourself that enough and you

will believe it. Endeavour once you have spent a few weeks on your practice to have a go at meditating in lots of different locations, the aim is that be it in a mountain top or in a town centre that you can find that peace and stillness anywhere. You will always have places you prefer, but you really do want to be able to do this in any location.

We have looked at not comparing when we talked about recording your sessions. Remember...

**There is only one bad meditation session. That is the one that did not happen.**

So let us move on to,

## **Resistance**





one of my books, a new cd, incense if you manage to complete the next week/ month, sticking to your plan.

## Physical Pain & Discomfort



One thing that will happen as you learn to meditate more is you will become more aware of your aches and pains. Although distracting they can also be useful.

When we do the body scan (see back of book.) we can become more aware of discomfort and then imagine it melting away. We can then imagine our bodies being filled with radiant light that heals and soothes the aches and pains, filling the place where they used to be.

The other side of pain is we can use it as a way to see how we are progressing. If we record in our journals any pain that we feel, practising regularly we should come to a point where we notice that our journal entries no longer mention pain. As our ability to meditate grows deeper and our use of good posture develops we will find a point when the pain and discomfort no longer distract is.

## Other reasons/problems we may face.

1. "I can't find anywhere I will not be disturbed!" – Tell the family this is important to you put a sign up saying DO NOT DISTURB. If you have small children wait until they are asleep, forget that you need to tidy, you need time for you. There is always the bathroom. Meditate in the bath. Get your family to join in with your meditation.
2. "I have meditated for months and it does not seem to do me any good!" – We are brought up in a culture that requires instant results, instant gratification, instant coffee. Meditation is a slow, life long practice. If you want some of the benefits without the practice then get in touch about how you can use hypnosis to do that. Ask people around you if they have seen any changes, sometimes others notice what we do not.
3. "I have been meditating for a while but still struggle with thoughts!" – If we did not have problems with thoughts we would not need to meditate, Keep on doing it!



## Mini Meditations

Life can be busy, sometimes we may struggle to find the time for ourselves. When your average day starts at 7am and finishes at 10pm, it is time to start looking at Mini Meditation...

Mini meditations is what I have called these little moments of meditative ease for over 30 years, they do now fall under the mindfulness category as well.

Once you are familiar with some of the basic meditation techniques that you have been practising it is time to look at how we can incorporate meditation into our daily lives.

We enter meditative states several times in a day without even being aware of it. Moments where we may catch a glimpse of a butterfly landing on a flower, a bird perched on a tree outside the window where we work. For a brief moment we forget everything, there exists us and the object of our attention, all else fades into the background. We have little or no thoughts, no inner dialogue we

are just caught in the moment. Then the phone rings and we are back in the room.

As your meditation practice improves you can become more aware of these moments. Slowly learning to extend them. Initially for a few moments, eventually for a number of minutes. The more you try this the more opportunities you will see.

Incorporated into our day, mini meditations can leave us feeling refreshed and reduce stressful situations. We cannot avoid life being stressful, even if we were to run off and live in the wilderness, there would still be stressful moments. It is said that the way to enlightenment is through the trials and difficulties of our ordinary lives. We are here to learn and experience in order to become the people we are destined to be.

Some places you can practice mini meditations:

Bus Stop. Doctors, Railway Station, Traffic Jam, Supermarket Queue

“When you eat, just eat, when you walk, just walk.”

The above seed thought was said by a Buddhist master. It gives us insight into other ways of introducing mini meditations into our lives.

There are many activities we do on autopilot. Bringing consciousness into them makes the activity into a mini meditation

Example

A drink of Squash Meditation.

As you pick the glass up how does it feel?

What is the glass you are thinking of made of, what patterns does it have?

Smell the drink, does it smell sweet or sharp?

As it touches your lips what temperature is it.

As you swallow, feel it go down your throat, into your stomach.

How does it feel.

If your mind wanders, bring it back to the activity.

Think of how many activities that exist that if you do mindfully can become meditations in your day.



### A Special Place



I have left this section till later as I wanted you to get into the actual practice rather than getting caught up on aesthetics.

It can be good when starting meditation to have a regular place to practice. Most of us do not have the luxury of being able to put a whole room aside for this, but it is possible to create a small corner of our home to become our quiet space.

This spot needs to be as free from distractions as possible, with time you will be able to meditate in any situation, but for now we need to support our endeavours.

When decorating a space for meditation you do not want it to be busy, distracting. Neutral calm colours work best. A few inspirational pictures or statues that make

you think of meditation and the qualities to which you aspire. You may wish to have a candle, incense holder and a place for a glass of water should you need it.

Avoid sofas and armchairs. They are not great for posture, and you are more likely to fall asleep. Cushions are good, or plastic garden chair gives good support.

The following are things you can do that will help your meditation sessions.

1. Take a bath, wash hand, feet, blow your nose, brush your teeth, rinse your mouth, and go to the toilet before your session.
2. Wear loose fitting clothing, take off your shoes, make sure you will not get cold.
3. Deep relaxation can cause a lot of saliva build up in the mouth. If you need to swallow, swallow..

### Action Plan.

It is good to have a plan of action. You can place a copy of it in your meditation space. An example plan can be found on the next page.

### ACTION PLAN

Monday –	7am, 10 min before breakfast
Tuesday –	10.30am 5 min meditation during coffee break
Wednesday -	7.30pm 10 mins before favourite program
Thursday -	1pm 5 min during lunch break
Friday -	7.30pm 30 mins before getting ready to go out
Saturday-	9am 5 min before breakfast
Sunday -	8pm 10 min before settling for the evening

Once you get your plan it can be good to set goals. You may give yourself a treat if you have stuck to the plan for a month. You can increase times as you improve.



## Body Scan Meditation

The body scan is a great meditation to help you relax, let go of pain and discomfort and feel good!

Follow these instructions, practice daily and you will feel the benefits.

Sitting or lying down get yourself comfortable.

Tell yourself I am going to meditate, to relax, outside noises will not distract me, my thoughts will just drift through my mind, like clouds in the sky. They will not distract me..... Begin by taking some deep breaths and with each out breath allow your body to relax... Imagine you are breathing in healing, calming blue light... It slowly fills your body, relaxing and letting go.....allow any negative feelings or sensations to flow out on your breath, like a grey mist....After a few minutes, take your awareness down to your feet.... Become aware of any sensations...and pain...Let it all flow away...Allow the blue light to fill your feet filling them with a wonderful feeling of relaxation...Allow this feeling to flow up your calves and

shins...releasing any tension...it continues up the thighs into the hips and buttocks...relaxing and letting go... releasing any tension or discomfort... The light continues up the lower back and stomach...soothing, relaxing, easing any pain, releasing tensions...With each breath you relax deeper....The healing blue light continues up through the chest, upper back and shoulders...Relaxing, soothing, letting go... Be aware of the light in your shoulders, really melting away any tension... It now flows down your arms to the fingertips, relaxing as it goes...Feel it flow up through your neck...easing pain and discomfort...relaxing every muscle and fibre...Moving up your jaw relaxes and the muscles of your face...Eye and forehead relax as the light flows through...soothing and relaxing....Now your scalp relaxes.....letting go...easing....Till you whole body is relaxed....filled with the wonderful healing, relaxing blue light...Now take some time to scan through your whole body...looking for any places of tension, discomfort and allowing the light to flow through those areas...relaxing...healing...soothing... Focus upon the flow of your breath, enjoy.

Once you feel deeply relaxed, all tension gone. Become aware of that feeling as you place your thumb and forefinger together. Press firmly, tell yourself this is how this feels and repeat several times. If you do this every time you do this exercise you will anchor the feeling of deep relaxation with the action of placing the finger together, that means every time you go to meditate or need to relax if you place those fingers together your mind will start to recreate those feeling of relaxation for you, aiding your meditation practice.





## Final Words

So hopefully you have already been practising the techniques on this book. If you do as it says they really are the only techniques you will ever need.

Simple is best, strip out all the superfluous actions and what is left is purer, more powerful.

I do wish you every success on your journey with meditation. And it is a journey. Once you have mastered these simple techniques you will be able to meditation with you wherever you go, a practice is a lifetime. Remember the only bad session is the one you do not do.

The real message is just do it. If you read this, dabble then forget it then you will never gain the benefits of meditation. If you set out your plan, follow it then meditation will open up a new you.

Life does inevitably get in the way, but like falling of a horse, get back on as soon as you can and you will live a happier, healthier and more enlightened life.

As I say to my clients, if you can imagine it you can achieve it. See yourself as an old person, wise, healthy and blessed by a lifetime of practice, let that image inspire you and you will have given yourself one the greatest gifts you can give, the true you.

Many blessings

Rob

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I run workshops teaching meditation, personal development and spirituality. Teach one to one in aspects of meditation, hypnosis and spirituality.

I also see one to one clients to help them find happiness and success in their lives. As well as overcoming obstacles, fears and phobias, stress and much more.

To follow the work I do and to find out about events and workshops check out the website

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Much Love, Keep in touch!