

# Meditation Guidelines

**Rhona Jordan, C.Git, C.CHt**

Guided Imagery Therapist • Medical and Dental Hypnosis

Reiki Master • Primordial Sound Meditation Instructor

Author of her forthcoming book, *33 Guided Imageries for the Soul*

**(714) 974-4094 • [www.rhonaimagery.com](http://www.rhonaimagery.com) • [rhonaimagery@aol.com](mailto:rhonaimagery@aol.com)**

**The first three States of Consciousness: Waking, Sleeping, Dreaming  
Meditation is the Fourth State of Consciousness. Also known as Raja, Royal Path**

Place yourself on you own calendar. What time and how much time (10, 20, or 30 minutes is best)

Allow yourself to be alone or choose group meditation

Suggest meditating before breakfast and before dinner (empty stomach)

Best to not eat or drink during meditation (distraction)

Meditate at the same times each day as the body responds to the deep rest

Visit the bathroom

Sit down, perhaps on a chair, bed or floor

Sitting upright with a straight spine is beneficial as the consciousness energy travels through the Sushumna Nadi, the channel within the spine also used by the spiritual energy called Kundalini. We each have 72,000 Nadis, and there are three main ones.

Pingala (Surya) Nadi, Sun channel, lies to the right of the Sushumna, carries the vital force

Ida (Chandra) Nadi, Moon channel, lies to the left of Sushumna, carries the mental force.

Create a quiet place with no distractions: turn off phone, music and TV

Make arrangement for children or pets, allowing quite time for you

Incense is an option or a lit candle helps to set the intent or just shut the door

Get comfortable and allow your body to settle

Close your eyes

Hear and feel your own breath: follow it into your lungs, filling you lungs and diaphragm and then follow the breath out as it leaves the body.

Give your body permission to relax

Give your mind permission to fully engage into expanded awareness, drop into the Gap  
The Gap: silent space between thoughts or words

Think the sound Om or Aum representing the sound of the universe and from which all sounds have emanated.

Perhaps you have a Mantra, think your mantra  
Mantra: man means mind and tra means control  
A sound or mantra is the vehicle of the mind which liberates

Meditate

Repeat gently in your mind, thinking the sound or mantra without effort. When your thoughts stray from the sound or the mantra, gently bring your thought back to the mantra and be aware of the Gap between your thoughts. At the end of the meditation, give yourself two minutes before slowly opening your eyes and returning back into the activity of the day.  
Congratulation! You are meditating. That was easy!

Come out of the meditation gently with a whisper from someone or perhaps a phone alarm with a soft tone. (Loud or sharp tone is jarring to the nervous system). As you meditate regularly, your body will set its own timer and your eyes will open at the appropriate time.

Meditation is a choice. If meditation is important to you, you will find a way, if not, you will find an excuse.

Meditation is easy, comfortable, relaxing and offers profound expanded awareness in consciousness, physical health and measurable mental benefits. Today's scientists are proving what the ancients knew over 5000 years ago.

Rhona has joined the global teacher's path as Primordial Sound Meditation Instructor for Deepak Chopra and the Chopra Center for Wellbeing and is the author of her forthcoming book, 33 Guided Imageries for the Soul