

Je'daii Meditation

Technique from the Je'daii way



Meditation and Relaxation can be very useful. They can help relieve stress, calm the mind and help you understand something a bit more. They can take time to learn but once they are learned will be very useful. You should meditate daily but this may not be possible. Just meditate as much as possible, any time you get. I assure you it will change your life - hopefully for the better.

There are many different techniques for meditation, for more information search the internet or the *Mind, Body and Spirit* section of a book shop. You should begin to practice in a quiet room, but after a lot of practice you may be able to meditate in any place.



Calming Breath

This is a simple breathing exercise, to be practiced every day. It is useful in stressful situations, or when you feel threatened, for it helps you to remain calm, and to relax. It is presented in three easy steps. Start with the first step, until you've mastered it. Then progress to the next step. Once you have reached the third step, you will have learned the Calming Breath Technique.

Preparation

Wear loose fitting attire, so that you are comfortable. Make sure that you can breathe through your nose. If you have a cold, do not practice this exercise until you can breathe clearly.

Step One

Lie flat on your back. Put one hand on your stomach, and the other hand on your chest. Relax. Inhale so that the hand on your stomach rises, while the hand on your chest is still. Exhale so that the hand on your stomach goes down again, and the hand on your chest remains still. Repeat for 5 breaths. Now, when you inhale, breathe in so that the hand on your chest rises, while the hand on your stomach is still. Exhale so that the hand on your chest goes down again, while the hand on your stomach

remains still. Repeat for 5 breaths.

Alternate between stomach and chest breathing for 5 minutes. Make sure you've mastered this step before moving on.

Step Two

This step combines stomach and chest breathing into one breath. This is the Calming Breath.

Lie flat on your back. Put one hand on your stomach, and the other hand on your chest. Relax.

Begin by stomach breathing. When you feel you can't inhale any more in this manner, switch to chest breathing, until the upper part of your lungs are filled. Then exhale by chest breathing first, progressing to stomach breathing so that you empty the lungs fully. Repeat for 5 minutes.

Breathe slowly. If you feel dizzy, slow down, you are breathing too fast. If you are out of breath, you are breathing too slowly. Listen to your own body's messages. If you are having difficulty distinguishing chest breathing from stomach breathing, go back to Step One.

Step Three

Stand or sit with your back straight.

Use the Calming Breath and follow this pattern. You will have to count the rhythm in your head. I will teach you the rhythm 4-4-4. Count to 4 while inhaling, hold your breath and count to 4, then count to 4 while exhaling. Once you've mastered this you may use a 4-4-4-4 rhythm if you prefer. It adds an extra step of holding your breath after exhaling and counting to 4. Take care not to hold your breath too long. Again, listen to your body. Repeat for 5 minutes, or until you are calm.

Practice so that the Calming Breath becomes effortless, and inaudible. You should breathe no louder than usual. Once you have mastered the technique, it should be invisible to the untrained eye, making it useful in almost any situation.

The calm mind can more readily feel the ebb and flow of the Force.

Je'daii Meditation

Meditation is a very important part of becoming one with the Force. Meditation helps to calm and clear the mind, easing stress and emotions. To learn the abilities the Force offers you must first learn to control yourself. Once you have mastered the Force within you, you may begin to master the Force around you.

The basic technique teaches you to control your own mental process, and allows you to focus your thoughts on one object, thought, or goal, the object of your meditation. Start with a simple object, like a candle or a ball, but in time you will learn to focus on anything. After you have mastered meditating on physical objects, you may proceed to mental objects such as mental images or goals. Make sure your mental object is clearly defined in your mind.

Technique from the Je'daii Ways

How to start:

Sit in on the floor, or on a cushion, with the spine and neck kept straight. Wear comfortable loose clothing, and make sure you are comfortable in the room, free of distractions (not too cold or hot). Place your hands in your lap, palms upward.

Relax your entire body deeply and quickly, using the Calming Breath Technique. After you are relaxed, regulate your breathing to a calm and peaceful rate.

If you are using a physical object, focus your vision on the object, otherwise close your eyes.

Begin to shut out distractions (noises, etc.), as you focus your attention inward. Try to keep your

thoughts from wandering, shutting out stray thoughts.
Concentrate your thoughts upon the object of your meditation.

Practice these steps until you are able to concentrate on the object without distraction. Once you have mastered these steps, you should gain a sense of that object through the Force. Stretch out with your feelings, and perceive the object.

Listening to music may help if you find it difficult to stop thinking. Focusing on the music is, to me, better than breathing as when I focus on breathing I mentally count each breath.

Meditation gives you a more positive mental attitude, calms you and relaxes you. It is good for stressful situations. If you are stressed at school or work, or for any reason - meditation can help. If you can't get the hang of meditation, contact a Council Member or certified teacher of this Order and they will happily explain and help you more.

