



# HOW TO MEDITATE

Single pointed meditation  
Mindfulness meditation



# WHY MEDITATE ?

As they teach us and then made us experience ourselves, the buddhist Geshe Lhakdor La, the tibetan Yogi Dr Chok La and the nuns of Tsum Nam Ling as well as all the spiritual masters we've met on our path, meditation can take several forms. Their point is the same but they act at a different level of conscious to bring our mind peace.

Meditate is a tool to reach mental calmness, discipline our thoughts to pause the buzzing noise animated by our mind. A regular practise allow us to prioritize, to see what really matter, to perceive what is as it is, without the prisme of our programmed misperceptions. As we get use to this state of mind, we start connecting with our heart's wishes, our higher self, the core of our being. There is an infinity of meditations. Their practise are ruled by different tradition, practice, experiences of each and everyone of practitioners and masters. All of them can be categorized in two different types (as much as we can put in little case such open minded practice) :

- Single pointed meditation : *Sati Patana*
- Mindfulness meditation : *Sati Upathana*

## THE POINT OF MEDITATION :

Learn how to remain calm  
Ask ourselves "Who is the calm one ?"  
Let the calm one disappear

## THE 4 NOBLES TRUTH

base of the Buddhisme, teach meditation as the way to reach long lasting happiness by seeing the reality as it is.

1. RECOGNIZE THE EXISTENCE OF SUFFERING
2. IDENTIFY THE CAUSES OF SUFFERING
3. RECOGNIZE THE EXISTENCE OF HAPPINESS
4. IDENTIFY THE CAUSES OF HAPPINESS

# -1- SINGLE POINTED MEDITATION

THIS FIRST CATEGORIES OF MEDITATION IS BASED ON FOCUSING OUR MIND ON ONE SINGLE THOUGHT.



## METAPHOR OF THE GLASS :

The essence of our mind is like a clear glass of pure water. Each bad thought, each negative outlook, each action lead by hatred or anger are like handful of mud thrown in the glass. First they disturb the quietness of the surface, then they contaminated the water as far as making it undrinkable, saturated and foggy. Meditation is the action to allow the liquid to be purified again. By discipline our mind to remain calm we let the mud quietly settle down and the water can return to her natural state : clear and pure.

## WHY SHOULD WE TRAIN OUR MIND IN THE FIRST PLACE ?

Mental is like our body, it can be trained and change to fit the big picture we want to reveal of ourselves. Instead of using all our mental space as a storage for programmed ideas and thoughts inspired by media, our modern societies and all advertising in general, we must let settle down all the mud of imprints and absorbed messages, they do not belong to us, our essence. We must clean our herited perceptions leading us to the belief that happiness can be found in consumption. We must purify our system of thoughts to free space for new thoughts, more positives and lighter ones. Single Pointed meditation is a training for the mind to focus on the bright side of things. Find the discipline to follow only the thoughts consciously defined as "enjoyable", "harmless", "positives", "inspiring".

By canalizing our energy and efforts toward this goal, we can really impact our everyday mood, reveal the true potential of our lives and reach general and long lasting state of happiness.

## HOW DO PRACTISE SINGLE POINTED MEDITATION ?

To start with single pointed meditation : we should focus on one object and try to keep our mind on it as long as we can without letting our thoughts being distracts and fly away like beautiful colibris.

### 1 - Breath focus

Nostrils : One of the most common example is to center our mind on our breath and its effects on the part right between our two nostrils.

Counting our breathes : Another very simple and efficient exercise is counting our breathes. From the moment we start engage with our thoughts we will lose our count. We need to start from zero again. Mental calmness can be reach from 21 breathes in general after few practices. Before any spiritual exercise or as the object of single pointed meditation you can train with reaching the sacred number of 108, which should take you approximately 25 minutes.

### 2 - Other objects

You can also dedicated your meditation to center your mind on visualizing an image you connect with, a mantra, a sound, a physical feelings, the flames of a fire, or even a part of your body.

### 3 - Geshe Lhakdor La favorite objects' of meditation

In its book writing in collaboration with Charlotte and Anaïs, Meditation and Mindfulness, the master of Buddhism teach to focus your mind on these four objects :

- body
- mind
- phenomenes
- feelings





### BENEFITS AND LIMITS OF SINGLE POINTED MEDITATION

According to our buddhist master from the tibetan lineage, those who share with us their wisdom about meditation, following our own years of practices, we all acknowledge that this type of meditation give us an immediate and powerful "feel good" effect. An enjoyable peace of mind, a deep and welcome inner calm to quiet down our thoughts and let us space to discipline our mental. To change our habits, ours schemes of thoughts can only be efficient is we understand and face them, seeking for the real source, identifying the roots of our suffering. Practicing single pointed meditation doesn't allow to go as far as remove our seeds of these schemes. They will arise again in wave of melancholy, depression and bad mood. That's why we must eradicate the roots and not only control their effect to reach long lasting happiness.

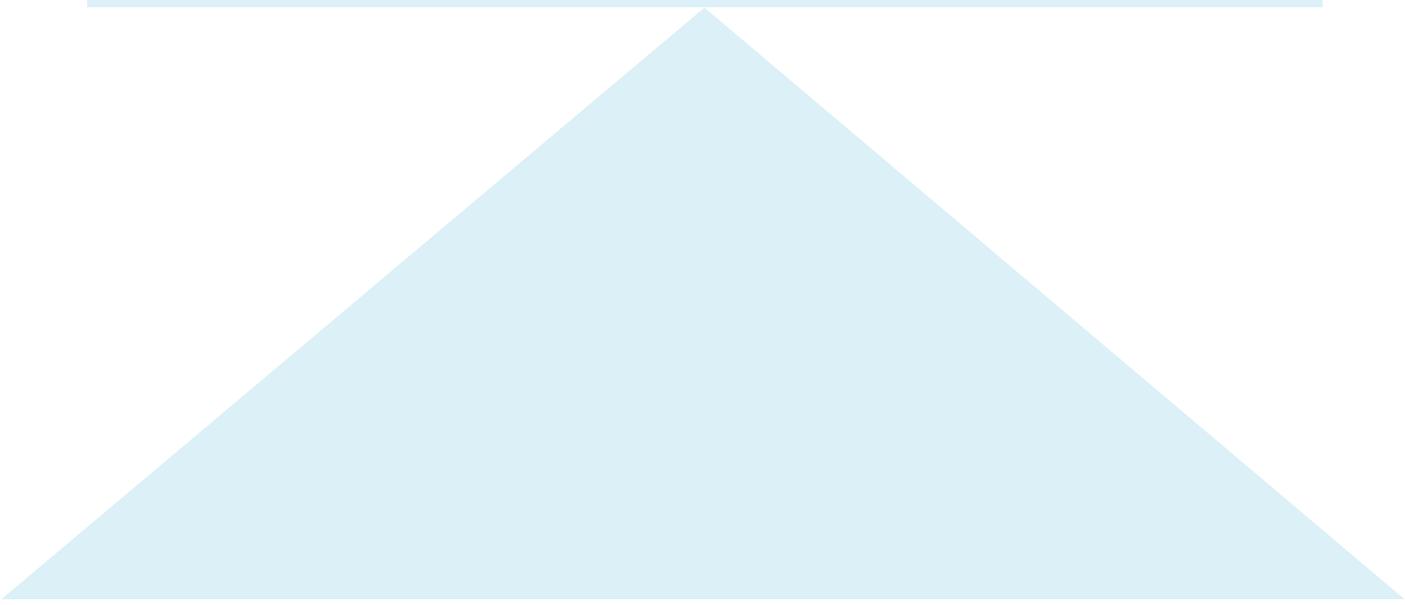


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## MINDFULNESS MEDITATION

This type of meditation allow us to work on a deeper scale and localize the sources of suffering, liberating ourselves from our own illusions and misperceptions of reality. Not only it instaure deep mental calmness and allow us to see reality as it is without emotionally engaging ourselves but also it's a great way to purify our negatives thoughts.

Why do we really need to identify the sources of our negatives interactions The quest for the sources of our excessive actions, our repeated behaviour, those which make us regrets, feel guilt, those disturbing reactions will reveal their roots. Very often they take their strength from our fears. We need to be brave and dare to dig in our guts and uncover them. This trauma lived years ago, this sentence heard too many times, the instauration of a negative link between two phenomena, persons or situations... We need to dare to look at them again with a different look. If we can't change the past, we always keep control of our visions of events. Mosty every reason why we can't accomplish ourselves, why we keep repeating the same programmation come from our herited or projected fears. They do not belong to us. If we can't identify them, how can we confront and eradicate them ?



## HOW TO PRACTICE MINDFULNESS OR ANALYTIC MEDITATION ?

Mindfulness meditation guide us through our quest toward these roots by teaching our mind how to see things as they really are. Discipline our mental not to see the world via our own filters and misperceptions but to see reality as it truly is, with or without us. Really often, the gap between the two versions is huge. The good news is it can always be reduce, a bridge can be build to connect both visions.

### MINDFULNESS MEDITATION IS TEACHING OUR MIND TO SEE DIFFERENTLY

- what we think is permanent (bodies, persons, situations, life, ...) as impermanent
- what we think is pure (minds, bodies, memories, believes, ...) as impure
- what we think is important (grasping, accumulation, consommation, ego) as futile

### ANALYTIC MEDITATION IS LEARNING EQUANIMITY

Equanimity could be resume here as not getting involved in ups and downs in life. Remain calm and neutral in any situation to truly see it as it is.

This meditation invite us to look for every sides of a subject with a maximum of distanciation to explore it from an neutral outlook and realize the truth as it is. Nothing is never made for or against you, every action is take toward its own initiator.

By revealing the ropes of our own schemes we can free ourselves from being a muppet, connect with our own heart voice's and find the strength to follow our path toward long lasting happiness.

Next step is to identify who's the puppetry. The ultime one is to make him disappear.

### METAPHOR OF THE GLASS :

If the single pointed meditation is the way to settle down the negatives thoughts, the analytic meditation is the action to pour waterfall of water until the muddy left over is entirely removed out of the glass. Then mental calmness is reached (the water is clean and pure again) but this time this state will remain longer or for ever as there is no more mud to blurry the water. We reach a permanent state of peace of mind as we reach during our single pointed meditation. Being happy, calm and equanime become then an effortless lifestyle, a total reconnection with the essence of our being, a re pgrammation toward more positive thoughts, a deep cleaning of our own fears and herited conditionnement. A freedom making us closer to realise the full potential of human life and enjoying the path of love toward our own heart.



## **BENEFITS AND LIMITS OF MINDFULNESS MEDITATION**

Everything rising after the switch of your mental outlook will move your energy and change your reality. The law of attraction, your higher vibrations, we all attract what we reflect, the karma effects... You will experience abundance, inspiration, everyday and long lasting happiness, the realisation of your own power, the use of your own gift toward other's happiness... We can only let you imagine the benefits and the rewarding of taking the path toward happiness with meditation...

Look how far our sweet colibris have gone ?



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