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## 5 STEPS TO DEEPEN YOUR MEDITATION PRACTICE



SAMAVIRA

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# INTRODUCTION

Are you having difficulty remaining consistent with your meditation practice? Or do you wish to deepen your meditation practice further?

Take a deep breath.



**“Every day you get dirty, so every day you need to shower. Every day you stress, so every day you need to meditate.”**


**Buddhist Monk Pasura**

This powerful guide will help you amplify the positive effects of your meditation practice so that you can become better, stronger, and more connected in your everyday life, and meet the best version of yourself.

Let's get started!



# #1 ADJUST YOUR POSTURE



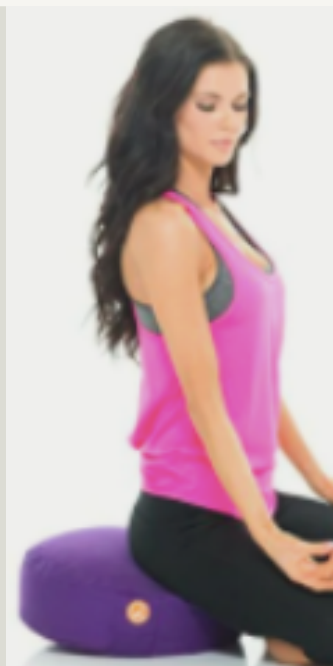
“Meditation is less about knowing what to do and more about knowing what not to do.”

Headspace

Let's start with a simple, yet highly effective way to improve your meditation practice. In order to meditate effectively, it is important to learn how to sit correctly. Your posture is one of the most important elements of your meditation practice, as your posture co-determines the depth of your meditation.

Let's start with your back and neck. Sit down comfortably, with your back and neck straight. It is very helpful to put a cushion, bolster or blanket under your buttocks to help elevate your spine. Sit at the front edge of it, to tilt your pelvis, which makes it easier to keep your back active and straight, against slouching and back pain.

Keep your neck straight and your chin slightly down, without bending your neck forward, to stay in your body. When your chin goes up during meditation, this is an invitation for your mind to start daydreaming.





# #1 ADJUST YOUR POSTURE

## CONTINUED

When it comes to your legs, try to sit it in a cross-legged position. If this is not possible for you, you can sit on a chair with your feet flat on the ground. Do not cross your legs or ankles.

In both cases, remove the flesh from your buttocks, so you can feel your seating bones touching your seat. This will help you to sit more stably.

The reason it's important to keep your posture stable, balanced and static, is because an immobile body leads to an immobile (still) mind, which is a welcomed effect of the practice.



# #1 ADJUST YOUR POSTURE

## CONTINUED

Regarding your arms and hands, sit with your shoulders rolled back and your hands in your lap, with the right hand on top of the left (unless you are left-handed, then turn around). The right index finger should be touching the left thumb. This hand posture puts your chest and shoulders in the most natural width and position for your specific body type.



Overall, if you are feeling discomfort or pain during your meditation practice, it is perfectly acceptable to move your body or change your position. Try to make any necessary adjustments slowly and mindfully, focusing on small micro-movements, so you don't take yourself out of your meditative state.



## #2 TAKE SMALL STEPS



When starting your meditation practice, don't worry whether your meditation time is long or short. Instead of focusing on lengthening your seated practice, the key is to focus on creating regularity. It is more effective to meditate 3 times per week every week, than to push yourself and meditate 5 times this week, but 0 times next week. This way, the time length will increase by itself over time. We call this mechanism “frequency over length”.

The reason this mechanism works well is that our amygdala, also called the ‘fear center’ of our brain, does not like sudden changes, even when the habit we are building will be good for us. When we increase our meditation time step by step, our amygdala does not become activated and does not try to prevent us from making this change in our lives.

## #2 TAKE SMALL STEPS CONTINUED

To continue building on this, let's debunk a meditation myth. It is a common myth that we need to have one long, uninterrupted meditation. Instead, we focus on becoming aware of (and coming back from) distractions. When you get distracted, cultivate awareness, pause for a moment, acknowledge the distraction for a second without any attachment, and let the thoughts, emotions, noise or other distractions pass you by like clouds in the sky, to gently come back to yourself and continue your practice. Take distractions as a beautiful reminder to return to yourself. Everything that is going on is a reminder to go deeper inside yourself.





## #2 TAKE SMALL STEPS CONTINUED

To take this one step further, you can start implementing 'micro-meditations' in your day. Micro-meditations are 'small pieces of meditation' and could be 30 seconds, 1 minute, or a few minutes long. The purpose of micro-meditations is to make it easier for yourself to stay mindful throughout the day. Some people practice "OHOM" - One Hour One Minute. Every hour, they meditate for 1 minute. Meditation and mindfulness strengthen each other: practicing meditation helps you to go through your day more mindfully. At the same time, being mindful helps to drop into your meditation more easily.



## #3 PERSONALIZE YOUR MEDITATION STYLE

“Meditation practice isn't about trying to throw ourselves away and become something better. It's about befriending who we are already.” Pema Chodron

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A meditation app or guide can be very useful when you are new to meditation. However, if you stick to guidance longer than you need, it could lead to a plateaued experience, preventing you from going deeper into your practice.



It is ideal to learn how to create a personalized meditation style as there is no one-size-fits-all. When you're meditating independently without guidance, you can give yourself precisely what you need - perhaps you've had a rough day and need longer preparation at the beginning of the meditation to calm down your mind. When you're following a guided meditation, you need to follow along to 'keep up'.

## #3 PERSONALIZE YOUR MEDITATION STYLE CONTINUED

Having said this, it is important to maintain the correct order of meditation elements to prepare your body and mind to sink into the meditative state. For example, the body scan is one of the foundational meditation elements to start with, to help relax and prepare the body for the rest of the meditation. There are various alternatives to the body scan however, so you can find the version that works best for you.

Research different meditation techniques and styles, experiment, use observation and self-reflection to find out what works best for you, and create your own personalized meditation style. You can also find a meditation coach or trainer to help you.



## #4 CREATE A MEDITATION HABIT

“

We are what we repeatedly do.

Excellence then, is not an act, but a habit.” Aristotle

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Developing the habit of meditating has the potential to be life-changing. You know that something has become a habit when you've made a switch and it's simpler to do it, than not to do it. A habit is created through a balance between willpower (discipline), and intrinsic motivation - they build on each other.



The best way to start building a new habit is to 'know your why'. What is your motivation to want to build a meditation practice? Remind yourself of this motivation regularly, so you keep connecting to your intrinsic motivation, which will help you tap into the discipline to build the habit and operate from 'pull', not push.



The second important aspect of habit-building is self-reflection. Find your best moment(s) in the day to meditate. Is it the morning, afternoon, evening? Keep your practice going by using conscious gratification and rewarding yourself. Give yourself a (healthy!) little treat every time you meditate, as your brain naturally likes this 'feeling of achievement', which is called subconscious conditioning. Everything counts, regardless how little or short.



## #4 CREATE A MEDITATION HABIT CONTINUED



Using an accountability system can also help you go a long way. Find a friend (a meditation-mate!) to keep each other accountable to meditate, either by doing it physically together, or separately at home (and virtually ‘check in’ with each other). You can also join daily or weekly live-guided group sessions online or even in-person. Moreover, the group energy can help you drop deeper into the meditative state - much like productive coworking.

Lastly, an easy way to build a consistent practice is to use a habit tracking calendar. You can [download yours here!](#) Research shows it takes (on average) 66 days to build a new habit. Hang or keep your calendar in a noticeable place and cross off the days you meditated. The psychology behind this is to not break the chain! As mentioned, our brains really like this feeling of achievement, which means this is an effective tool!

**66 DAYS** **DAILY MEDITATION TRACKER**  
"Every day you get dirty, so every day you need to shower. Every day you stress, so every day you need to meditate." - Mark Pauer

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31	32	33	34	35	36
37	38	39	40	41	42
43	44	45	46	47	48
49	50	51	52	53	54
55	56	57	58	59	60
61	62	63	64	65	66

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## #5 SET UP YOUR ENVIRONMENT FOR SUCCESS

Last, but certainly not least, it is important to set up your environment for success.



Connected to building a sustainable meditation habit is creating a dedicated meditation space. Having a committed space, your body and mind will begin to associate it with a feeling of serenity, which will assist you with getting into the practice all the more effectively, quickly and profoundly.



It helps to ensure you are in a calm environment. However, if there is noise around you, it can help to put on headphones (with or without music).



You can also create a sensorial experience. Dim the lights a little. Use smells such as lavender oil or incense for relaxation. You can also use candles, crystals and other elements if you like.

## #5 SET UP YOUR ENVIRONMENT FOR SUCCESS CONTINUED

Music can also be a great way to assist us with getting into the meditative state. Music can help calm your brainwave frequencies as our brains will follow the waves of the music and get in sync with the natural rhythm of our body.

While preferences differ per person, the music that generally helps the most are those with slower tempos. They tend to be less stimulating and can help you slow your breathing, activate the parasympathetic nervous system (the 'relaxation response'), and settle your busy mind.



You will know you have chosen the right music when you feel more whole, regulated, and at peace following your meditation. Here are some [different music audios](#) to help you, enjoy!.

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**“Meditation starts with your eyes closed  
and ends with your mind opened.” Unknown**

**Enjoy putting these tips into practice!**

# ABOUT SAMAVIRA

## About Samavira

We are Samavira! A community of passionate meditators with a mission to spread peace of mind (SAMA) and courage (VIRA) to the world through a unique meditation experience.

Our modern-day meditation method is rooted in ancient tradition. Samavira is the only meditation training that teaches you how to create your own meditation style and routine without relying on a device, and is brought to you through our global network of certified instructors. You can read more about [our trainings here](#).







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