Holistic

Wellbeing

Guide your child to stand on his own two feet

By Purvi Laxman

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Acknowledgments

This book is an example of a single thought turned into words.

The completion of this work is based on various helpful observations that I had during my visits to multiple places, schools and Ashrams.

I am thankful to my parents whose strong belief in the divine and the values they instilled in me gave me the awareness to realise the simplicity of life.

My son Vivaan Modasiya for being a living example, a subject for study at his young age of 4 years. His dedication in practising meditation assured me that my idea was reliable and meaningful.

I am grateful to have been a part of the PDA Education Assistant course in Edinburgh College – this gave me a broad perspective with which to understand the world of children.

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I believe every energy from nature that has come towards me during this process has given me the strength and positivity to accomplish my work.

Meditation is introspection,
The reflection of yourself through your inner self,
Observation and evaluation of your mind's activity,
Recognition of yourself,
The ability to understand the universe through the simplicity of nature.
The ability to understand the purpose of one's life.
It enables you to believe in yourself.
The more you simplify your life, the more you will understand about the subject of meditation,
as a therapy that brings peace to your mind, body and soul.

Introduction

Life is a creation of a single thought;
It all begins by a spark of that thought!

This book is a tool that serves to spread my message to all parents, teenagers and people who work in educational settings, in order to create awareness of meditation from an early age.

Briefly, this can positively affect our busy lives by helping to get rid of stress and attachment and helping us achieve self-realisation and build self-esteem.

This book is designed for parents who struggle to dedicate time for their children, parents who are balancing work and family life. With that in mind, I have designed a small book that is easy to read and which

offers a quick background on meditation (mindfulness) and its benefits.

Teach your children from a young age the reason of “one existence” and how one can serve humanity. Introduce meditation from a young age, so your child is able to control the mind with consciousness, which in real life means living life with full awareness.

As parents, our main dharma (duty) is to create an awareness of wisdom within our children, so we can have a better world, by steering our future (our children) on the right path. Wanting a better world is a desire that every human being should have, as each of us are part of this large universal living space. As mentioned in Maha Upanishad

"*Vasudhaiva Kutumbakam* – the world is one family". This means inclusion, equality and diversity among humanity. Acceptance and generosity are two of the many mantras of the modest life.

Chapter 1

Meditation

I am not the body neither the mind.

Meditation is a method of controlling and organising our mind. Make your mind work for you instead of being a slave of your own mind.

It's not a hard process nor is it impossible, it just requires discipline and a routine that will gradually give you inner happiness, along with the ability to have patience. If you practise regularly, it will help you to find yourself – your real identity that is perhaps hidden in the fake world of illusion that we call identity.

What is Identity?

Identity is a portrait, a perception that displays in the real world as I. We spend most of our time living within this image which we have gained or modelled from our culture, values and status. But, it is a mere illusion created from our mind.

As we live in this fast-paced environment where everything is seen as just a "quick passage" in our life. We tend to forget the inner essence of our existence and rely only on identity. Therefore, it is important as humans to find our inner self to fulfil our self-actualisation; mediation is the ultimate foundation in recognising that I.

There are two different aspects to identity: personal identity, which is an outer-world

description of the person in terms of features, gender, religion, background, qualities and habits. Another is spiritual identity which is related to our inner world. Spiritual identity can be obtained by self-introspection, knowing yourself to the extent that you realise happiness and satisfaction from within. Spiritual identity is our true, pure identity that is the base of our existence.

When we reach this stage, we are able to control our mind totally by being conscious of creating positive thoughts and a harmonious ambience around ourselves.

From my perspective, mediation is a subject that allows for the study of the inner world. It's a subject where science and spirituality are connected to each other. The only difference from other subjects that we

learn in educational settings is that meditation requires time to understand and it is a lifelong process. While other subjects can be studied in a limited time, where we can determine the start and end, meditation is eternal and beyond these fixed limits. We all have a natural curiosity about science as it gives us awareness of our external body, the external world. But, the purpose of our existence is to learn about our inner world, which is connected to our soul and supreme-Creator. Listen to your inner voice. Allow yourself a break from the hustle and bustle of a busy life and experience the stillness within you.

Finding Your Inner Self

Finding an inner self is finding our true existence, the true realisation of human beings. It is the ultimate purpose of our life; by delving into the inner world, we will experience true happiness and peace within ourselves. This will lead us into contact with our supreme, the creator, the bright light that conquers the undefined universe.

Over the years, I have had the opportunity to read many religious books: Hindu, Buddhist and Christian. And I have met with wonderful people who taught me about each religion, including Islam. The one common thing that I have understood from all these sources is that humans have most evolved neurological system, the most intelligent

species in the world and only they can reach the creator.

For ordinary people who are busy in their day-to-day life, who probably never heard about the power of meditation techniques or if they have, they never tried to practise, and if they practised they did it just a few times and then gave up. It becomes a little hard for them to delve into this ocean of stillness. To be able to experience this nothingness a person should be able to ignore what is happening around him. A disturbed mind caused by reason of samsara (living in a practical world, the cycle of birth and death) such as, family issues, lack of concentration, laziness, social and financial worries: these are the main disruptive causes that put boundaries on exploring ourselves.

The one mantra that applies to overcome all these disruptive causes is to practise techniques of meditation continuously on a daily basis. Initially, you can start this practise for a few minutes and gradually increase the time. It doesn’t matter if your physical body is tired or sick the only thing that you need to concentrate is in your spiritual body (inner energy) that is beyond the physical.

Basic Methods of Meditation

One of the techniques that has been used with success by most people is the breathing technique. Sitting in a cross-legged position, with hands resting on thighs and palms facing upwards, breathe in from your right nostril, and breathe out from the left; while breathing in use the help of your finger to close the left nostril. Keep alternating between nostrils using the same technique.

Another method is to focus on thoughts, simply by sitting in a quiet comfortable place, avoid any noise and concentrate on your mind. Analyse what kind of thoughts it is processing. This means in meditating language to ignore negative thoughts and accept positives. In my personal experience,

this last method helped me to enter into the meditation process easily, when I was at the beginning of my journey towards Yoga. I used to do this exercise daily, in the morning and that helped me to control my anger and anxiety. It gave me a new approach with which to view the world. It taught me to be passive; it nurtured the empathy inside me, the ability to accept things the way they are.

There are two important facts that we must remember in meditation: one is sitting with a straight **spine** and another is **facing east**, this will allow a flow of positive energy and relaxation of the body's muscles.

*The **Spine** is a tool that connects the human body with the universe itself.* An erect and flexible spine is essential for the

development of the mental and physical aspects of the human body. Therefore, most of us prefer to sit upright with a straight spine while doing any study, work or even reading, this helps the mind to easily capture and absorb the information.

A simple exercise done for a few minutes can transform your quality of life: this can work as an energy charger for the whole day. It will give stability to the mind, enabling positivity around you.

Feeding your mind with meditation will allow you to be motivated and be in harmony with yourself – be your own best companion. Nobody can understand your inner "I" more than yourself. Give time to yourself.

Unfortunately, some of us have misunderstood the meaning of "stillness" as

we think it means stilling the mind from processing thoughts. Our misconception is that I am mind. Yogic language explains that I am not the mind nor the body. So to experience stillness, you cannot stop your mind, let it work naturally, that is its duty the same as you cannot stop your blood moving into different veins. The only thing that you can do is to focus towards a single point. Then you will experience that stillness. To achieve this level requires a lot of patience and time. Until then stick with the basic technique that will eventually take you towards this beautiful journey of exploring yourself.

There are no age or health restrictions when it comes to practising meditation. Anybody can do this exercise at any time of

the day that suits his or her lifestyle. However, mornings and evenings are the best times to practise as sunrise and sunset create a peaceful atmosphere. Every individual is different and unique so the choices can vary. It is essential that you listen to your body's needs and comforts.