

RAM DASS

MEDITATION KIT

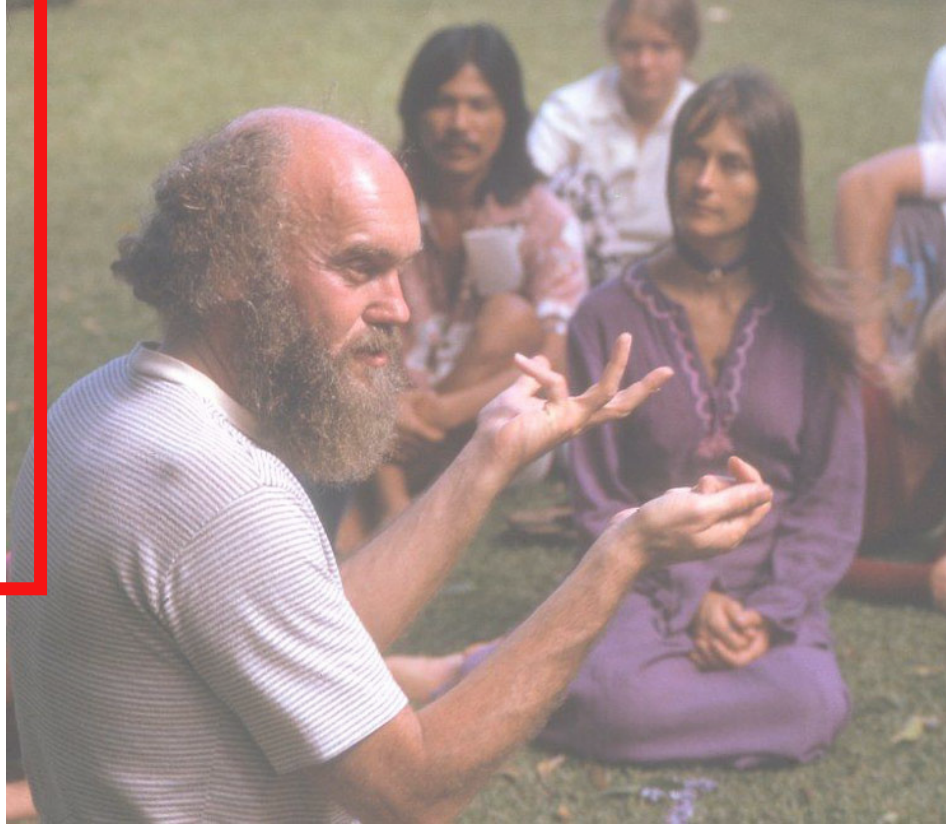
BOOKLET

03 Introduction to Meditation

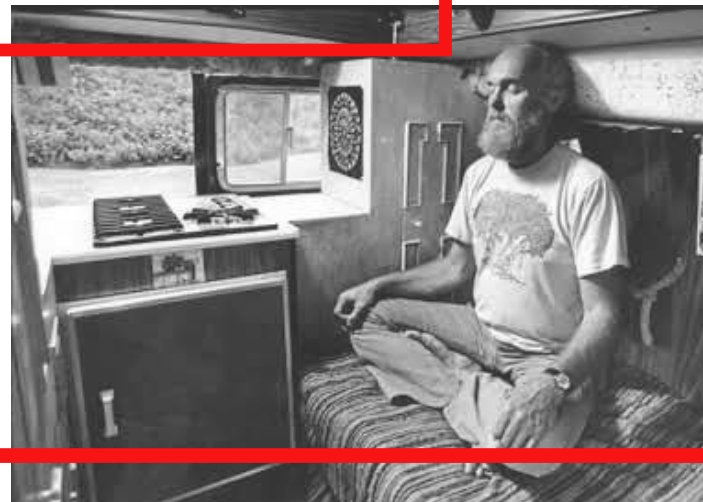
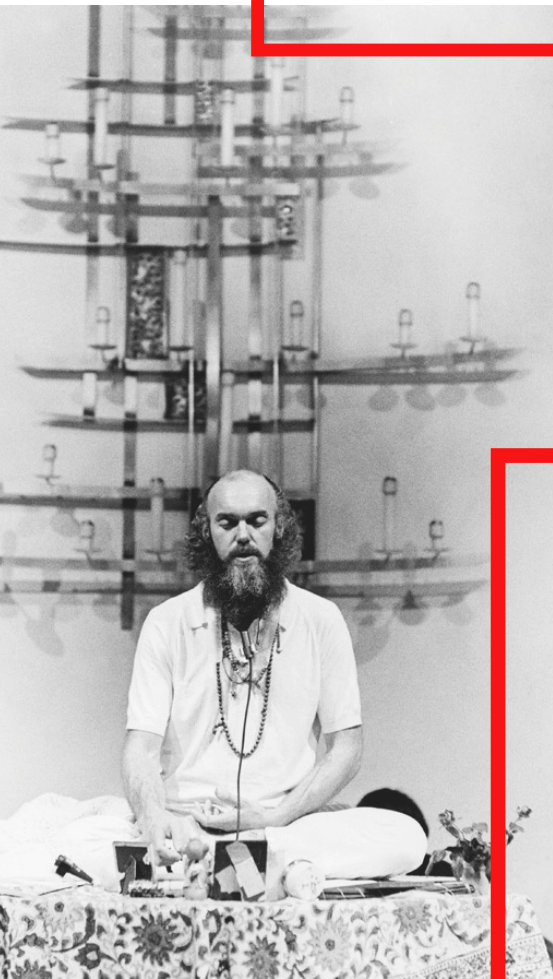
19 How to Use a Mala

22 Meditation Transcriptions

28 Podcast Show Notes



C O N T E N T S



DIGITAL USB

01 Ram Dass Here & Now Podcast - Episode 14: Meditation

02 Ocean of Awareness Meditation

03 Sweeping Meditation

04 Resting in Love Meditation

AN INTRODUCTION TO MEDITATION

START HERE



AN INTRODUCTION TO MEDITATION

Meditation is basic spiritual practice for quieting the mind and getting in touch with our deeper Self, the spirit. Meditation provides a deeper appreciation of the interrelatedness of all things and the part each person plays. The simple rules of this game are honesty with yourself about where you are in your life and learning and listening to hear how it is.

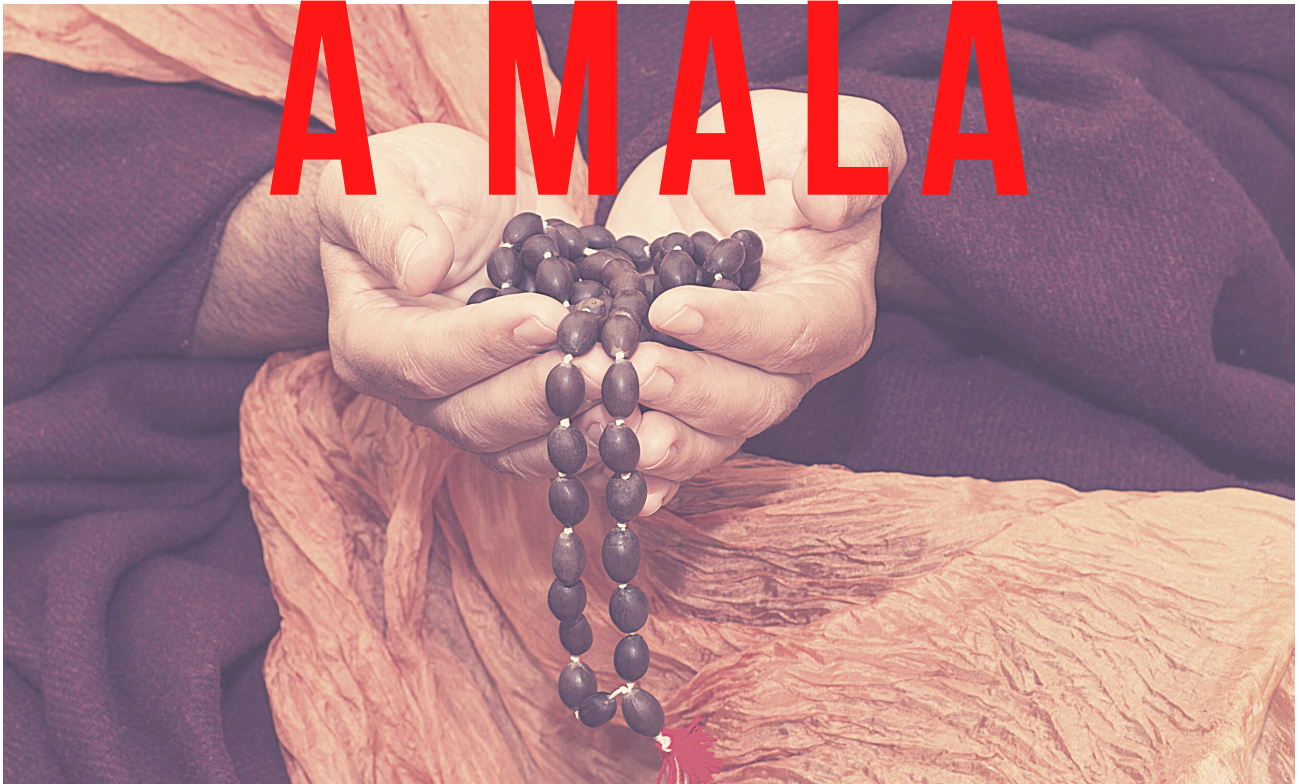
Meditation is a way of listening more deeply, so you hear how it all is from a more profound place. Meditation enhances your insight, reveals your true nature, and brings you inner peace.

A meditation practice is extremely useful in clearing stuff away and letting you see how your mind keeps creating your universe.

(continued)

AN INTRODUCTION TO MEDITATION

HOW TO USE



A MALA

WHAT IS A MALA?

A mala, is a string of beads. Used to chant the names of God. It's the same thing as prayer beads. Or a rosary. A Hindu mala typically has either 108 beads. 108 being considered a sacred number in Hinduism. Likewise, 27

beads, which is one-fourth of 108. In addition to the 108 or 27 "counting beads," a mala generally has an additional bead. Called the "guru bead." Which hangs perpendicular to the circle of counting beads.

CREDITS

Introduction to Meditation Article was excerpted
from: *Polishing the Mirror: How to Live From your Spiritual
Heart*

By Ram Dass & Rameshwar Dass

All other articles, transcriptions, notes and images provided
by the Ram Dass Archival Library.

© 2020 Ram Dass Love Serve Remember Foundation