

Vikas is a master of the science of meditation.
Read this book immediately to master your life

Swami Chaitanya Keerti, Editor, Osho World Magazine

The Little Manual of **MEDITATION**

15 Effective Ways
to Discover Your
Inner Self



Vikas Malkani

Best-selling author of

THE LITTLE MANUAL OF ENLIGHTENMENT



By the same author

- ★ The Little Manual of Success
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- ★ The Little Manual of Happiness

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MEDITATION

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Meditation is not a means to an end.
It is both the means and the end.

J. Krishnamurti

To my beloved master, Swami Rama of the Himalayas,
who through meditation introduced me to my Self.
I am eternally grateful and indebted to you!

Meditation has been the grounding force in my life;
it has kept me stable regardless of the externals.
Meditation has shown me the truth of my own existence.
It is a treasure that cannot ever be taken away from me.

Testimonials for Vikas Malkani and His Teachings

I have become more aware, more focussed and am more mindful of my interaction with others. Meditation has given me easy and quick techniques to get into this state as and when I want.

Sue Olivier, South Africa

Meditation has shown me the path to living in the moment. I am definitely calmer and can see each day fully. I feel a sense of lightness within myself.

Rhonda Howarth-Kuo, Australia

It has made me more conscious of the many blessings in my life. It has given me calmness and I live consciously every second of every day.

Kit, Singapore

Meditation has made me calmer and happier. It has given me a completely new perspective on life and I now interact with the world very differently. Definitely a technique I would recommend to others.

Sudhanshu Sarronwala, India

Meditation has and is continuing to help clear clutter from my mind—all the ‘non-value’ adding stuff such as unnecessary worries, unfounded suspicions and fears. It has given me clarity, focus and energy to deal with work and relationships. I have been meditating for over two years now with great benefits.

*Ruth Chua, Founder,
Gaia Yoga, Singapore*

Meditation is one tool that helps me in my daily life to become calmer, less irritated by unimportant things. It gives me the opportunity to explore myself, being together with no one else but myself, quieting my restless mind. But the most beautiful thing is that meditation brings you in contact with your real, true Self. This morning while meditating, I was able to catch a glimpse of my soul, realising what beautiful beings we are—pure light, love and without any limits. I felt what it means to love unconditionally and to be free of fear and restrictions. It was one of the most wonderful experiences of my life, hard to describe, mind blowing, divine and utterly peaceful. I am very thankful for this experience and I am deeply grateful for the guidance of my teacher Vikas Malkani.

Antoinette (Toni) Biehlmeier, holistic therapist, Germany

Meditation has made me realise that I create my own experience of life. I am much more confident now, relaxed and more optimistic.

Lweendo Gravelle

Meditation has shown me that I have full control over my life. It gives me a greater ability to see things with clarity. I have become much more appreciative of the blessings of my life.

Janis Tan, Singapore

Meditation has benefited me tremendously as it allows me to be more objective in my life, seeing all sides of it and choosing my action. It helps me to relax my body and calm my mind. Meditation makes me feel in control and centred.

Jarrod Benson, UK

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Author's Note

In every culture and society, all over the world, people are educated in the skills needed to function in that culture—how to talk, think, work and investigate the objects and experiences of the external world. When in school and college we learn sciences such as biology, ecology and chemistry in order to understand the world we live in, but no one really teaches us how to understand or attend to our inner dimensions.

We merely learn to assimilate the goals, fashions and values of our society, without knowing ourselves. This leaves us ignorant about our true nature and dependent on the advice and suggestions of others. In this book, my attempt is to explain the importance of learning meditation. For meditation is very different to all the things we learn in our formal education. It is very essential, too.

Meditation is a subtle and precise approach. It is a simple technique of learning to pay attention to and understanding the various levels of ourselves—the body, the breathing process, the aspects of stress and so on.

As time progresses, you may find that you like the positive results from meditation. The act of meditation brings with it increased joyfulness, clarity and awareness. It also helps you to enjoy the relief of the physical, nervous and mental symptoms of stress.

I am certain that *The Little Manual of Meditation* will guide you to locate your inner self—the real you.

Vikas Malkani

|Chapter One|

Pay Attention

Meditation is a kind of medicine—its use is only for the time being. Once you have learned the quality, then you need not do any particular meditation; then the meditation has to spread all over your life.

Ösho

Meditation implies a sense of ‘attending to’ or ‘paying attention to’ something. While meditating, you pay attention to those dimensions of yourself that are not observed or known—that is, your own inner levels, lying deep within you. These deeper levels are more profound than the process of thinking, analysing, daydreaming or experiencing emotions or memories. These are the levels of awareness that help you to relate to your own self and bring you in harmony with your being.

Meditation involves a type of inner attention that is quiet, concentrated and, at the same time, relaxed. There is nothing strenuous or difficult about creating this inner attention. In fact, meditation is a process that is restful and relaxing for the mind.

In the beginning, the greatest difficulty is that the mind has not been trained to create this inner attention. With training and practise this focussing is accomplished. When that happens, the rest flows. It is almost like a gentle river, flowing with ease towards its source.

It is very easy to begin the practice of meditation. It actually all starts in the mind. You simply have to *decide* that you are going to take up meditation. Once you do that, you will find that you do not have to do anything different or demanding physically than what you have already been used to. Your lifestyle will not change, but your life will! Take my word for it. Meditation brings with it a certain mindfulness that cannot be described in words. It can only be experienced.

Your meditation will not require you to adopt any strange or foreign habits, neither will you have to meditate for long or extended periods of time in order to progress and observe the benefits. All you have to do is to be with the moment and enjoy the practice of meditation. Your body will become more creative and focussed and you will also notice significant improvements in your health and relationships.

Be Alert

Just as there are many different paths you can take to climb a mountain, there are a variety of seemingly 'different' meditation techniques that you can follow. Yet, all have the same goal—achieving a state of inner concentration, calmness and serenity. Any method that helps you to achieve this is beneficial. Many valid techniques exist, so there is really no difference between one type of authentic meditation and

★ Meditation involves a type of inner attention that is quiet, concentrated and, at the same time, relaxed ★

another, as long as they help you to be more attentive and to focus on your inner self.

Being alert and mindful is the first step in the practice of meditation. Initially you would have to make a determined effort to decide and to begin meditating. You will require as much determination thereafter to stay on the meditative path and to come back to it with regularity.

It is only when you have made this a part of your daily routine that you would have truly taken your first steps in transforming yourself into a focussed individual, at peace with yourself.

The important thing, therefore, is your decision to practise meditation. With that decision in place, the mind will gradually focus on actions that will then seem to follow naturally. Flow with this tide of thought and action and soon you will be meditating and reaching into your inner self—or that part of your being that has so far been untouched.

As Osho, the Indian spiritual Master, observed, "Remember one thing: meditation means awareness. Whatsoever you do with awareness is meditation. Action is not the question, but the quality that you bring to your action. Walking can be a meditation if you walk alertly. Sitting can be a meditation if you sit alertly. Listening to the birds can be a meditation if you listen with awareness. Just listening to the inner noise of your mind can be a meditation if you remain alert and watchful."

15 Effective Ways to Discover Your Inner Self

Way 1

Decide!

Meditation always proves to be restful and relaxing



Way 2

Sit still

Meditation gives you a positive outlook



Way 3

Relax!

Meditation expels all tension from the body



Way 4

Be strong

Meditation makes you self-reliant
and helps you attain inner strength



Way 5

Be patient

Meditation is a simple technique
that almost everyone can enjoy



Way 6

Control your breath

Meditation improves with conscious breathing



Way 7

Be focussed

Meditation helps you to take charge of your life



Way 8

Be upbeat

Meditation makes you aware of who you are



Way 9

Open your mind

Meditation allows you to evolve constantly



Way 10

Let go

Meditation helps you to face
your worries and cope with them



Way 11

Do one thing at a time

Meditation helps you to simplify your life



Way 12

Surrender!

Meditation is the best way to overcome the ego



Way 13

Be yourself

Meditation improves your relationships



Way 14

Think from the heart

Meditation makes you true to yourself



Way 15

Believe in yourself

Meditation is your path to what you really are



About the Author



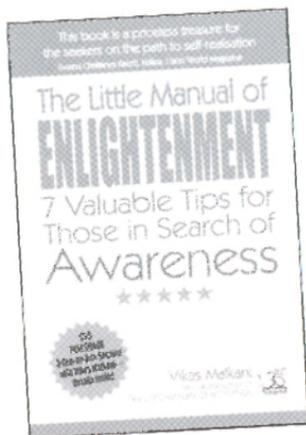
Born and brought up in a business family in India, Vikas Malkani was the head of a large business enterprise when Awakening struck him at the age of 29. He has been called many things over the years: Spiritual Guru, Zen Master, Motivator, Mystic, Rich Monk, TV celebrity, Soul Coach and Reiki Master, to name a few. Other than that he is the founder of SoulCentre and a best-selling author.

Today, Vikas is considered one of the world's leading contemporary spiritual teachers. He teaches people to be successful in all aspects of life: the physical, emotional, mental and spiritual. His forte is to make the ancient wisdom of the spiritual masters simple to understand and easy to apply to create a life of health, harmony and abundance on all levels.

Vikas is a disciple of Swami Rama of the Himalayas and has been trained in the wisdom lineage of the Himalayan Masters that involves the disciplines of meditation, spiritual wisdom

and yoga. A gifted orator, he is a keynote speaker at many international conferences and summits. He leads life-transforming workshops for adults and is also the creator of the SoulKids™ programme for children, which has made thousands of confident and creative children worldwide.

Vikas Malkani has been interviewed in many international newspapers and magazines and been a guest on numerous television and radio shows. His writings on self-awareness and spiritual wisdom appear regularly in magazines on yoga, holistic health and the spa industry. His television show airs on prime time every night on a national spiritual channel in India.

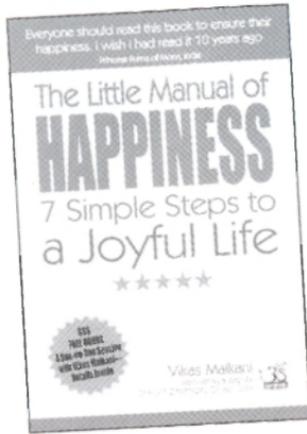


The Little Manual of Enlightenment

*7 Valuable Tips for Those in
Search of Awareness*

Enlightenment is your birthright, let me show you how to arrive there, writes best-selling author Vikas Malkani in this book, *The Little Manual of Enlightenment*. These seven powerful tips take you to the world within and show you a whole new way of living. Learn how to live as a child of God, secure in the belief that the universe reflects you and your innermost thoughts. An essential guidebook for those in search of enlightenment.

Published by : Unicorn Books

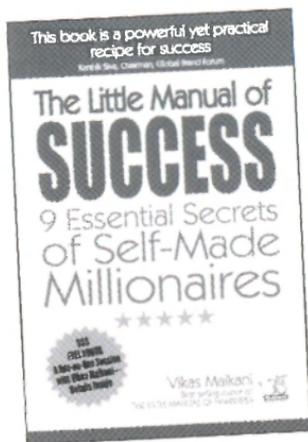


The Little Manual of Happiness

7 Simple Steps to a Joyful Life

Best-selling author Vikas Malkani shares with us in this new book, *The Little Manual of Happiness*, seven steps that can lead us to having a joyful life, a life that is happy in the true sense of the word. This manual tells us to choose happiness; to live in the present; to think happy thoughts at all times and to make a special endeavour to connect with joy. A complete guide to happiness, this book will change you forever.

Published by : Unicorn Books



The Little Manual of Success

9 Essential Secrets of Self-Made Millionaires

Best-selling author Vikas Malkani shares with us in this new book, *The Little Manual of Success*, the nine secrets that will lead us to success. These include taking responsibility for your acts, believing in yourself, rejecting mediocrity, following your heart and being persistent. These are the characteristics and qualities of super-achievers. This manual tells us that we, alone, will define what success means to us. It also teaches us to create a life of our choice.

Published by : Unicorn Books

Testimonials for Vikas Malkani and His Teachings

The principles and wisdom of meditation have made my life simpler, better and more successful. It has given me the centre within myself and it makes my perception more optimistic. I find my mind becoming softer and less rigid, which also benefits my body.

Koji Kuze, Japan

Meditation has helped me to know and understand myself better and to be more in touch with my inner self. It has developed my intuition and my openness to higher wisdom. It helps me tremendously in my holistic practices. It has made me a calmer, more centred person and helps me to stay stable through difficult times.

Pamposh Dhar, holistic therapist, India

Meditation has enabled me to gain control of my inner emotions and taught me to focus those emotions to my advantage in my everyday life. It has energised me. I am more relaxed, more patient, calm and happy.

*Anton Baranyay,
South Africa*

Meditation has helped me move to the present and look at things more positively. I find it very calming. It has also helped me to be in a state of constant open-mindedness. I am far calmer and happier. Vikas is an excellent teacher of meditation.

*Kate Harcourt-Baldwin,
South Africa*

Testimonials

The benefit of meditation in my life is unquestionable. It has taught me to be more relaxed, calmer and even-tempered.

Chris Joseph, South Africa

Meditation has helped me to become more focussed, happier and patient. I have become calmer and more reflective. In times of stress I find that I am now reacting positively to situations.

Nikhil Karur, India

I became calmer by practising meditation. My interaction with others is filled with love. I take responsibility for my life and I am happy every day of my life. I am deeply grateful that I was able to learn this from Vikas.

Mona Boehm, Austria

Meditation has helped me to have peace of mind and to control my emotions better. I have become more patient.

Eric Tan, Singapore

Meditation has given me a much clearer understanding of how we create our reality. I have changed so much; I am still trying to understand the full meaning of all the changes that I can feel taking place inside me. I enjoy life moment by moment. The lows of life do not influence me so much now. I am constantly in a state of inner peace. I rate Vikas as an excellent teacher of meditation.

Chia Eng Heng, Singapore

Testimonials

Meditation has helped me to be calmer and to take control of myself and my mind. I feel a one-ness within myself and with everything around. The training in meditation with Vikas has been very good for me.

Cassiopea Yap, holistic therapist, Singapore

By practising meditation I am beginning to have clarity of my thoughts, emotions and actions. I am beginning to understand my purpose in this life and I am able to still my mind.

Myrna McMahan, USA

Meditation is a beautiful and wonderful journey to a state of balance and calmness within you. Vikas is a living embodiment of the truth. Enlightenment is available in this moment to us all and he shows us how.

*Chia Eng Heng, Principal Engineer,
Siemens Automotive, Singapore*

Meditation has now become part of my life since I started practising the technique of going within myself. It was a discipline that I would not have imagined I was able to undertake three months ago as I did not see myself as the type who would be able to sit still, let alone focus the mind single-pointedly.

Testimonials

My initial practice sessions were very trying and frustrating as my physical body and mind were not keen on being focussed, just as I had thought. And I then realised that my mind and body were working overtime to make that very thought come true.

I quickly became aware of the resistance my mind and body had against my efforts to calm and focus them. Not wanting to let my mind and body win me over, I persisted with my daily morning sessions. At this point, with this awareness and personal challenge to undertake, I immediately realised that the level of resistance from my mind against my morning practices subsided; with that my body also became calmer. Subsequent sessions then became easier and more enjoyable. I was able to feel the peace and 'no worries' within me as I calmed, tamed and focussed the mind.

Meditation is now a lifelong tool I am learning and applying to all my life situations. When my mind gets tough and stresses me, I get tougher knowing that I can always find and feel the peace within me.

*Lim Yui Pin, entrepreneur, husband, father,
Singapore*

the 1990s, the number of people in the world who are illiterate has increased from 1.2 billion to 1.5 billion.

There are a number of reasons for this. One is that the population of the world is growing. Another is that the number of people who are illiterate in the developed world is increasing. This is because of the aging population and the fact that many people in the developed world are not reading or writing. In the developing world, the number of illiterate people is increasing because of the high birth rate and the fact that many children do not go to school.

There are a number of ways to reduce the number of illiterate people in the world. One way is to improve the quality of education. Another way is to provide more opportunities for people to learn to read and write. This can be done through community-based programs and through the use of technology.

It is important to reduce the number of illiterate people in the world because illiteracy is a major barrier to economic and social development. Illiterate people are unable to read and write, which makes it difficult for them to find work and to improve their lives. Reducing the number of illiterate people will help to reduce poverty and improve the quality of life for people around the world.

There are a number of organizations that are working to reduce the number of illiterate people in the world. One of the most well-known is the United Nations Educational, Scientific and Cultural Organization (UNESCO). UNESCO has a program called the Global Education Monitoring Report (GEMR) that tracks progress on education around the world. Another organization is the World Bank, which also has a program to reduce illiteracy.

There are a number of things that can be done to reduce the number of illiterate people in the world. One is to improve the quality of education. Another is to provide more opportunities for people to learn to read and write. This can be done through community-based programs and through the use of technology. It is important to reduce the number of illiterate people in the world because illiteracy is a major barrier to economic and social development.

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SPIRITUALITY / PSYCHOLOGY / HEALTH

The Little Manual of Meditation

Want to know about the benefits of meditation?

This little manual tells you about an ancient practice that has been used by people who seek a life of peace and purpose. It is special because the author, a best-selling writer of over 24 books, is an internationally renowned master of meditation.

"This book empowers you to make positive and powerful changes in your life through meditation and shows you how to realise your highest potential. It is the greatest gift you can give to yourself."

Deepa Chatrath, Regional Managing Director, Corum, Singapore



Vikas Malkani has been called many things over the years: Spiritual Guru, Zen Master, Motivator, Mystic, Rich Monk, Soul Coach and Reiki Master, to name a few. Other than that he is the founder of SoulCentre and a best-selling author. Vikas' forte is to make ancient wisdom simple to understand and easy to apply to create a life of health, harmony and abundance on all levels. A gifted orator, he is a keynote speaker at many international conferences and summits.

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