



6 THINGS YOU NEED TO LEARN IN ORDER TO **MEDITATE**

Teachings of Swami Rama at THAT-first.com
Yoga, Advaita, Samaya Srividya

1

How to relax the
body

2

How to sit in a
comfortable,
steady position for
meditation

3

How to make your
breathing process
serene

4

How to witness the
objects travelling
in the train of the
mind

5

How to inspect the
quality of thoughts
and promote those
thoughts which are
positive and helpful
in your growth

6

How not to allow
yourself to become
disturbed in any
situation, whether
you judge it to be
either bad or good.
