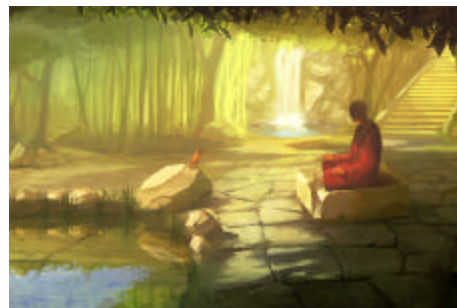


The One Minute Meditation

One Minute to a Quiet Mind

One minute of peace, experienced several times per day, could completely change your life.

When the mind experiences moments of peace, even just brief glimpses of true calm and serenity, health flows into your body, into your mind, into your very soul. Ayurveda teaches that health is our true nature and offers numerous techniques to help us remove the obstacles which stand in the way of perfect health. The hectic, fast-paced lives that most of us live are steering us towards health crises of enormous proportions, with many of us experiencing endless symptoms of stress. And stress is the enemy of health. It tears at the fabric of our being, wreaking havoc, leading to disease and disharmony.



Following is a very simple technique which will allow you to quiet your mind, release toxins, energize your body and mind, bring *prana* (life force energy) into your being, and relieve stress. And it only takes one minute. Even the busiest amongst us can find *one minute*.

The technique is called "The One Minute Meditation," and it consists of 30 seconds of deep "bellows" breath followed by 30 seconds of calm, even breathing.

The One Minute Meditation

1. Get comfortable: Begin by sitting comfortably with your back straight. Close your eyes and open your heart. Decide that for the next minute, you are going to allow yourself to take a brief vacation from everything and everyone.

2. Thirty seconds of bellows breathing (*bhastrika*): Next, breathe deeply and forcefully through your nose (in through your nose and out through your nose), using all five lobes of your lungs like a big bellows. Do this for 30 breaths (one inhalation + one exhalation = one breath). Our upper lungs have stress receptors that become activated when our breath is shallow, which is how most of us breathe throughout the day. When we use our lower lungs, as in *bhastrika*, we activate "calm receptors" that soothe our nervous system.

If you get a little dizzy at first, just back off a bit and allow yourself to work up gradually to the 30 breaths. The dizziness should go away after a few days of practice. It occurs not due to hyperventilation, but rather to having a large amount of oxygen pumped into your brain, more than you may be used to. But that large amount of oxygen in the brain calms the mind, reassuring us that we will not suffocate, we have as much life-giving breath as we need and there is no need to worry or feel anxious.

3. Thirty seconds of meditation: After completing 30 *bhastrika* breaths, remain perfectly still, keeping your eyes closed, for an additional 30 seconds. Allow your mind to remain clear. Release all thoughts. The deep bellows breathing has provided an opportunity for your mind to become clear and calm, free of the incessant chatter that usually occupies the mind. Relax into this feeling.

4. Resume your day feeling lighter, energized, calmer. After 30 seconds of meditation, slowly open your eyes. Notice how much more peaceful you feel. Take this feeling with you as

you go about the business of your day. Repeat as often as you wish. Ideally, practice the One Minute Meditation 10 times per day - for a grand total of 10 minutes per day. Ten minutes that can truly change your life!

Extended Meditation

If you wish to meditate for a longer period of time, you may begin by doing *bhastrika* breath for 30 seconds. Then sit calmly, focusing on a steady, smooth, even breath, until you start thinking again. When you feel thoughts resurfacing, repeat *bhastrika* for 10-20 seconds to once again quiet your mind. Sit quietly until thoughts arise and then follow once again with *bhastrika* for 10-20 seconds. Follow this cycle until you feel you are through meditating.

To learn more and view the One Minute Meditation on You Tube, please visit: http://www.youtube.com/watch?v=BmAZb_ShnQk. Dr. John Douliard, one of the most highly respected teachers, practitioners and authors of Ayurveda in the world today, demonstrates the technique and offers additional information.

Source: Dr. John Douliard, <http://www.lifespa.com>.