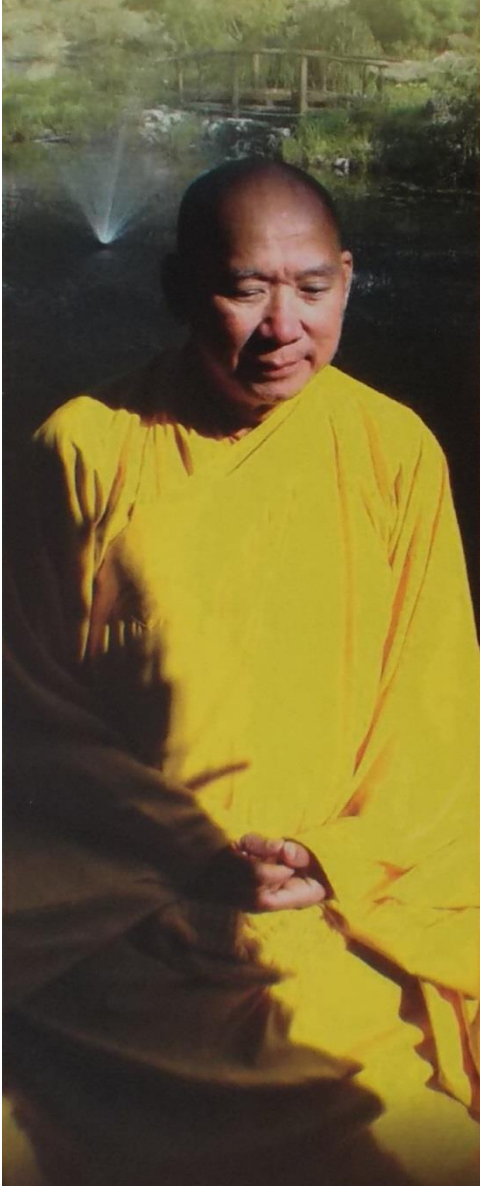


Shortcut to Peace



Passive
&
Active
Meditation
Manual

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Introduction

I learned the shortcut to peace.

I practice it. I have experience with it... It is simple. And I now share it with you.

Anyone can apply these passive and active meditation techniques. Only remember that your thoughts are illusions, do not follow them when they arise in your mind. If you do not need them, let them go. Just be aware of your breathing.

There are many real health benefits associated with maintaining a peaceful state of mind: freedom from stress, anger and worry to start...You will have more oxygen in your blood and a stronger circulation system, as well as a healthier immune system. You will sleep better, eat better and have more energy to devote to your daily activities. You will have more understanding of the causes and effects of your state of mind as they relate to your health. The progression of disease ceases, and this can be verified on (http://en.wikipedia.org/wiki/Research_on_meditation)

Please use your common sense regarding your unique physical needs and limitations when using these meditation instructions. Feel free to adjust the postures to your match your level of health and physical ability. Consult your doctor before starting this or any new physical activity.

The focus of this manual is to bring peace to your life through the awareness of your Master Mind. By practicing deep breathing and clear hearing you will enjoy a healthy and happy life.

The benefits of these techniques are greatly enhanced by eating a healthy diet, getting enough sleep, and diligent self-care.

What is peace? It is a state of mind that brings you bliss. Where does peace come from? Peace comes from within... It comes from the mind – the **Master Mind** or **True Nature of the Mind**.

What is the Master Mind?

Master Mind or the True Nature of the Mind is **like a mirror**. The objects in the mind are like reflections in the mirror, not real objects. The reflections change depending on the circumstances and are therefore **impermanent**. On the other hand, the nature of the mirror does not change because it is **permanent**, like the Master Mind.

Thoughts are like reflections in the mirror and are impermanent illusions. The Master Mind like the mirror is permanent and real. Master Mind is simply a witness, an observer. The key to peace is to actively live through your Master Mind (non duality). Good/Bad mood express duality, but Master Mind is **non-dual** and remains unattached. You can attach when necessary, however with Master Mind there is control. This state is a very peaceful and blissful.

To begin, you will learn the techniques for Passive meditation.

Passive Meditation

There are 4 postures:

1. Sitting
2. Walking
3. Standing
4. Reclining

Follow the 3 steps for:

1. Posture
2. Breathing
3. Mind

Sitting Meditation

Step 1 – Posture

Where to sit? Sit on the floor for better focus and more energy (meditation cushion and pillow required) or in a chair. For sitting on the floor, choose the position that works best for you.

When to sit? After waking up, early in the morning, before breakfast is the best time to do your sitting meditation. If you do a sitting meditation during the day, do it at least half an hour after eating.

What to sit on? There are many different styles, sizes, heights, and levels of firmness in the design of meditation cushions and mats. What is important is that you are as comfortable and as stable as you can be. It is advisable to try out some different styles at a meditation Centre so that you can see what works best for your body type before you invest in the purchase of your own meditation cushion.

If you have physical disabilities or limitations, you may modify these postures and positions as required so that you can meditate safely and comfortably. Use any prop or pillows that you need.

- Cross- legged floor posture

Sit on your meditation cushion with your legs crossed.

- One leg crossed floor posture

Sit with one leg crossed and one leg stretched out.

- Chair posture

Sit on a comfortable chair with your back straight but not leaning against the back of the chair, unless you need support for medical reason. Let your feet rest on the floor.

Please note: The **full lotus** floor posture and the **half lotus** floor posture are more advanced and physically demanding. These postures need to be taught in the presence of a knowledgeable teacher. For this reason, we will not be teaching these postures in this manual.

Hand Position

Place one hand on top of the other. It is important to have your thumbs touch at the tips and be positioned just below the navel because the energy needs to connect. You may put a small pillow in your lap to test your hands on.

Spine position

Keep your spine straight and at an angle of 90 degrees to the floor.

Eyes position

Keep your eyes opened by about 1/3, looking down from the tip of your nose to the floor so as to create an angle.

Ears position

Your ears must be level. Do not tip your head. Keep your head straight at all times during your meditation.

Tongue position

Your tongue should be touching your palate and when you get some saliva, you should swallow it; This is like dew medicine for your body.

Step 2 – Breathing

Breathe in deeply and slowly through your nose, and feel the airflow going down all the way into your sacrum. This will make your lungs fill up and your abdomen will rise. Then breathe out through your mouth. Do not force the breathing process. After you breathe out of your mouth completely, silently count one. Repeat this 10 times. Should you miss a number, you need to start from the beginning again. After this, breathe in and out normally through your nose only.

Step 3 – Mind

Breathing in and out subtly through your nose, silently count one. Repeat counting to 10 and do this a 3 times breathing and counting. If you lose count, start again. While breathing in, focus on your abdomen and feel it raise, then breath out and feel it fall. If suddenly a thought arises, **do not engage it**, it will go. And if other thoughts deep coming, you will be aware that they are an illusion like objects in the mirror.

Do not expect that you will have no thought. Your thoughts will keep coming until you have been ***practicing meditation for a long period of time. Gradually your thoughts will diminish.*** Sometimes you may have no thoughts at all. Don't worry; your Master Mind is still there as potential. The potential of the mirror is the Master Mind. The earth is like Master Mind and the roots of the trees are like your thoughts. If you follow your thoughts, you will make the trees grow like a thick forest, however if you don't follow the thoughts, the roots will rot and become earth – and the earth is your Master Mind.

If thoughts keep coming, focus on your hearing potential. If you hear any sound or there is only silence, your Master Mind understands the present circumstance.

Apply only one focus at a time. You can focus on your **hearing**, your thoughts (***watching as an observer as the surface but not following them***) or your breathing, depending on your preference at that moment. These are 3 wonderful medicines for you.

There are 3 things to avoid during your meditation:

- Avoid falling asleep
- Avoid drowsiness
- Avoid daydreaming

If you do not avoid these 3 things, your meditation will be like drinking muddy water.

What to do if you become sleepy?

Should you become sleepy or drowsy, cross your hands over your chest and hold on to both ears. Then follow your breathing for the count of ten. If you are still sleepy after that, massage your forehead.

If you are still sleepy talk to your body, tell your body: “one day you will fall asleep forever, now is the time to wake up”... If you get scared your body just may wake up enough for you to meditate without being sleepy.

Then if you are still sleepy after that, you may stand up and try the walking meditation or wash your face and come back to sitting.

How to Finish Your Meditation

When you have finished your meditating, breathe deeply and slowly through your nose and feel the air flow all the way down into your sacrum. This will make your lungs fill up and your abdomen will rise. Then breathe out of your open mouth. Do not force the breathing process. After you breathe out of your mouth completely, silently count one. Repeat this 10 times, just like at the beginning of your meditation.

Next step: Raise your right shoulder and breathe in while holding your breath for 5 seconds. Breathe out for 5 seconds while lowering your right shoulder and then do the same for the left shoulder. Repeat this 5 times on each side.

Then while breathing in through your nose, bend your head back looking up, holding your breath for 5 seconds. Then breathe out of your mouth for 5 seconds while bending your head down and looking at the floor. Repeat the breathing and looking up and down for a total of 5 times.

Breathe in and look to the right holding your breath for 5 seconds. Then breathe out of your mouth and look to the left for 5 seconds. Repeat this 5 times.

Make 2 tight fists, breathe in and hold for 5 seconds. Then open your hands and breathe out for 5 seconds. Repeat this 5 times.

After-meditation Massage

After your meditation, you need to massage your body from head to toe to restore your blood circulation; because when you meditate your blood flows up towards your head. After you have finished meditating, by massaging your body you will get your blood flowing down into your legs again.

Steps for Body Massage

Massage your face, your forehead, your ears, your scalp and then your neck (back of your neck first and then the front.)

Rub the heels of your hands together to create heat and then apply heat to your eyes pressing from the bridge of your nose out the sides of your face. Repeat this 5 times.

Place one hand on your rib cage and the other one on your upper arm. Then massage up and down 10 times. Now massage your entire arm from your armpit to your fingers, top and bottom 5 times. Massage your fingers by pulling each finger gently. Repeat this whole process on the other side, so that each arm has a wonderful massage.

Place your hands on your ribs and massage up and down 10 times.

Massage your abdomen and bladder 10 times.

Place your hands on your lower back and massage your kidneys 10 times.

Next, unfold your legs and start massaging one leg. Start with the thigh, from the hip and push down to the knee. Do this 10 times. Next, massage your lower leg from the knee to your foot 10 times. Now use your 10 fingers to press into the sole of your foot 10 times. Then, massage your toes. Now repeat this whole process for the other leg.

Massage your buttocks by making a fist and rubbing your butt 10 times on each side.

Now use your knuckles to massage acupuncture points on the side of your legs about 4 finger widths below your knees.

Raise your arms at the level of your shoulder making two fists and breathing in deeply through your nose while smiling at the same time. Then bend forward with your arms stretched, all the way down to touch your toes, and breathe out through your nose. Do this 10 times.

Now sit back and breathe in through your nose and out from your mouth 10 times. After this, if you would like to continue your sitting meditation, you should do 15 minutes of walking meditation posture and then come back to continue your sitting meditation.

How to Correct Sitting Meditation Problems

Pain in the neck: This means that you are bending down or forward too much. To remedy this next time you meditate, carefully review the posture illustrations and make sure to adjust your posture as required. Put more of your awareness into making sure that your neck is in the correct position. Also, you can spend extra time massaging your sore neck.

Pain in the chest: This means that you are bending back too much. To remedy this next time you meditate, carefully review the posture illustrations and make sure to adjust your posture as required. Put more of your awareness into making sure that your spine is straight and in the correct position. Also, you can spend extra time massaging your sore chest.

Pain in the shoulder: This means that your shoulder are not level. To remedy this next time you meditate, carefully review the posture illustrations and make sure to adjust your posture as required. Put more of your awareness into making sure that your shoulders are level and in the correct position. Also, you can spend extra time massaging your sore shoulders.

If your leg or feet fall asleep or becomes numb, do not worry, as this is normal and safe. Just spend extra time massaging them.

Conclusion to Meditation

Now you should have a full benefit of health and energy merit. You can share this beautiful healing energy or benefit with your family, friends or anyone who is sick by saying the following statement:

**May all sentient beings,
Share this merit,
To be well,
Happy, and peaceful.**

** Repeat this verse 3 times.

Walking Meditation

Stand up with your feet shoulder width apart and your weight evenly distributed between your feet.

Hold both of your hands together on your solar plexus, or hold them on your back at the level of your kidneys.

Breathe in deeply and slowly through your nose, and feel the airflow going down all the way into your sacrum. This will make your lungs fill up and your abdomen will rise. Then breathe out through your mouth. Do not force the breathing process. After you breathe out of your mouth completely, silently count one. Repeat this 10 times. After this, breathe in and out normally through your nose only.

Take a deep breath in through your nose with awareness, and then breathe out and move your left leg first by placing your heel on the ground followed by your whole foot. Breathe in and stay still. Move only while you are breathing out. Then do this with your right leg. Continue this process for 15 minutes if you would like to come back to sitting meditation. Otherwise you can do your walking meditation as long as you wish.

If your occupation requires that you sit all day, you may consider making the walking meditation the center of your daily meditation practice.

Standing Meditation

Stand with your feet shoulder width apart. Breathe in deeply and slowly through your nose, and feel the airflow going down all the way into your sacrum. This will make your lungs fill up and your abdomen will rise. Then breathe out through your mouth. Do not force the breathing process. After you breathe out of your mouth completely, silently count one. Repeat this 10 times. After this, breathe in and out normally through your nose only.

Focus on one of the 3 steps for working with your mind, i.e. focus on your breathing, your thoughts or your hearing.

Reclining Meditation

Lay down on your right side with your right hand on your right cheek and your head on a pillow. Place your left hand on your left hip with both legs straight out together and one foot on top of the other. Your face will be at a 60 degrees angle and you will look at the ceiling.

Breathe in deeply and slowly through your nose, and feel the airflow going down all the way into your sacrum. This will make your lungs fill up and your abdomen will rise. Then breathe out through your mouth. Do not force the breathing process. After you breathe out of your mouth completely, silently count one. Repeat this 10 times. After this, breathe in and out normally through your nose only.

If suddenly a thought arises, **do not engage it**, it will go. And if other thoughts keep coming, you will be aware that they are an illusion like objects in the mirror. **Do not expect that you will have no thoughts.** Your thoughts will keep coming until you have been **practicing meditation for a long period of time.** **Gradually your thoughts will diminish.** Sometimes you may have no thoughts at all. But don't

worry; your Master Mind is still there as potential. The potential of the mirror is the Master Mind. The earth is like Master Mind and the roots of the trees are like your thoughts.

If the thoughts keep coming, focus on your hearing potential. If you hear any sound or there is only silence, your Master Mind understands the present circumstance. Apply only one focus at a time. You can focus on your **Hearing**, your **Thoughts** (watching as an observer as they surface but not following them,) or your **Breathing**, depending on your preference at that moment. These are 3 wonderful medicines for you.

Falling Asleep Meditation

If possible, use the reclining meditation posture for your sleeping position. When people are falling asleep it is very easy to start thinking compulsively or worry. When you lay down a lot of thoughts will arise because you have been avoiding them during the day, so now they come to invade you. To make sure that you have a deep and peaceful sleep, you can apply your meditative breathing techniques and do not engage or follow your thoughts. Breathe in deeply and slowly through your nose, and feel the airflow going down all the way into your sacrum. This will make your lungs fill up and your abdomen will rise. Then breathe out through your mouth completely, silently count one. Repeat this 10 times. After this, breathe in and out normally through your nose only and you will fall asleep easily.

Active Meditation

Wake Up Meditation

Every morning, when you first wake up, take 10 deep breaths just like at the beginning of your sitting meditation. Breathe in deeply and slowly through your nose, and feel the airflow going down all the way into your sacrum. This will make your lungs fill up and your abdomen will rise. Then breathe out through your mouth. Do not force the breathing process. After you breathe out of your mouth completely, silently count one. Repeat this 10 times. After this, breathe in and out normally through your nose only.

Remember your Master Mind and your hearing like you remember your sitting meditation. After this, your Master Mind will be clear and you may begin with your regular morning routine.

Daily Activity Meditation

Here is a general formula to apply to any activity: Start each activity with 3 deep breaths. Consider the activity you are about to undertake and make any necessary preparations. Before you start your activity, talk to yourself so that you can activate and engage your Master Mind. Say to yourself “Now I am doing... (fill in your activity), now I am doing...(fill in your activity), now I am doing...(fill in your activity)” Next, do your activity with total focus and concentration. Do only one thing at a time. If thoughts come up during the performance of your activity, do not engage or follow them, instead, repeat to yourself “now I am doing...(fill in your activity), now I am doing...(fill in your activity), now I am doing...(fill in your activity)”. Continue to do your activity until it is finished, or it is time for a break.

For example, if you are going to drive your car, take 3 deep breaths; take a good look around your car to see if there are any obstacles in your way and check to see that your tires are OK. Now get in your car and turn on the engine. Talk to yourself and say “Now I am driving, just driving” say this to yourself 3 times as you let your car warm up for 1 minute. While you are driving focus totally on your driving. If suddenly thoughts come up in your mind and try to pull you out of the present moment, do not engage in these thoughts! Instead, say to yourself “Now I am driving, just driving. Now I am driving, just driving. Now I am driving, just driving”.

In this way you will stay in your Master Mind and you will be doing the most important thing in your life at that moment, keeping yourself and everyone on the road with you as safe as possible.

Aggravation Meditation

For example: Traffic jam meditation

When you are in a traffic jam, upset thoughts and frustration will arise. **Do not engage in these thoughts!** Breathe deeply 3 times and tell yourself to stay calm. Say: “Now I am in a traffic jam and it is a good opportunity to practice patience. Thank you for this beautiful traffic jam”. Focus totally on driving in the traffic jam. When you allow yourself to be angry and frustrated, these stressful emotional

states will release a lot of toxins into your body and mind. Do not to allow this to happen. Talk yourself through the situation and do your best to stay in the present moment with your Master Mind. **Don't forget to breath deeply.**

Planning and Thinking Meditation

For example: Making a daily schedule meditation

When you need to plan the best way to organize your day, then it is the time to do your thinking. Gather your recording tools such as a pen and paper, or a computer. Breathe deeply 3 times and say to yourself, "Now I am thinking and planning, now I am thinking and planning, now I am thinking and planning..." Allow your thoughts to arise... and they will come to you with clarity. Allow any thoughts to come to you and write them all down; you may get more thoughts than you need for one day. Just write down all of your ideas without editing them initially. Once you get them all written down, you can review what you have thought up and then you simply use your Master Mind to select the thoughts best suited for your daily schedule. Review your plan 3 times and make any revisions as required. Consider the effects of your plan for now and the future. Write it down. Now you can follow your plan for the rest of the day without having to be distracted by thoughts.

Shopping Meditation

Before you go shopping, check what you need and consider carefully what you are going to purchase. Make a list of your needs and the shops you need to visit to find your items before you go. When you arrive at the store, take your 3 deep breaths. Walk slowly and smile at all of the other shoppers. Focus on finding the items on your list, while you walk slowly and carefully through the store. Feel compassion for the other shoppers. Be very careful with your cart.

Internet Meditation

Before you go online, consider carefully exactly what you want to do. Make a list of your intended tasks. When you open your browser, take your 3 deep breaths. Navigate directly to where you can accomplish your intended task. Remind yourself of your task by saying to yourself, "Now I am doing... (fill in activity.)" Focus on completing the tasks on your list. When you are finished your tasks, close your browser.

Conversation Meditation

Upon Starting a conversation, breathe deeply 3 times. Choose the topic you would like to talk about. Say to yourself "Now I will talk about... (fill in your topic,) now I will talk about ... (fill in your topic,) now I will talk about (fill in your topic.): Then you can talk about your topic and your Master Mind will help you to speak with clarity and you will be focused on your topic.

Sometimes people talk too much and they talk nonsense. This process will help you to have short talk and with full meaning. Because any time you are talking, you are losing a lot of energy. This will affect your health. Talking too much is a bad habit and is stressful to other people. It is important to

talk clearly when necessary, however it is better to understand more and talk less. This will help you to build a stronger connection to your Master Mind.

School Meditation for Students

Remember to take 3 deep breaths when entering your classroom. Your meditation in this situation will help you to focus on paying attention in the classroom and listening to your teacher. When distractions arise, do not engage your thoughts or talk to your friends. Please limit your talking to your friends, remember that your school is for focusing on your lessons.

Conclusion

This book is all about you. It is hoped that this manual will help you to establish and maintain an effective meditation practice. The instructions are intended to be simple and easy to follow so that you can apply them to all aspects of your life.

Remember that thoughts are illusions; they are fine servants and poor masters. You have a deeper part of your mind that meditation practice will give you access to - we call this part the Master Mind. If you do not follow your thoughts, your Master Mind will become permanent in your awareness and your actions will bring you internal peace in all external situations. If you practice long term, you will be walking in the path of attainment of realization and you will find enlightenment. You will gain liberation from suffering and your life will be flexible, blissful and peaceful. Remember to be flexible like your tongue is flexible. When you are not flexible, you are more like your teeth – and more likely to fall out.

Remember, life is an illusion and your Master Mind is your true self.

Illusory thought is like a bubble do dew, a creek, a pond or a river. Fresh water, like thoughts and illusions, will always return to the ocean, just like illusory thought will return to the Master Mind.

May your life be healthy, happy and peaceful.