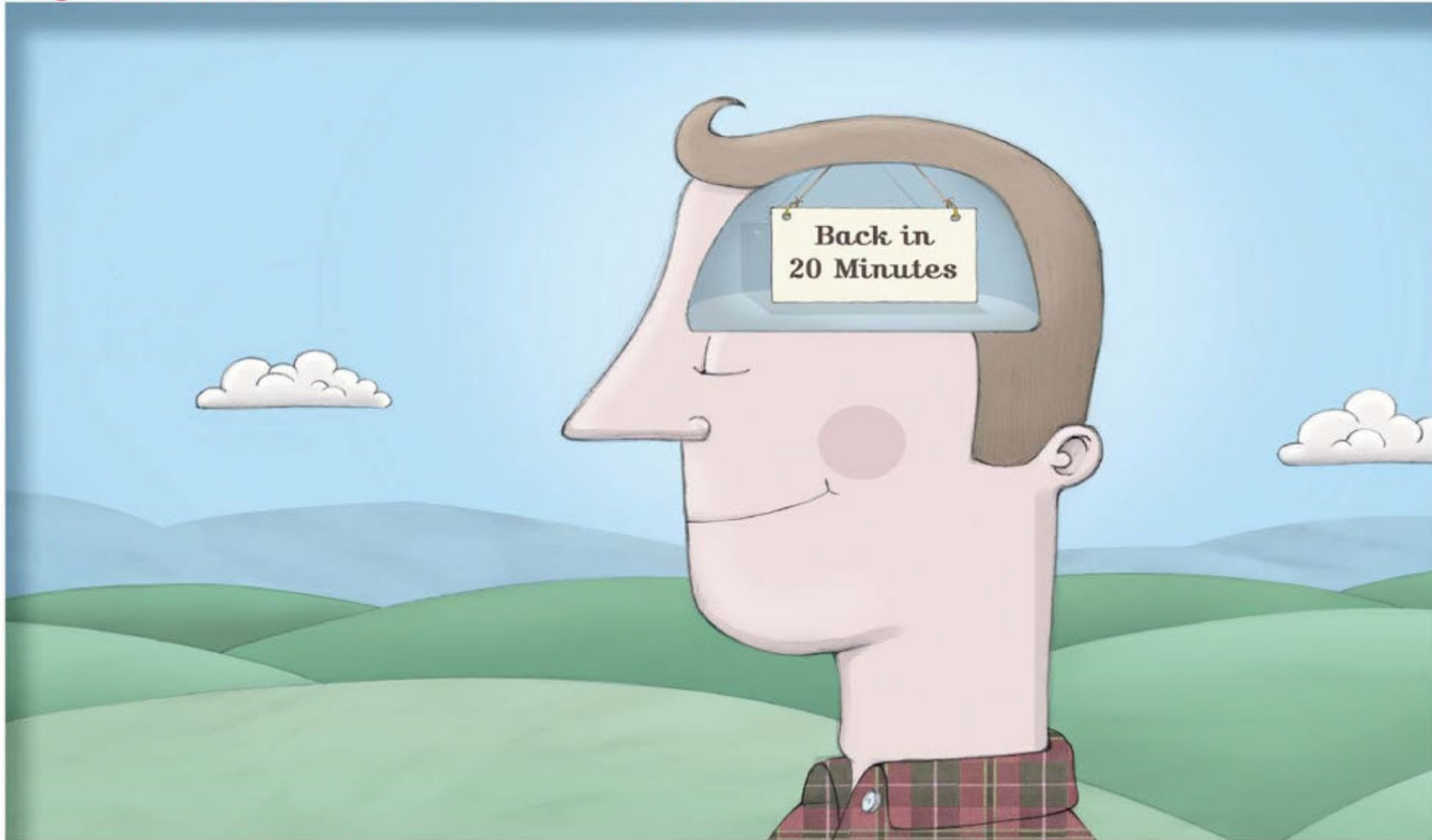


QUIET THE MIND



An Illustrated Guide on How to Meditate

By Matthew Johnstone

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Design by Matthew Johnstone

Foreword

You would think sitting quietly for 10–20 minutes a day would be relatively easy but for some it can be challenging, verging on impossible. There's always something to do; somewhere to be. We're perpetually moving and bouncing around. You can't have constant movement without constant thought, and constant thought can become exhausting. It can bring about stress, insomnia, anxiety and depression, if left unchecked.

Modern society has made sitting still even more difficult with its tempting mantra of always 'being connected'. Cable TV, the internet, smart phones, social networking, twittering, blogging, email, texting – all profound and useful breakthroughs in technology but they have gobbled up our every waking moment with the need to be doing or saying something. And then you have your day-to-day life on top of that.

With no downtime we begin to lose the precious abilities to imagine and be creative.

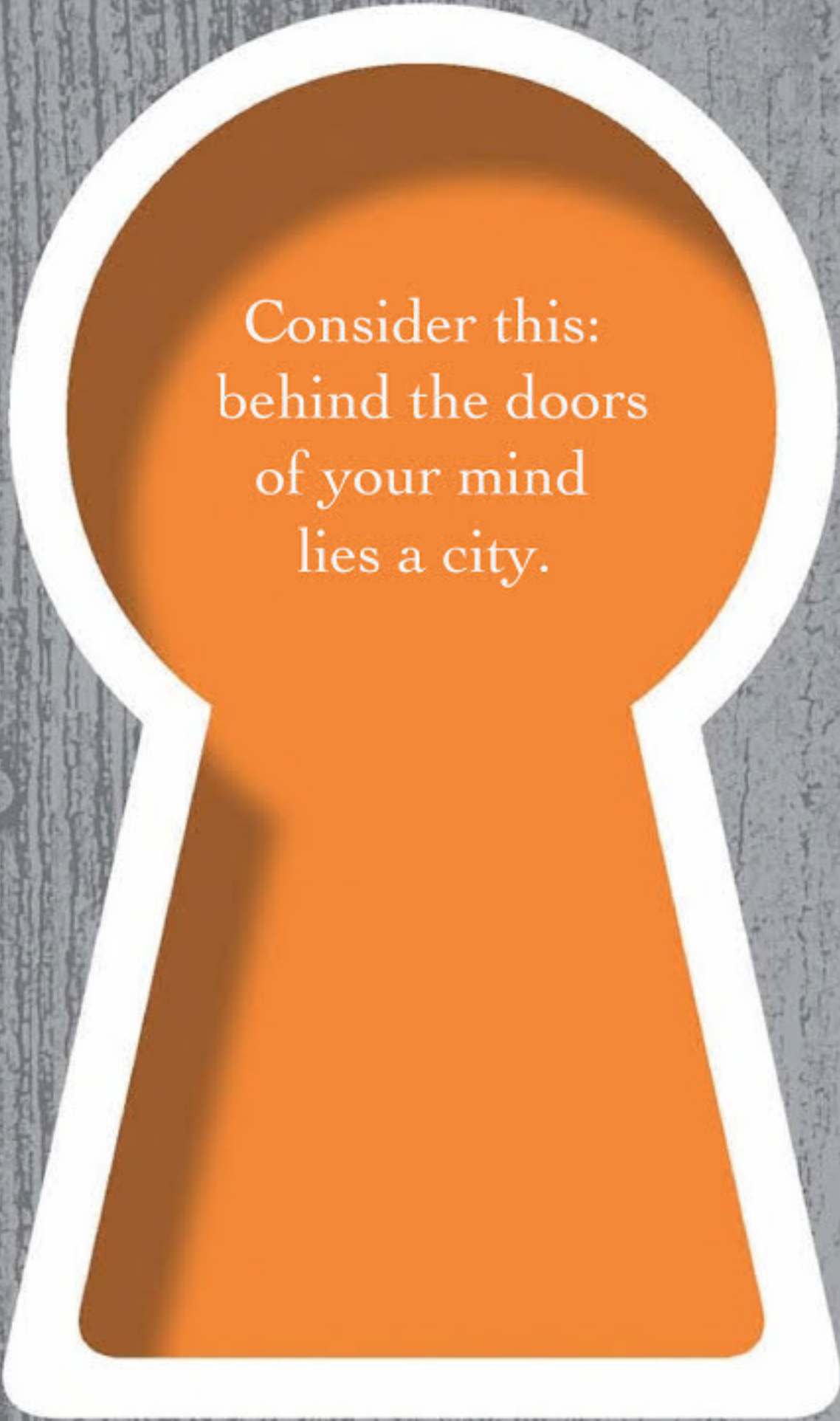
It's true that for our brains to be healthy they need to be flexed but it's equally important that our brains have downtime or a regular breather. Meditation is simply a way to give our conscious brains a well-deserved break. If you learn to meditate, your whole being will thank you for it. You will feel more 'in the present', more youthful, more energised, have greater concentration, better moods and you will sleep more soundly. Overall you'll be better equipped and be more resilient to live this 'modern' life.

A lot of people think that meditation is an indulgence or a waste of time. There may be the fear that it could soften your drive but in fact the opposite is true. Meditation opens up time and clears the clutter to make room for creativity and productivity.

For some people meditation has a somewhat hippy, spiritual, fringy reputation. I am by no means a meditation guru or spiritual teacher. I've never been to an ashram, I couldn't tell you which chakra is which, I can't recite Sanskrit and I can't sit for hours in a lotus position on a hard floor. I don't know what the meaning of life is BUT what I do know is that life is so much better when I meditate. There are many forms of meditation that all have their differing benefits, subtleties and techniques; the message and visual concepts in this book are simply about sitting with intention while bringing focus and mindfulness to our breath.

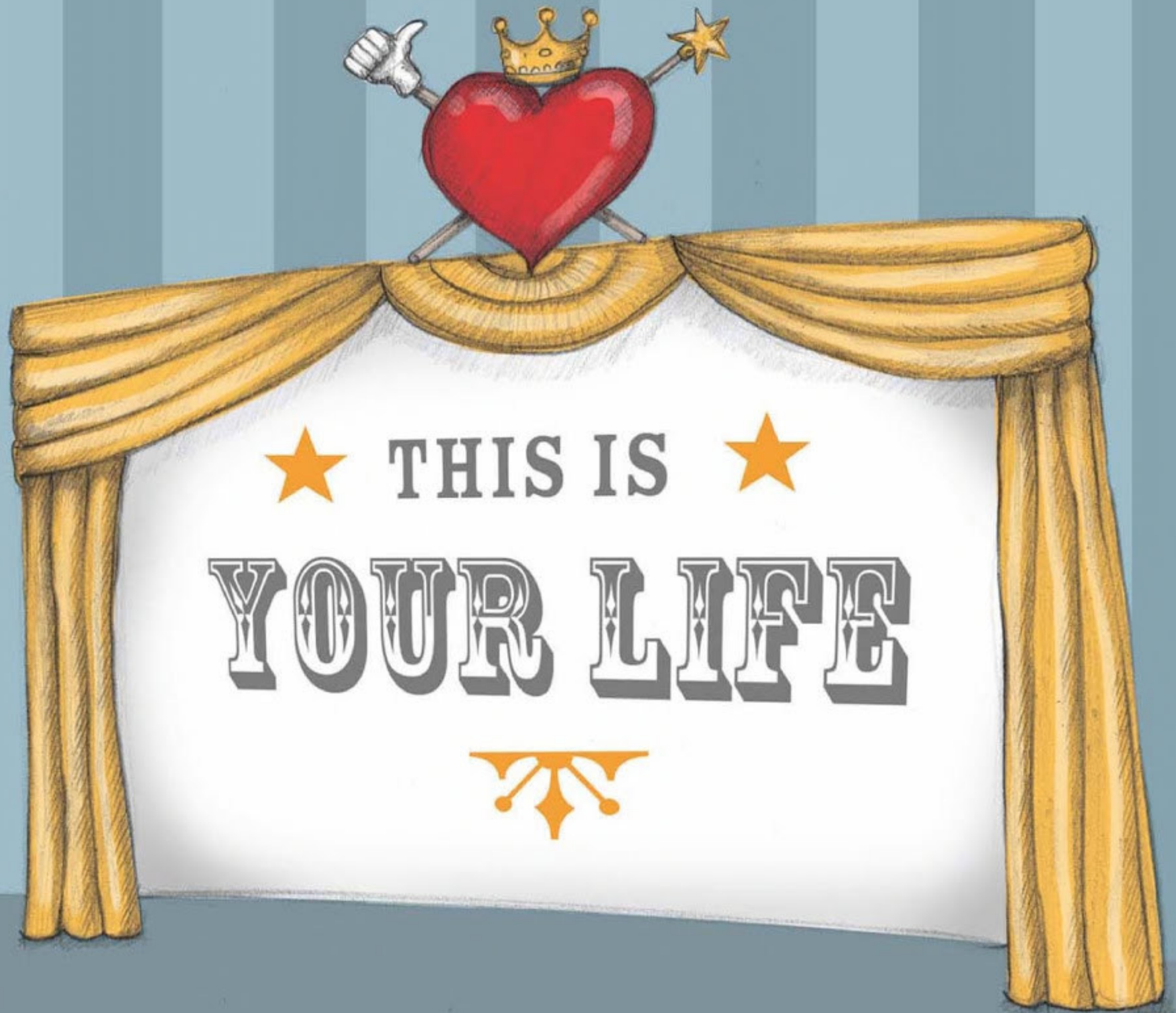
I suggest reading through this book a couple of times before beginning a meditation practice, just so the visual concepts have time to sink in. Most importantly, try to bring attention to your breath while you're going through it. Every time you see the words 'in and out' consciously become aware of your breathing and, when you do, consciously allow yourself to relax and to feel calm.

Matthew Johnstone

A large, white-outlined keyhole is cut into a grey, weathered wooden door. The interior of the keyhole is a solid, vibrant orange color. The text is centered within this orange area.

Consider this:
behind the doors
of your mind
lies a city.





★ THIS IS ★
YOUR LIFE



Where you'll find cinemas just for you.



Art galleries that are always open for inspiration.

170-864

AUTHOR Your Goodself

TITLE A Moment of Clarity

DATE DUE

BORROWER'S NAME

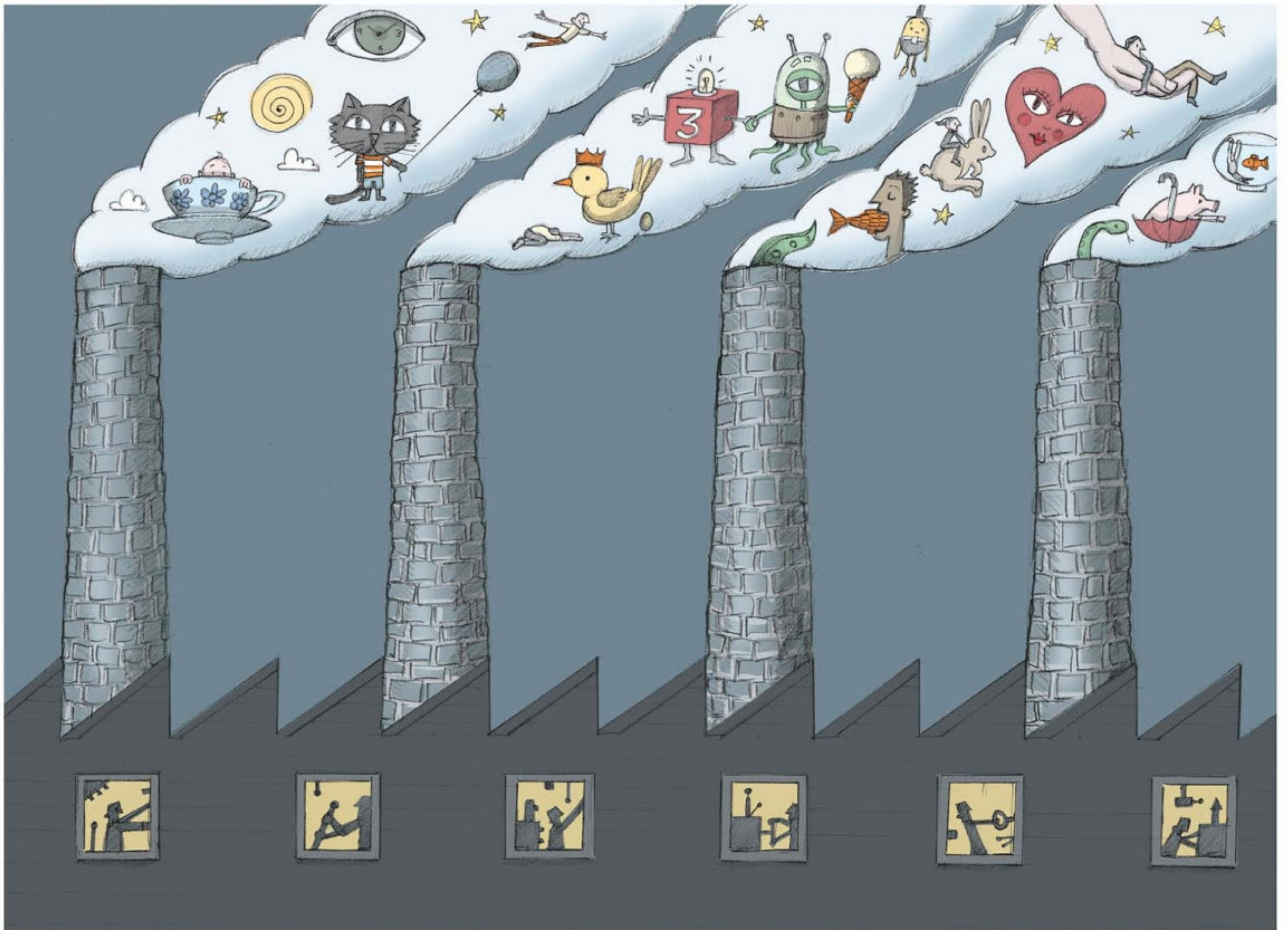
Y
G

Libraries full of
memories and future
plans.




There are parks where the
mind can roam free.





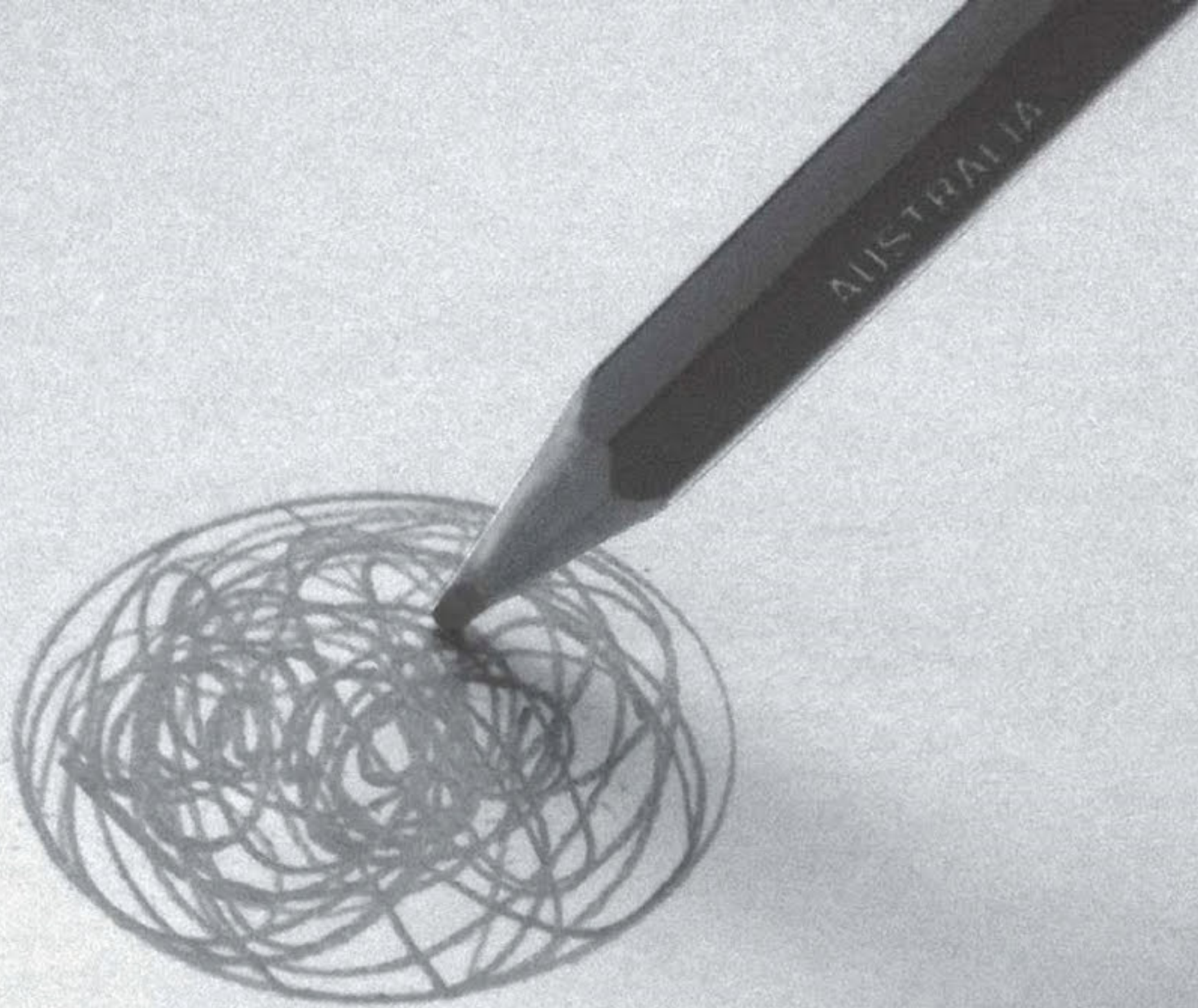
Vast factories where dreams and creativity are made.



It's a place
where love, warmth
and joy can abound.

This is our
natural state.





Sadly the landscape of our mind
doesn't always stay so pristine –
it can become polluted with a
negative style of thinking.

Here's where it can go awry
and why it's so important
to learn how to *quiet the mind*.

24/7

Over a 24-hour period we can process up to 70,000 thoughts and this continues even as we sleep. Each day contains 86,400 seconds so that equates to a different thought every 1.2 seconds or two thoughts for every heartbeat.

Basically the brain never shuts up!



