



**Meditation-** A Foundation Practice for  
Health and Self Development

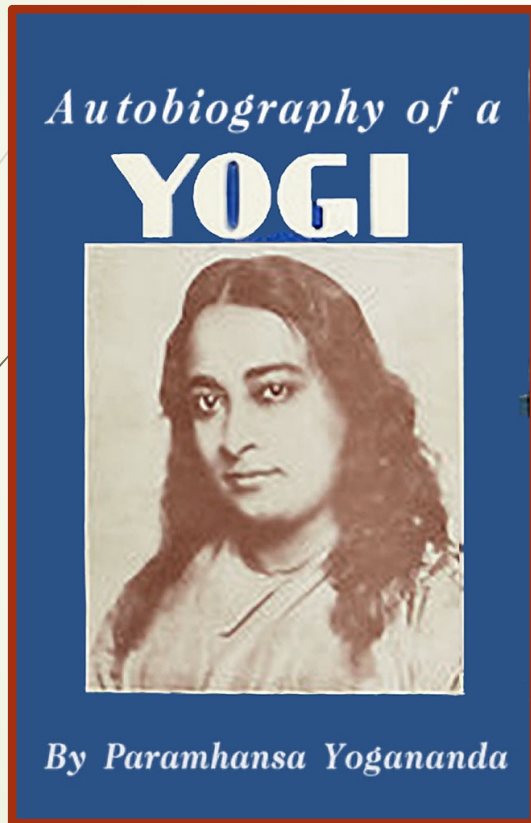


# Lesson 1: Introduction

## Overview of this 6 Week Meditation Course:

- **Week 1:** Introduction
- **Week 2:** Meditation for Personal Growth
- **Week 3:** How to Meditate Effectively
- **Week 4:** Meditation Techniques and Routines
- **Week 5:** The Progressive Stages of Spiritual Growth
- **Week 6:** Lifestyle Guidelines for Our Spiritual Goals

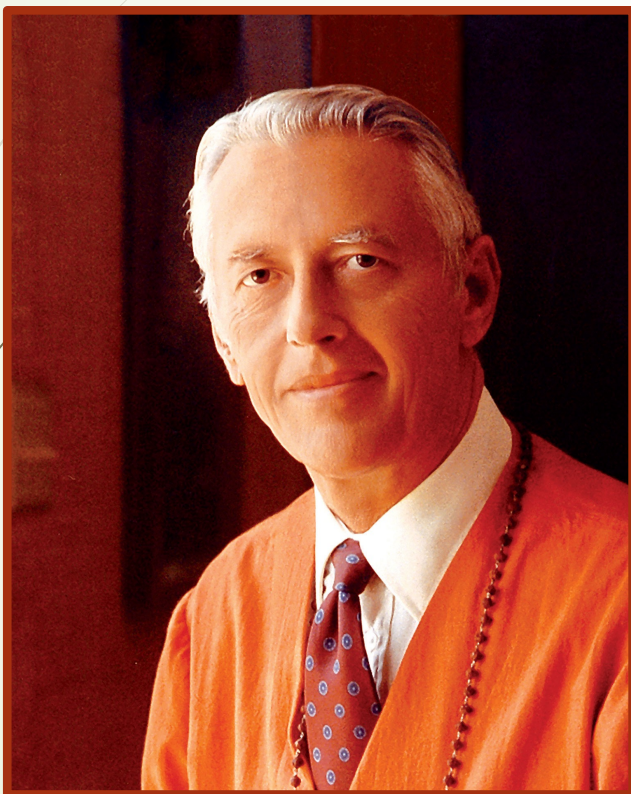
# Lesson 1: Introduction



## Who was Paramhansa Yogananda?

- Scientific, Universal Approach to Spirituality
- Brought Neuroscience of Meditation to the West
- Initiated over 100,000 people into Kriya Yoga including: Steve Jobs, Oprah Winfrey, George Harrison and many other celebrities
- “*Awake: The Life of Yogananda*” (documentary)

## Lesson 1: Introduction



### Who was Roy Eugene Davis?

- ▶ Direct Student of Yogananda
- ▶ Taught Kriya Yoga for over 60yrs
- ▶ Author of “An Easy Guide to Meditation”

# Lesson 1: Introduction



## Who is Ryan Kurzcak?

- ▶ Student of Roy Eugene Davis
- ▶ Kriya Yoga Teacher
- ▶ Ayurvedic Astrologer
- ▶ Guinness Beer Drinker and Musician☺

# Lesson 1: Introduction



## Who is DeeDee Freeman?

- Ordained Spiritualist Minister, Healer and Teacher
- Transpersonal Hypnotherapist
- Hermeticist
- Shamanic Counselor
- Law of Attraction Coach
- Sun Worshipper and Zydeco Dancer☺



# Lesson 1: Introduction

## What is Yoga?

- ▶ Yoga means “Union”

## How does Yoga relate to Meditation?

- ▶ Union of the Seer and the Seen= Meditation

## What is Kriya Yoga?

- ▶ Kriya means “Action”; “Union” with “Action”

## How does Buddhism relate to Meditation?

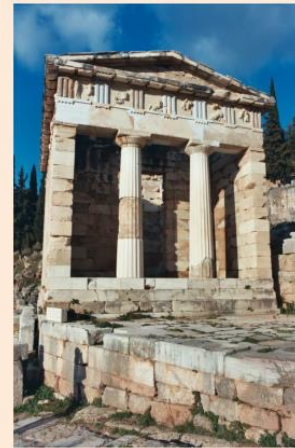
- ▶ Meditation is a technique for Introspection

## Lesson 1: Introduction

### Socrates

- (470-399 B.C.E.)
- “Know thyself”: The oracle at Delphi is said to have proclaimed Socrates the wisest man in Greece, to which Socrates said that if so, this was because he alone was aware of his own ignorance.
- “The unexamined life is not worth living.”

### Delphic Oracle: Know Thyself



“Know Thyself”

The Purpose of Meditation



## Lesson 1: Introduction



- **Pema Chodron: Discussion and instructions for basic meditation**

*From "Getting Unstuck" Disc 1*

## Lesson 1: Introduction



6 of 7: **Listening- Basic Meditation Practice**

## Lesson 2: Meditation as a Foundation Practice



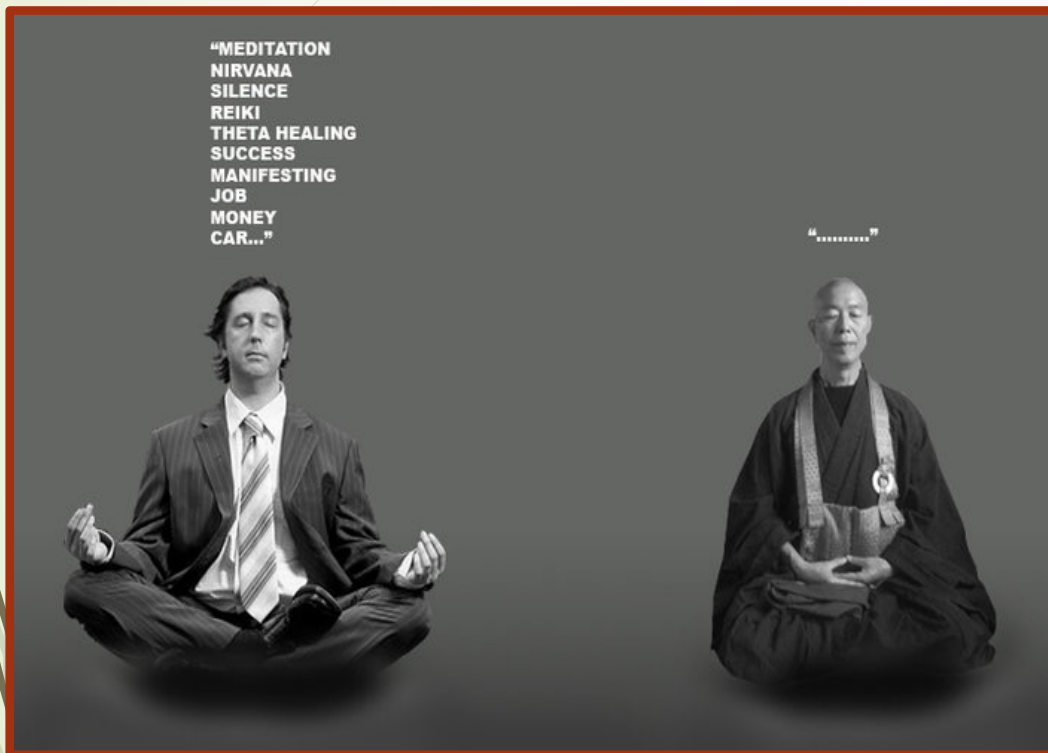
Listening Meditation

## Lesson 2: Meditation as a Foundation Practice

### What is MEDITATION?

- ▶ **Roy Davis:** Process of removing attention from external world, while remaining alert/observant  
Provides the opportunity for physiological and psychological rest
- ▶ **Swami Rama:** Precise technique for resting mind; turning inward; means for perceiving ourselves
- ▶ **Modern Spiritualism:** Intentional disconnection from the 5 senses; redirection of attention to one's intuitive inner nature
- ▶ **Psychology Today:** Practice of turning one's attention to a single point of reference  
Pivoting away from distracting thoughts and focusing on the present moment
- ▶ **DeeDee:** Integration of the conscious and subconscious minds; portal to Superconscious; the "relaxation response"

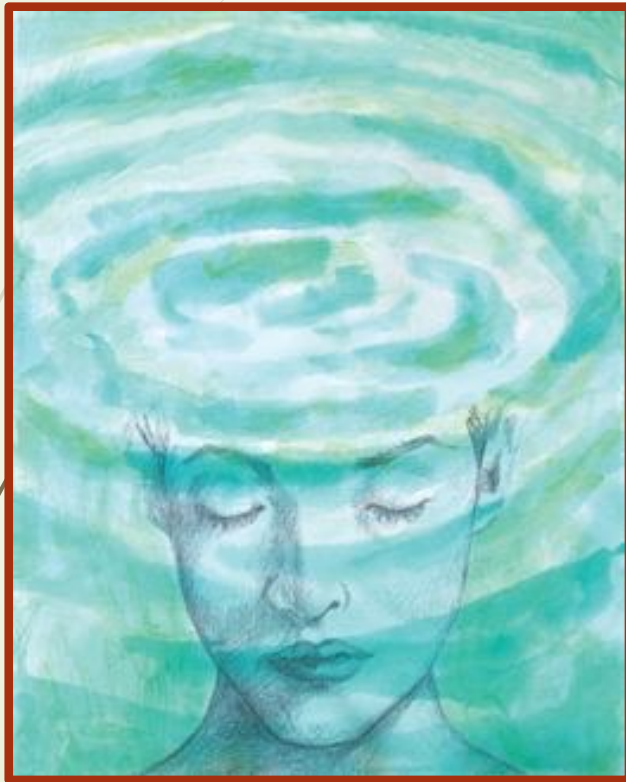
## Lesson 2: Meditation as a Foundation Practice



### What Meditation is NOT:

- An escape from reality
- A substitute for responsible living
- Becoming a different person
- Turning off thoughts or feelings
- Seeking perfection
- Loss of control
- A certain posture
- Mental effort
- A religion/religious practice

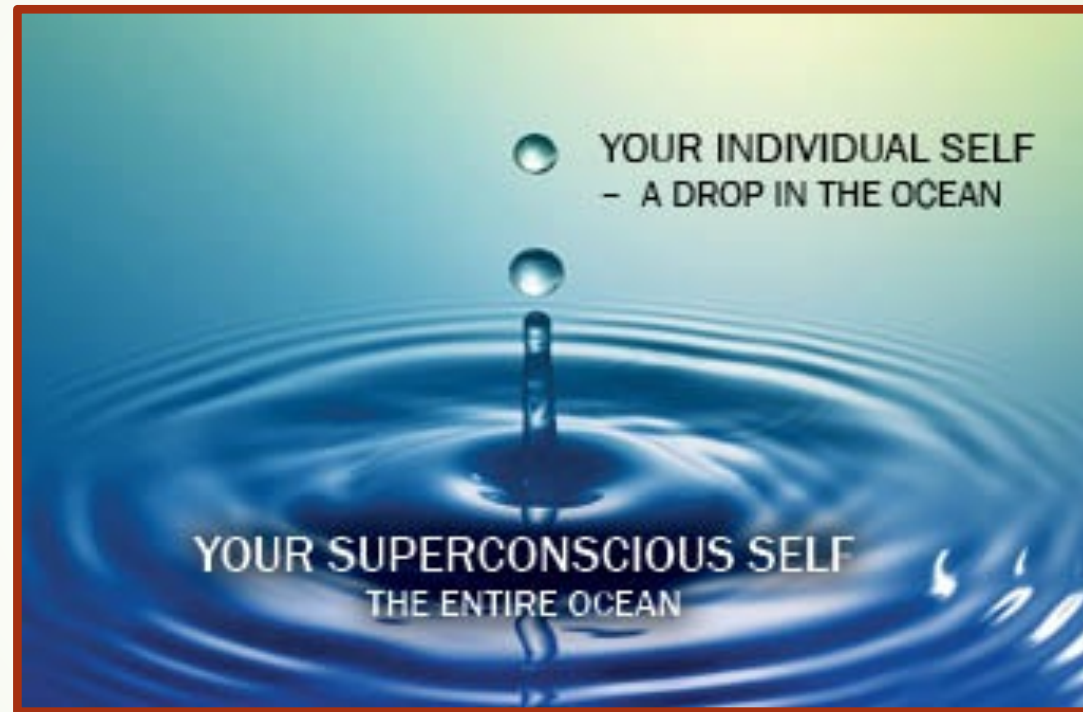
## Lesson 2: Meditation as a Foundation Practice



### How does the meditative state feel?

- ▶ Inner peace, bliss; deep silence and calm
- ▶ No concept of time; second feels like eternity
- ▶ No desire to stop, able to sit as long as you like
- ▶ More accepting of own flaws/flaws of others
- ▶ Thoughts/sensations less likely to disturb sense of completeness and peace
- ▶ Others notice changes in your personality

## Lesson 2: Meditation as a Foundation Practice



**Self-Realization:** Knowing that we are one with Super Consciousness



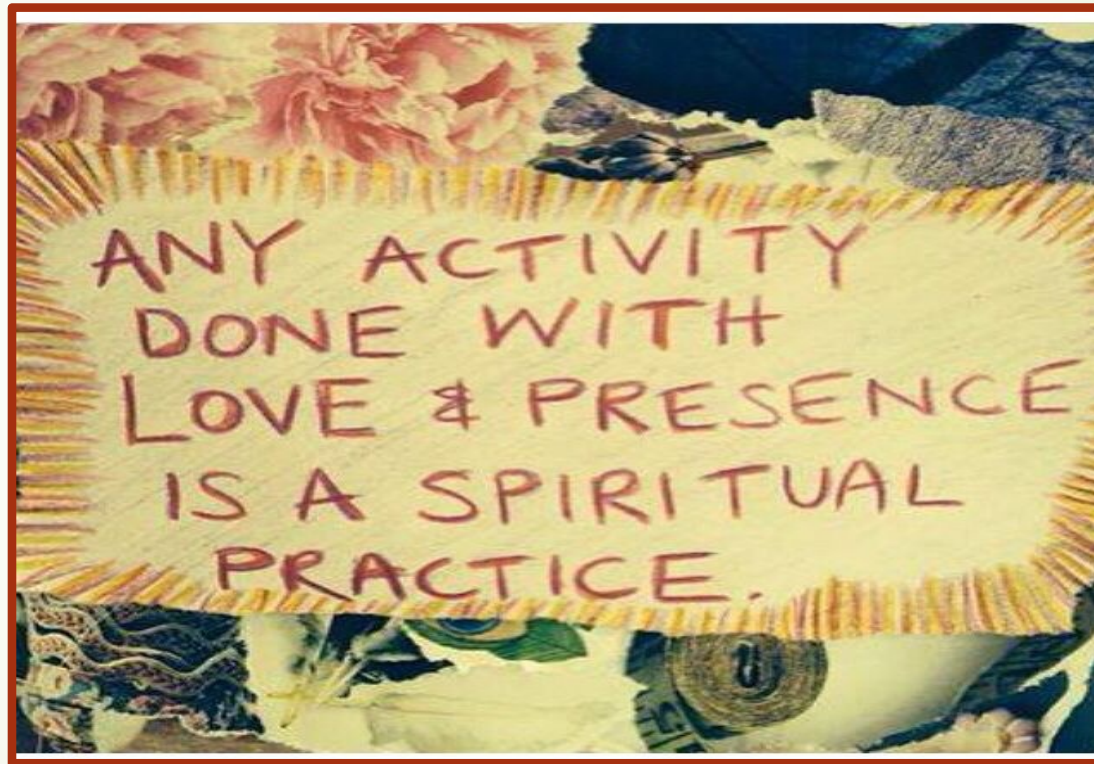
## Lesson 2: Meditation as a Foundation Practice

### **“Side” benefits of meditation include:**

- Clearer thinking
- Strengthened immune system
- Reduced stress symptoms
- Slows mental and physical aging
- Refreshed nervous system; heightened awareness
- Awaken body's natural intelligence; this influences healing
- Awaken Intuition; strong sense of inner guidance occurs
- Stimulates creativity



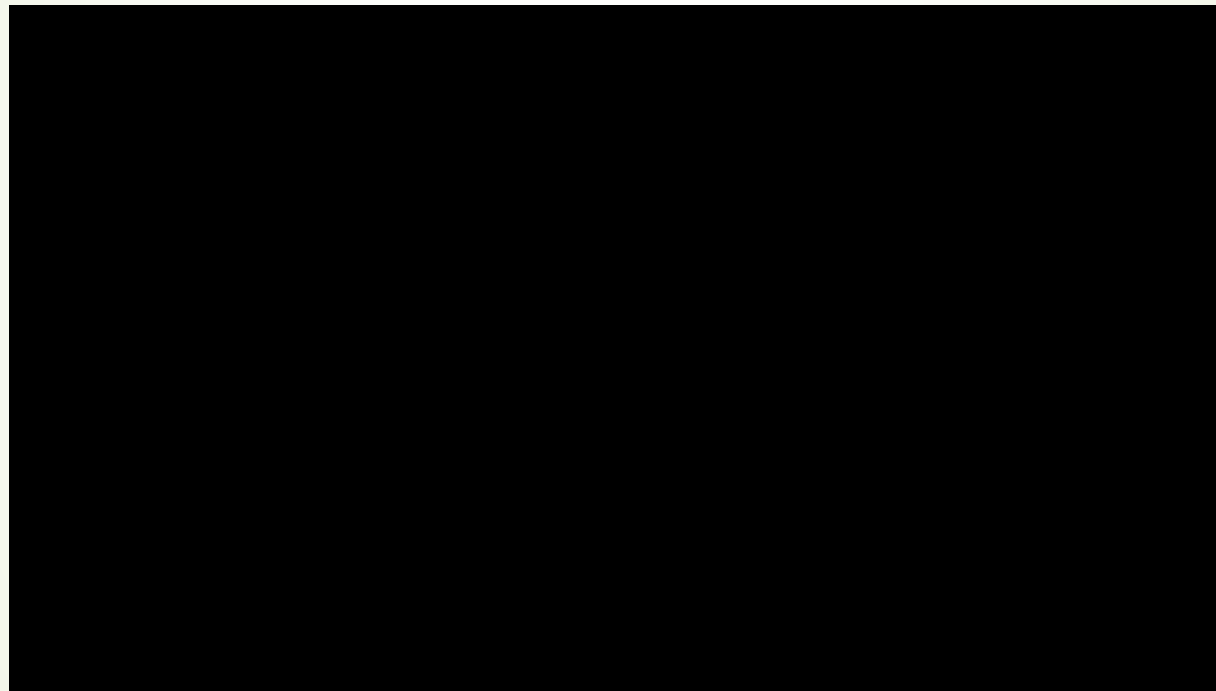
## Lesson 2: Meditation as a Foundation Practice



**Meditation, Spirituality and Religion**



## **Lesson 2: Meditation as a Foundation Practice**



**Ryan Kurczak: Methods to Stop Thinking**

(10min)

## **Lesson 2:** Meditation as a Foundation Practice



**Mindful Breathing Meditation**

## Lesson 3: How to Meditate Effectively



**Listening Meditation**

## Lesson 3: How to Meditate Effectively



- Consider meditation as the most important activity of each day
- Establish a regular time/place for complete attention to your practice



## Lesson 3: How to Meditate Effectively

### Review of the meditation routine:

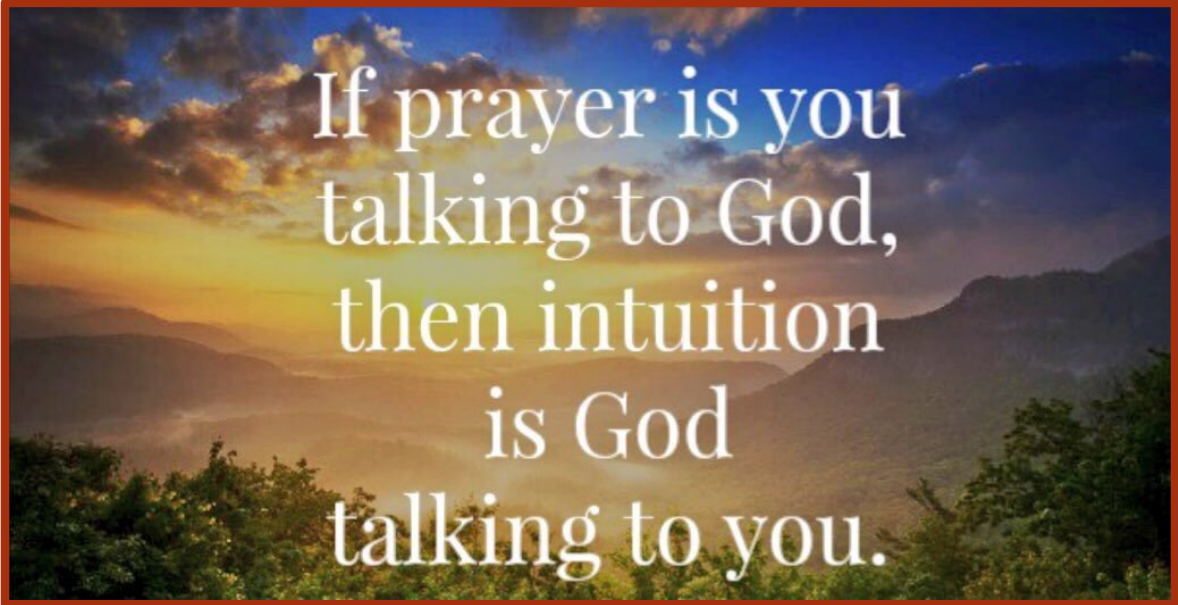
- Sitting
- Beginning
- Internalize attention
- Concentration
- Pure meditation
- The peak experience (Superconscious state)
- Ending the meditation session



## Lesson 3: How to Meditate Effectively

- ▶ Superconscious state is natural
- ▶ It results from the integration of conscious and subconscious minds
- ▶ What is the “Peak Experience”?
- ▶ How the Superconscious state “feels”

## Lesson 3: How to Meditate Effectively



If prayer is you  
talking to God,  
then intuition  
is God  
talking to you.

### **Combining Prayer with Meditation**

- ▶ Prayer- Meditating on the Intention
- ▶ Answer- Intuitive insight from Superconscious



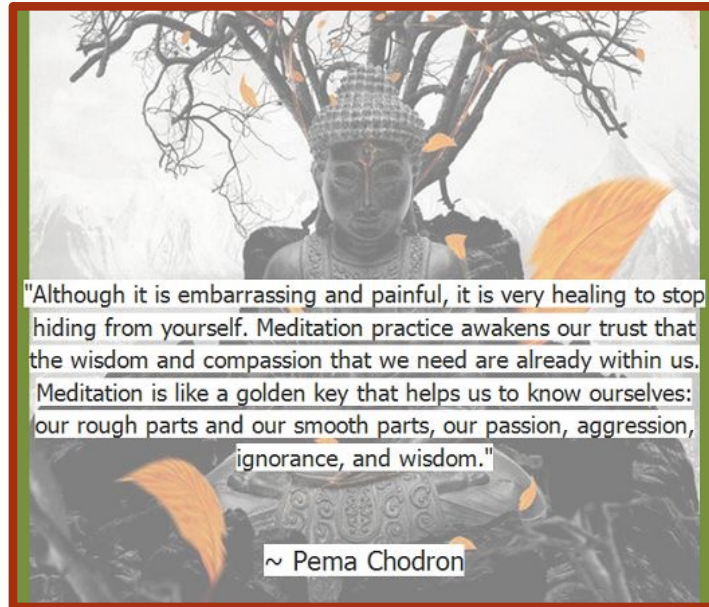


## Lesson 3: How to Meditate Effectively

### Doing “Inner” Work:

- STATE OF ATTUNEMENT/Superconsciousness
- Discover your life's purpose
- Possibility thinking= What can be vs what can't be
- Intuitive problem solving
- Healing

## Lesson 3: How to Meditate Effectively



### Self-realization is **NOT** difficult to attain:

- ▶ Not something we earn
- ▶ At our core we have always been enlightened

## Lesson 3: How to Meditate Effectively



**Ryan Kurczak “How does Kriya Yoga work?”**

(17min)

## Lesson 3: How to Meditate Effectively



**Meditation- Kriya Energy Circulation**

## Lesson 4: Meditation Techniques & Routines



**Listening Meditation**

## Lesson 4: Meditation Techniques & Routines



**Meditation Techniques= “Tools” for the Relaxation Response**



## **Lesson 4: Meditation Techniques & Routines**

### **Techniques covered in this book:**

- ▶ 1. Relaxation technique
- ▶ 2. Devotional meditation technique
- ▶ 3. Sanskrit mantras
- ▶ 4. "Om" mantra technique
- ▶ 5. Inner light technique

## Lesson 4: Meditation Techniques & Routines



Importance of “Om”, the primordial sound of the universe





## Lesson 4: Meditation Techniques & Routines

### Techniques from other sources:

- ▶ Structured/unstructured
- ▶ Stabilizing/contemplative or intellectual
- ▶ Tranquility/insight



## Lesson 4: Meditation Techniques & Routines

### **“Structured” meditation techniques:**

- Mindfulness (focused awareness)
- Transcendental Meditation(TM)
- Physical action (flower arranging, martial arts, quilting, etc.)
- Loving Kindness (Metta bravana)
- Deity visualization (Vajrayana)

## Lesson 4: Meditation Techniques & Routines

### HOW TO DO TRANSCENDENTAL MEDITATION

- Sit in a **comfortable chair**. Keep your back and neck straight. Close your eyes.



- Begin with **30 seconds of quiet**. Ease into the mantra, a meaningless "vibration word" your teacher gave you.

- Repeat the **mantra** in your head at no particular rhythm.

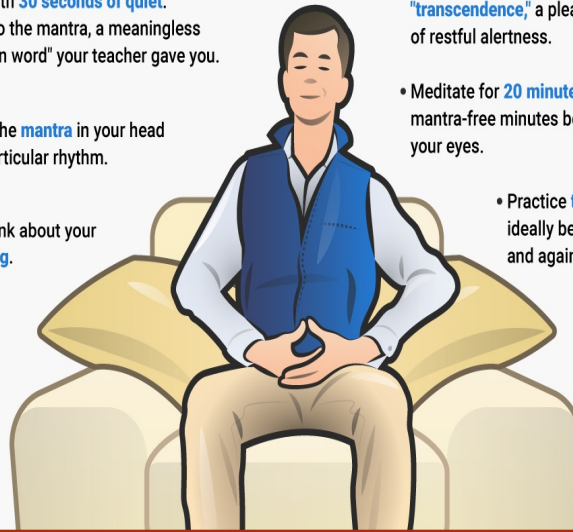
- Don't think about your **breathing**.

- Let the mantra draw your attention, but allow thoughts to **float by**.

- You may experience moments of "**transcendence**," a pleasant feeling of restful alertness.

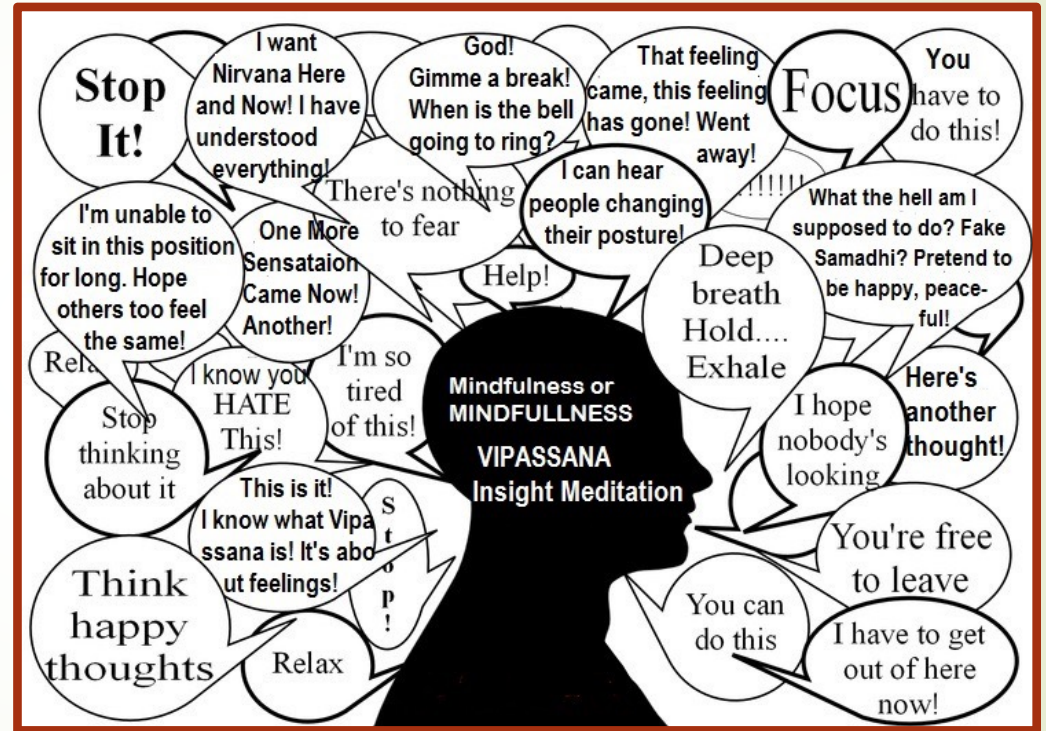
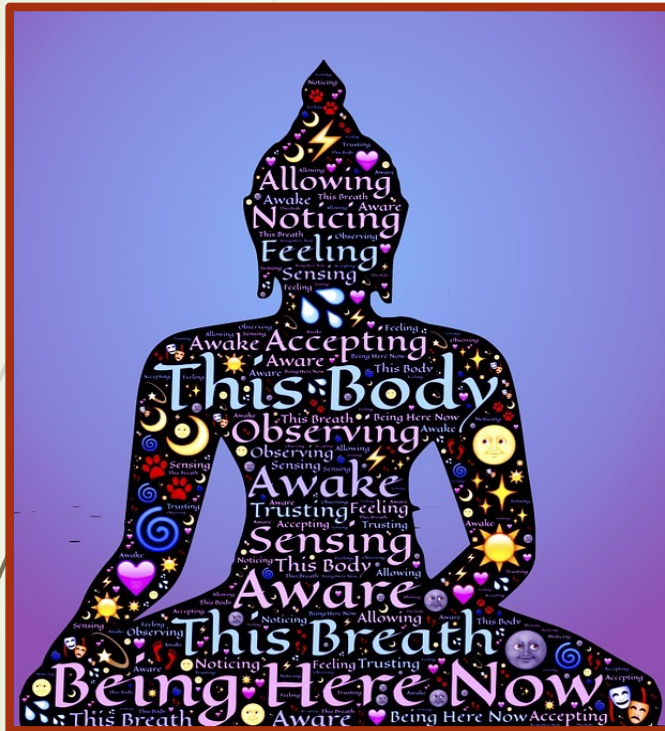
- Meditate for **20 minutes**. Take three mantra-free minutes before opening your eyes.

- Practice **twice daily**, ideally before breakfast and again before dinner.



### Transcendental Meditation

## Lesson 4: Meditation Techniques & Routines



Insight meditation "Vipassana"



## Lesson 4: Meditation Techniques & Routines

### **Factors that disturb the meditation process:**

- External distractions
- Physical discomfort
- Emotional distress
- Subconscious resistance to change
- Preoccupation with thoughts
- Stopping at superficial enjoyment



**Lesson 4:** Meditation Techniques & Routines



Kriya Yoga  
Questions

**Ryan Kurczak: How Can Trauma Impact Your Meditation Practice?**

(13min)

## Lesson 4: Meditation Techniques & Routines



**Loving Kindness Meditation**

## Lesson 5: Stages of Spiritual Growth



**Listening Meditation**



## Lesson 5: Stages of Spiritual Growth



### Signs of Spiritual Growth:

- ▶ Improvements in our daily life happen naturally
- ▶ Improved mental clarity
- ▶ Increased productivity
- ▶ Become healthier
- ▶ More open to life

# Lesson 5: Stages of Spiritual Growth

## BUDDHIST CHEATSHEET (minimal edition)

### THE NOBLE EIGHTFOLD PATH

*The Buddha taught that to attain liberation one must practice*

*Wholesome:*

- |              |                  |
|--------------|------------------|
| 1. View      | 5. Livelihood    |
| 2. Intention | 6. Effort        |
| 3. Speech    | 7. Mindfulness   |
| 4. Action    | 8. Concentration |

### THE FOUR NOBLE TRUTHS

*This was the Buddha's first and fundamental teaching about the nature of our experience and spiritual potential*

1. Ordinary life brings about suffering
2. The origin of suffering is attachment
3. The cessation of suffering is attainable
4. Suffering can cease, by following the Eightfold Path

### THE SEVEN POINTS OF POSTURE

*Attend to each in turn when you first take your meditation seat. If you become uncomfortable while sitting, you may go through these points again*

- |              |           |
|--------------|-----------|
| 1. Legs      | 5. Hands  |
| 2. Shoulders | 6. Tongue |
| 3. Back      | 7. Head   |
| 4. Eyes      |           |

### THE SIX WHOLESOME AND UNWHOLESOME ROOTS OF MIND

*The mind is always under the influence of one of these states*

- |               |             |
|---------------|-------------|
| 1. Generosity | 4. Greed    |
| 2. Love       | 5. Hatred   |
| 3. Wisdom     | 6. Delusion |

### THE SIX SENSE DOORS AND THREE FEELING TONES

*Everything we experience comes through these portals*

- |                    |                     |
|--------------------|---------------------|
| 1. Eye (Seeing)    | 4. Tongue (Tasting) |
| 2. Ear (Hearing)   | 5. Body (Touching)  |
| 3. Nose (Smelling) | 6. Mind             |

*Experience is felt as one of three tones*

1. Pleasant
2. Unpleasant
3. Neutral

### THE FOUR METTA PHRASES

*Send loving kindness to yourself and others by using these phrases or words that have personal meaning for you*

1. May I be free from danger
2. May I be happy
3. May I be healthy
4. May I love with ease

### THE EIGHT VICISSITUDES

*According to the Buddha, we will experience these vicissitudes throughout our lives no matter our intentions or actions*

1. Pleasure and pain
2. Gain and loss
3. Praise and blame
4. Fame and disrepute

### THE FIVE PRECEPTS

*An ethical life is founded on these standards of conduct*

To refrain from

1. Killing
2. Stealing
3. Sexual Misconduct
4. False, harsh, and idle speech
5. Intoxicants that cloud the mind

### THE FOUR BRAHMA-VIHARAS

*These four "best abodes" reflect the mind state of enlightenment*

1. Loving Kindness
2. Compassion
3. Joy
4. Equanimity

### THE THREE KINDS OF SUFFERING

*The Buddha taught that we can understand different kinds of suffering through these three categories*

1. The suffering of pain
2. The suffering of change
3. The suffering of conditionality

### THE FIVE HINDRANCES

*These are the classical hindrances to meditation practice*

1. Desire, clinging, craving
2. Aversion, anger, hatred
3. Sleepiness, sloth
4. Restlessness
5. Doubt

### THE SIX STAGES OF METTA

*Expand your circle of loving kindness by starting with yourself and moving gradually outward*

- |                     |                        |
|---------------------|------------------------|
| 1. Yourself         | 4. A difficult person  |
| 2. A good friend    | 5. All four            |
| 3. A neutral person | 6. The entire universe |

## Lesson 5: Stages of Spiritual Growth

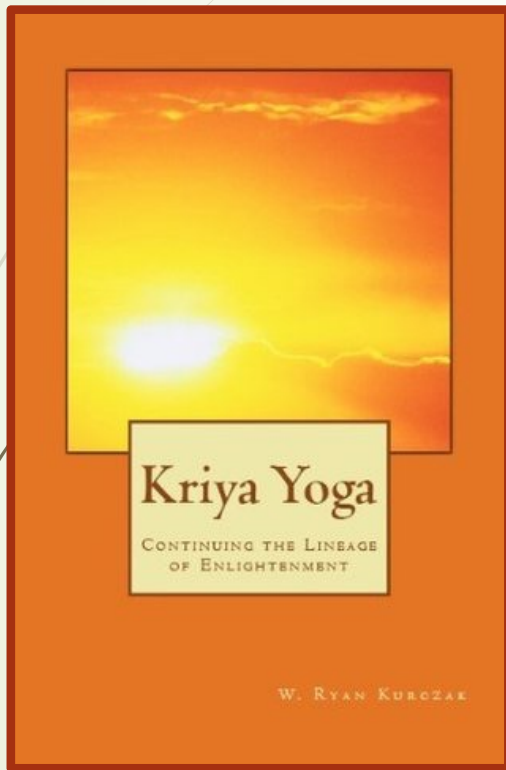


### 7 Stages of Soul Unfoldment:

- 1. *Relatively Unconscious*
- 2. *Subconscious*
- 3. *Self-conscious*
- 4. *Superconscious*
- 5. *Cosmic Conscious*
- 6. *"God" Conscious*
- 7. *Enlightenment*

**(Yoga sutra 2:27 )**

## Lesson 5: Stages of Spiritual Growth



### What are Patanjali's Yoga Sutras?

- 212 statements contained in 4 chapters
- Chapter 1: The nature of Enlightenment (concentration; cognitive absorption)
- **Chapter 2:** *Instructions for the practice of yoga/meditation*
- Chapter 3: Progression of the practice; what to expect
- Chapter 4: The nature of Liberation

## Lesson 5: Stages of Spiritual Growth



“Grace”



## Lesson 5: Stages of Spiritual Growth



# Kriya Yoga Questions

Ryan Kurczak “Most important lesson from his teacher”

(16min)

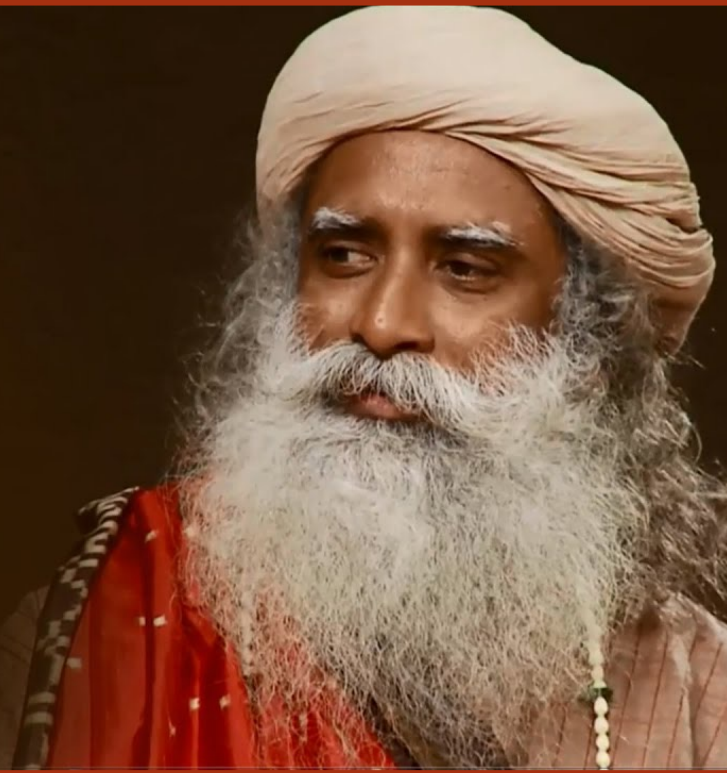
## Lesson 5: Stages of Spiritual Growth



**"OM" Meditation**

## Lesson 5: Stages of Spiritual Growth

Aum,  
Amen,  
Ameen  
- One &  
the Same



Chant "OM" with Sadhguru😊



## Lesson 6: Lifestyle Guidelines for Spiritual Goals



Listening Meditation

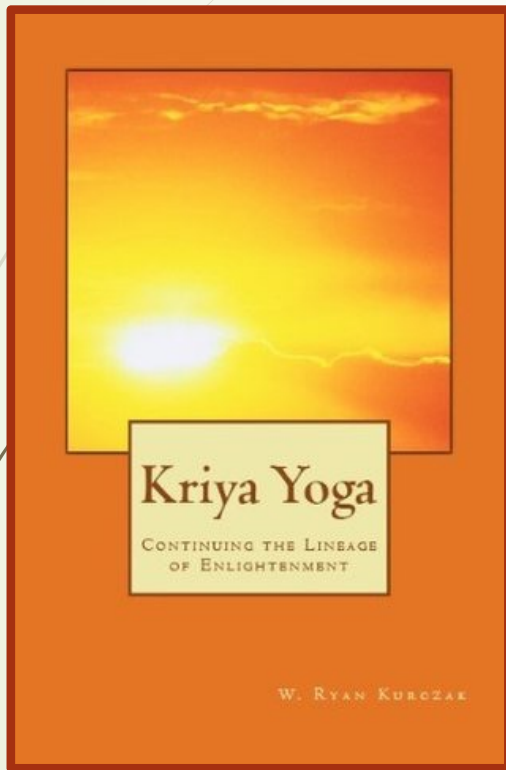


## Lesson 6: Lifestyle Guidelines for Spiritual Goals

### Our 4 Primary Purposes:

- ▶ To Live Right
- ▶ To have Our Life-Enhancing Desires Easily Fulfilled
- ▶ To be Affluent
- ▶ To be Spiritually Enlightened (The Golden Rule)

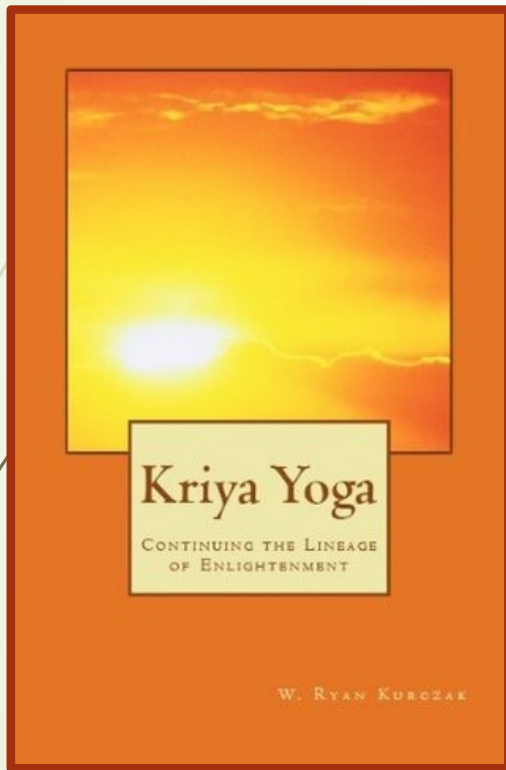
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## Lesson 6: Lifestyle Guidelines for Spiritual Goals



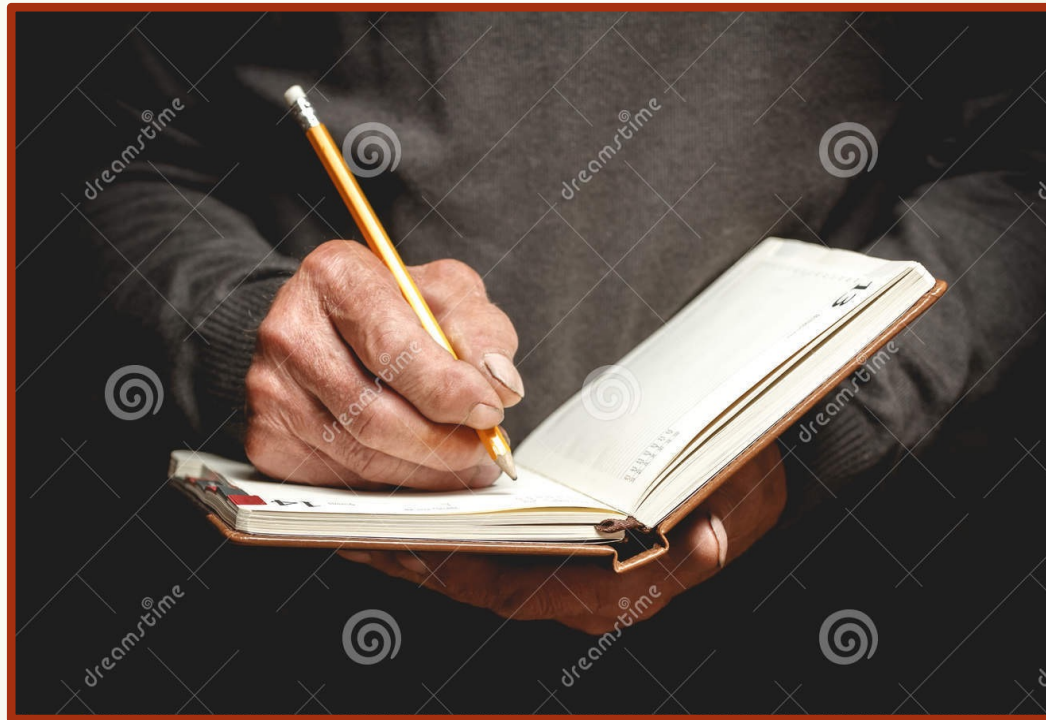
### Prerequisites for Successful Meditation:

- Avoid drama
- Lead a moral life
- Take care of the physical body
- Ability to control/slow the breath
- Ability to withdraw of the 5 senses

-----Then-----

- Concentration
- Meditation
- Liberation

## Lesson 6: Lifestyle Guidelines for Spiritual Goals



**Intentional Practice Guide** (Handout)

## Lesson 6: Lifestyle Guidelines for Spiritual Goals



- Resource Handout
- Course Google Drive



**Lesson 6:** Lifestyle Guidelines for Spiritual Goals



**Kriya Yoga Meditation  
Beginner's Guide  
Part 21 of 21**

**Ryan Kurczak- "Final Stages of the Practice"**

(24min)

## Lesson 6: Lifestyle Guidelines for Spiritual Goals



**“Who am I?” Meditation**





**Meditation-** A Foundation Practice for  
Health and Self Development