

## Meditation Is the Main Practice

When yoga was first emerging thousands of years ago, the main practice was meditation or centering. There were no poses (asanas). The practice of meditation was highly regarded because ancients discovered that by centering they were able to access a new way of knowing and being, and becoming more intuitive. They experienced the deeper states of their own true nature and consciousness.



From that centered meditative state of awareness the asanas arose instinctively. They were moved to do them as a result of their meditation practice. They practiced and taught these asanas to others as a way of finding and returning to the meditative state. The asanas were valued not just because they were physically beneficial, but also because they were an effective way of bringing about and sustaining the meditative state. The main practice was, and still is, meditation; experiencing ourselves in stillness. Any reason for choosing to meditate is a good one. Any reason that will bring you to your meditation seat is the right reason, a good reason, and the best reason for you at that moment.

No one can “teach” you to how to meditate. Meditation is not something that is taught, it is something that you simply do and experience. Others can offer you suggestions about how to practice. They can share their techniques and experiences with you, but your meditation practice is about you and what works best for you.

Working with a meditation technique can be a beneficial way to begin. It will help you develop concentration and centered focus. Techniques are like training wheels on a bicycle. They support you while you learn how to ride, but eventually they become a hindrance and you have to take them off so you can ride freely. Eventually, you may let go of techniques and meditate “technique free” for a time, and then perhaps bring them back into your practice again. There are thousands of techniques, all good, all viable. What’s the best one? The best one is the one that you will do and that works for you in the moment.



There are many advantages of group meditation. The experience and wisdom of others shared in a group will encourage, affirm and motivate you in your own personal practice. Again, your meditation practice is all about you and the best way to choose a group to meditate with is simply by how it “feels” to you. Let your intuition guide you as you experience several, as many as it takes, to find the one that feels “right” for you.