



ISLAMIC MEDITATION PRACTICES

BODY POSTURE AND FOCUS TRAINING for MEDITATION PRACTICES

1. Sitting on the floor
2. Back straight, body upright
3. Either in tashahud position or legs crossed
4. Hands open – either with palms facing up, thumb & index fingers touching or hands together with finger tips only touching
5. Eye exercise for commencing focus and stillness – focus your eye on a spot in front of you – hold your gaze without moving your eyes for a few minutes till any thoughts have subsided and your body is still

BREATHING TECHNIQUE

1. Breathing Technique – that stabilises the central nervous system, centres and calms your mind, body and heart
 - i. Inhale for 7 counts
 - ii. Hold for 2-3 counts
 - iii. Exhale for 7 counts
 - iv. Start again...repeat a few times
2. Optional – visualise inhaling positive divine spiritual energy or an emotion – Allah's love, light, peace...and exhaling worries, negative energy/thoughts....

PRE - MEDITATION

Method of recitation & how sounds effect our heart and spirit's vibrational energy

The **auditory qualities** of the internal and external sounds and speech you make powerfully **influence the positive and negative states** we experience daily – such as peace, love, gratitude, stress, sadness etc

Here is an exercise to transform your auditory qualities - Copying the heart and voice qualities of The Beautiful Holy Prophet saws

1. Imagine the **Holy Prophet (pbuh)** is sitting near you and **reciting Surah Fatiha**...how would his voice sound...
 - a. Imaging / Hear clearly in stereo sound - his **volume, tonality, rhythm, speed, the qualities of faith, love, peace and mercy emanating from his words**...
 - b. Hear him reciting it again, this time recite **in sync /copying** his beautiful voice...
2. Note the new insightful distinctions and how powerful it feels - Practice as regularly as desired



MEDITATION OPTIONS:

- Maintain a comfortable breathing pattern during meditation
- Thoughts –
 - o When thoughts arise, don't resist ...let them pass by like clouds, let them go, surrender them, stay as the silent observer of them
 - o Your aim is to keep emptying your mind, remain in total silence, with no dialogue, no self-talk except the chosen words for your meditation.

VISUALISATION of a SPIRITUAL QUALITY EXERCISE

1. **Decide which divine quality** you want to grow, experience more deeply and live – e.g. peace, love, light, oneness, unity, mercy, compassion, strength, wisdom, purity etc
2. Eyes closed, body totally relaxed and still (after breathing exercise)
3. **Visualise the sky opening** and Allah's divine quality from heaven descending and entering your body starting from your head and moving downwards...
4. **Visualise it continuously flowing** into you and filling every cell, moving from your head to your shoulders, to your chest, heart, arms, legs, toes...repeat as desired
5. **Keep visualising, feeling** the quality filling you inside and filling the whole physical space around you like an invisible bubble or energy field
6. **Stay blissfully in this place** for as long as you desire in total silence...

Be creative, experiment with your own visualisations to experience their powerful effect on your daily and habitual states

ZIKR MEDITATION

1. **Choose a zikr** such as – Subhan Allah “Glory be to Allah”, Alhamdulillah “Praise be to Allah”, Allah Akbar “Allah is Great”, La ilaha illallah, Salallahu alaihi wassalam “Peace be upon the Prophet” ...
2. Repeatedly recite/chant rhythmically (silently or aloud) for minimum 15 minutes using your best auditory qualities

NAME of ALLAH MEDITATION

1. Either **choose a name of Allah** swt randomly, with intention of Allah swt choosing the name for you, saying Bismillah and seeing what name opens for you OR
2. Consider something you **need and a corresponding name** that may facilitate
 - a. E.g. Ya Salam for Peace, Ya Nur for Light in your heart/mind, Ya Ahad for Centred/Oneness, Ya Muqaddim for Advancement in something, Ya Raheem for invoking Allah's Mercy, Ya Qawi for the strength to be/do something, Ya Wakil for gaining greater trust in Allah and so forth...
3. Repeatedly recite/chant rhythmically (silently or aloud) for minimum 15 minutes using your best auditory qualities
4. Optional - **Add visualisation**, such as:
 - a. **Visualise the sky opening** and this divine attribute of Allah swt descending from heaven and entering your body starting from your head and moving downwards...
 - b. **Visualise it continuously flowing** into you and filling every cell, moving from your head to your shoulders, to your chest, heart, arms, legs, toes...repeat as desired



- c. **Keep visualising, feeling** the quality filling you inside and filling the whole physical space around you like an invisible bubble or energy field
- d. **Stay blissfully in this place** for as long as you desire...

Be creative, experiment with your own visualisations to experience their powerful effect on your daily and habitual states

TOTAL SILENCE MEDITATION

1. Empty your mind, remain in total silence, with no dialogue/self-talk – take your attention and awareness to your heart space and feel in your heart a divine quality of your choice, such as
 - a. Allah's love, peace, light etc
 - b. The feeling of Gratitude
 - c. Allah's greatness ...

EMPOWERING PERSONAL AFFIRMATIONS

1. Choose an affirmation you desire or need.
2. For example, Allah swt -
 - a. Is all the love and peace I need
 - b. Is always taking perfect care of me..
 - c. Loves me infinitely more than I could ever know...
 - d. Is with me every second..
 - e. Is all I need...

MEDITATION FOR SOLVING PROBLEMS

1. Before any meditation practice above - Think of a problem, stuck state or unresolved issue that you would like to change.
2. Make Dua and ask Allah swt to inspire/guide you during your meditation to new ideas & insights that will lead to you resolving it.
3. Decide on a time frame
4. Shift your attention from the problem so the problem rests on a "back burner".
5. Enter a relaxed state, beginning your meditation
6. When finished your meditation, listen to your heart providing insights, ideas or any response – either now or as the day unfolds.

LIVING IN POSITIVE STATES DAILY IS EASY WITH THESE MEDITATION ANCHORS

1. With daily repetition of the above meditation practices, you are creating powerful positive conditioned anchors for your heart, mind, life, actions, responses and more...
2. Practicing these habits daily, there's no room for stress, worries, fears, any form of negativity to take over. There's simply no room. Enter these states as you go about your day, to instantly re-enter, experience and grow their positive benefits insha Allah.

With Peace and Best Wishes,
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