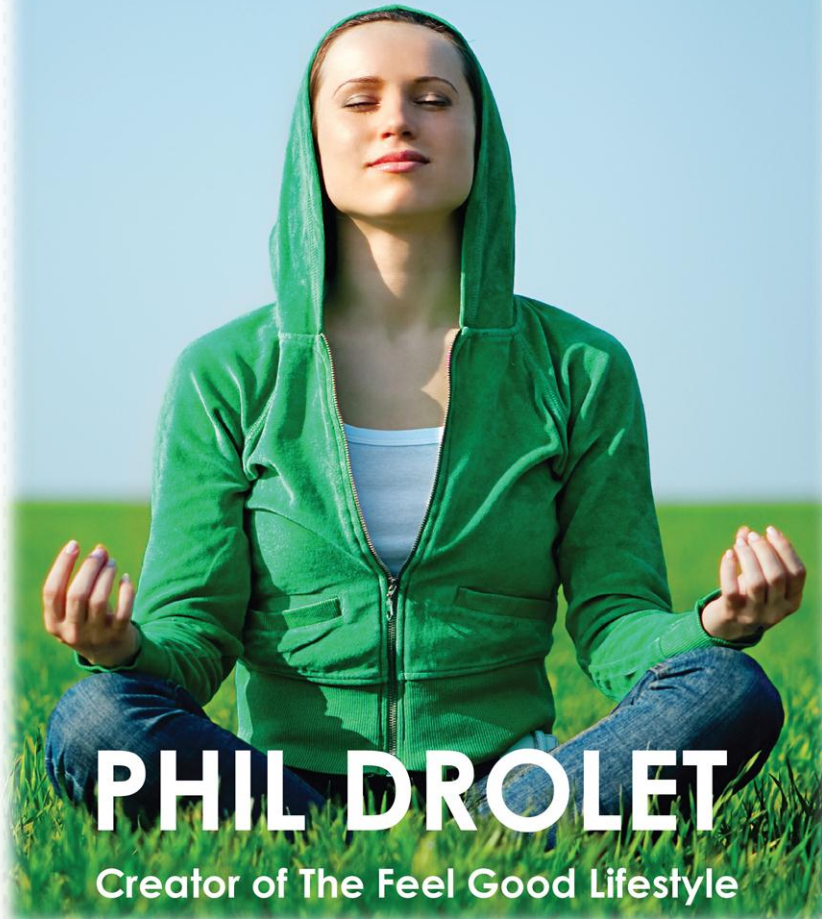


The Ultimate Beginner's  
Guide to  
**MEDITATION**



**The Ultimate Beginner's Guide to  
Meditation**

**By Philippe Drolet**

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# Introduction

2 years ago, I had never meditated.

What's more, I had never actually even thought of meditating!

Sure, I had heard the word thrown around, but I assumed it was something reserved for the mystics and gurus living deep in the Himalayas.

I had no idea how this practice could apply to my life or why I should bother spending time "sitting around with my eyes closed".

In early 2011, I started listening to Brian Johnson's Philosopher's Notes — 25-minute summaries of the 100 greatest personal development books ever written.

In his brilliant teachings, Brian constantly encourages us to "optimize our life" by creating a lifestyle that energizes us and adopting a mindset that brings out the best in us every day.

As a former national team swimmer, this resonated strongly with me. I had spent most of my early years trying to become the best swimmer I could be, and now I was discovering that I could take concrete action towards becoming the best human being possible.

Listening to the Philosopher's Notes every day quickly started transforming my life. I began feeling more inspired, energized and happy than ever.

I was experimenting with all sorts of new habits and new mental models, and I was having a blast in the process.

One morning, I listened to the Philosopher's Note on *Threshold of the Mind* by Bill Harriss, a book about how we can transform our mind through meditation.

As Brian explained the book's biggest ideas, he described the plethora of positive effects meditation has on our health and cognitive performance.

"Wow, very interesting..." I thought.

A few minutes later, Brian dropped a bomb on me. He admitted that meditation was the single most beneficial habit he had incorporated into his life over the last few years.

This was coming from a man who had read the 100 greatest personal development books in the world, attended seminars and retreats all over the world...

And meditation was the single best thing he had discovered?

Right there and then, I knew I had to try it. So far, everything Brian had recommended had been extremely helpful, so it was a no-brainer to give his #1 habit a go!

Just like any habit I implement in my life, I decided to turn it into a 30-day challenge: I committed to meditating 5 minutes every morning for the next 30 days. No excuses. I was going to do it.

The next morning, I woke up and began my career as a meditator. I had no idea what to expect... I was excited and really curious to see what would happen.

And to be honest, it was kind of an underwhelming experience. I couldn't stay focused, I felt a bit awkward and uncomfortable, and I just couldn't keep my mind steady.

But I was proud of myself for trying, and figured tomorrow would be better.

Over the next few days, I can't say that I felt a major improvement in the actual meditation, but I did start feeling calmer during the day.

Something was definitely happening...

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Fast-forward to today. As I'm writing these lines, I haven't missed a day of meditation in more than 500 days. I can confidently say that meditation is the #1 habit I've incorporated in my own life.

It has absolutely transformed the way I think, the way I feel and the way I live.

That's why today I'm so excited to help you on your journey. In this eBook, I will be sharing with you everything I wish I knew when I started out my own journey on that odd morning in March 2011.

This will not only give you the confidence to get started, but also the tools to progress much faster in your meditation.

If you follow these teachings, I guarantee that within a year you'll look back and be absolutely amazed at all the positive changes that have happened in your life.

Meditation is truly a gift, a blessing, and will make your life better in so many ways. And all you have to do is... "sit around with your eyes closed". 😊

If you're ready for this adventure, I'm ready to teach you.

Much love,  
Phil Drolet

Boulder, Colorado- September 7<sup>th</sup>, 2012.

# What Meditation is NOT

Even though it's becoming more popular in the western world, there's still a lot of confusion about what meditation actually is.

Before we dive into it, I want to take a minute to clarify what meditation is NOT.

Here are five myths surrounding meditation I want to debunk:

**1) Meditation is not a weird, woo-woo activity reserved only for Buddhist monks and for gurus.** It's for anyone who wants to live a calmer, more focused life and be in better control of their thoughts. The way I look at it, meditation is to the mind what exercise is to the body.

**2) Meditation is not complicated and does not require any special equipment.** Many people are afraid to start meditating because they think it's very complex. But it's not. As you'll see in the following pages, it's a simple activity that you can start any time.

**3) Meditation is not stopping all thoughts.** Even advanced meditators still have random thoughts come up. Rather, meditation is the practice of observing our thoughts as they arise, then letting them go.

**4) Meditation is not something that will turn you into a "zoned-out" person and disconnect you from reality.** Quite the opposite actually- it's something that allows you to be more aware and more connected with your true self and others.

**5) Meditation is not boring.** It's very calming and relaxing, and eventually you'll lose track of time. It allows you to go within and experience a level of inner peace unlike anything else.

# Why Meditate?

In order for you to really commit to your meditation practice and make it a part of your daily routine, it's really important that you understand WHY meditation is so good for you.

As they say, if your "why" is strong enough, the "how" becomes easy.

On a fundamental level, meditation rewires your brain in a way that will allow you to use your mind more effectively, while feeling better throughout the day.

**Here is a list of 10 powerful reasons why you should meditate every day:**

## **1. You'll greatly increase your willpower**

Researchers at Stanford University report that meditation is the [#1 way to increase willpower](#), as it builds additional grey matter in the prefrontal cortex, which governs decision-making.

## **2. You'll experience less mental chatter**

You know that little voice in your head that's constantly yapping and makes it impossible to stop thinking? Meditation teaches you to turn that little voice off on command.

## **3. You'll be more positive**

In meditation, you will learn to observe your thoughts and control them. In everyday life, this will allow you to entertain only the positive thoughts that come through and let go of the negative or defeating ones.

## **4. You'll be less stressed**

In the fast-paced world we live in, meditation is an amazing way to slow down and relax. Once you open your eyes, [studies show](#)



that you will be much less likely to get stressed, no matter what life throws at you.

### **5. You'll be able to choose more empowering responses**

Whenever something frustrating happens to you, you can either react automatically, or step in between the stimulus and your response to it. For instance, if a bad driver cuts you off, you can either respond automatically (honk at him, get angry), or choose an empowering response (take a deep breath and let it go). Meditation helps you choose the empowered one.

### **6. You'll have focus better**

Because meditation requires you to focus your attention on one thing (either breath, a mantra, a prayer, or an object), [research shows](#) that it greatly increases your attention span. With the constant stream of distractions that exist in today's world, this will make a massive difference in the quality of your work.

### **7. You'll become a better listener**

Because you'll have greater attention and less mental chatter, you'll be able to listen much more intently when someone speaks to you. This will allow you to learn faster, but also to make your interlocutors feel more appreciated.

### **8. You'll fall asleep faster**

Another benefit of being less stressed and having less mental chatter is that you'll fall asleep quicker. It used to take me 30-60 minutes almost every night to fall asleep (it was terrible!), and now I'm generally out within the first 5 minutes! Many experienced meditators (myself included) also report needing less sleep than before.

### **9. You'll live longer**

A study published in the *International Journal of Neuroscience* showed that those who had practiced meditation for 5 years were

12 years younger than their chronological age on different biomarker tests. Stress is incredibly destructive to your health, and being more relaxed will help you age more gracefully.

## **10. You'll be happier**

All over the world, meditators are reporting higher levels of well-being and happiness. Think about it: if you can focus better, be calmer, have more positive thoughts, sleep better... doesn't life get a whole lot better?

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Quite simply, if you're committed to living your greatest life, meditation is a must.

Without it, you're missing out on extraordinary health benefits and you're not harnessing the full power of your mind.

Can you imagine if there was a pill that provided all the advantages that meditation offers? Everybody would be rushing to get their dose.

Meditation is just like a magic pill, except it's free and has no side effects!



## How to Get Started

I hope that the last chapter got you excited and that you're amped up to start your meditation journey!

Getting started on meditation is actually very easy. It doesn't require any expensive equipment, special attire, or that you go on a retreat somewhere to learn directly from a guru.

If you follow these guidelines, you'll soon be experiencing all the wonderful benefits of meditation.

### **The Golden Rule**

The most important thing when you start meditating is that you commit to it 100%.

Why? Because as Jack Canfield, author of *Chicken Soup for the Soul*, likes to say "*99% is a bitch, 100% is a breeze.*"

When you're "kinda-committed" to something, there's always going to be a little part of you that thinks "*aahhh maybe today I deserve a break*". That will make every day a struggle.

But if you commit 100%, that voice disappears and everything becomes easier. You don't even think about it, you just do it.

This means you need to commit to meditating every single day. No exceptions, no excuses. It can be as little as 1 minute a day, but the important thing is that you do it every day.

Like I said earlier, I haven't missed a day in 500 days, and it's been easy because from the beginning I committed 100%.

### **The 30-Day Challenge Method**

As I alluded to earlier, when I started meditating, I decided to take on a 30-day challenge.

I did so for a few reasons:

- 1) I knew the first few weeks were going to be challenging, and I wanted to “foolproof” myself against giving up early.
- 2) It’s been shown scientifically that it takes somewhere between 21 and 30 days to form a new habit.
- 3) Challenges are a fun way to spice up our life. 😊

I highly recommend you to take on The 30-Day Meditation Challenge.

If you’re reading this guide, obviously you want to make meditation a part of your life, and there’s nothing like a challenge to make that happen.

So... are you in? (If you are, email me at [phil@feelgoodlifestyle.com](mailto:phil@feelgoodlifestyle.com) to let me know!)

## **How Long Should You Meditate For?**

The key is to start small.

At first, only go for as long as you feel comfortable doing. You’re much better off meditating for 3 minutes a day and sticking with it, than trying to do 20 minutes a day and giving up within the first couple weeks.

Eventually, you want to build up to at least 12 minutes a day- studies show that it’s between 12 and 15 minutes a day that you start experiencing the full benefits of daily meditation.

Personally, I’m up to about 35 minutes in the morning and 10 minutes at night, and it’s going very well... But remember, I started with 5 minutes a day for the first month!

Slow and steady wins the race. 😊

## **When Should You Meditate?**

The best time to meditate is first thing in the morning.

There are a few reasons for this:

- 1) Since it's the first thing you do, you're much less likely to forget. If you keep it for later on, you might get busy or it may simply slip your mind. You know how it is...
- 2) You'll have an empty stomach. It's much easier meditating when you haven't eaten because your body is not busy digesting food.
- 3) You'll feel the benefits of your meditation all day.

Here's what I encourage you to do: when you wake up, go drink a big glass of water, come back in your bed, and do your meditation right away. It's the way to go.

### **How Should You Sit?**

There are different ways to sit, but my personal favorite (and probably the easiest one) is to sit with a pillow between your back and the wall, with your legs in this position. Rest your hands comfortably on your lap.



With regard to your posture, the key motto is to "sit with dignity". This means, you want to have a good posture without being too rigid.

If you're not very flexible, you can put a small pillow or a folded up towel underneath your sit bones to elevate your position. The most important thing about your sitting position is that you should be comfortable, and that it shouldn't distract you from your meditation.

Experiment with different options and simply find what works best for you.

## **How Do You Actually Meditate?**

All right! Now that you're committed and that you've got the right posture... It's time to meditate 😊

First off, you have to close your eyes and relax.

Then, you need to find an anchor point- that is, something you're going to focus your attention on to keep your mind from drifting.

There are different options you can use for your anchor:

- 1) Your breath (focusing on the sensation of the air coming in and out)
- 2) A mantra (an empowering affirmation you repeat in your head)
- 3) A prayer
- 4) Counting

*I invite you to experiment with different anchors and see which one works best for you.*

Now whenever a thought arises in your mind, bring your focus back to your anchor. Again and again. At first, your mind will drift constantly, and you will have to bring your attention back to your anchor several times.

When you start thinking about something, make it a game to see how quickly you can go back to your anchor.

Personally, I like to focus on my breath or on a mantra, but if I'm having a day when I'm really struggling to keep my mind clear, I'll go back to the basics and count 1, 2, 1, 2 in my head over and over again.

Perhaps you're thinking "*wow, it's that simple? I close my eyes and focus on my anchor, and whenever I catch myself thinking I bring my attention to my anchor?*"

That's exactly it.

Just like going to the gym and lifting weights is a very simple yet effective way to strengthen your body, meditation is a very simple yet effective way to strengthen your mind. It's not fancy, but it works incredibly well.

### **What Should I Do If I Can't Stop Thinking?**

Let's say you're having a day when you've tried every anchor in the book, and still you can't stop thinking. What should you do?

First, smile. Be gentle with yourself. Realize that this happens to everyone and that it isn't the end of the world (far from it), so take the situation lightly. You can either smile or get angry, what do you prefer?

I used to get upset when I couldn't keep my mind still, but I've now realized that even if I have to bring my attention back to my anchor 1000 times in a session, that's like lifting a weight 1000 times with my consciousness.

Each repetition helps me gain better control over my attention and makes my willpower stronger whenever something is threatening to distract me.

Second, remember that if there's a thought-storm going on in your mind right now, this means that your meditation is even more important than usual. Because you're putting in the effort and at least trying to calm down the storm, your mind will be much calmer for the rest of the day.

Third, remember not to judge your meditation. Don't try to rate it (ie, today was a great meditation or it was a terrible meditation).

Approach it like brushing your teeth — something you do every day without evaluating your performance. You just do it to the best of your ability in that moment and that's it.

Fourth, remember that you're a meditator in training! Just like any athlete has days when they can perform effortlessly and others when it's a lot harder, your meditation will vary from day to day.

Fifth, accept that your mind is always going to wander! Even advanced meditators have days when they can't focus. It's all part of the game. Just smile and do your best 😊.

## **What If I Get Bored?**

If you get bored while you're meditating, there are a few things you can do:

- 1) **Put meditation music on.** If you simply type "meditation music" on YouTube you will find hundreds of different options. Listening to soothing music can make meditation a lot more enjoyable, especially when you're starting out.
- 2) **Do a guided meditation.** This will give you something more concrete to focus on. I recommend the [Blissitations](#) created by Brian Johnson and his friends.
- 3) **Think of all of meditation's wonderful benefits.** It's well worth the effort and dedication.
- 4) **Do a smiling meditation.** Put one hand on your heart, a smile on your face, and feel gratitude permeating your whole body. You'll feel so good you won't be able to stay bored very long. 😊
- 5) **Meditate with binaural beats.** This is my favorite technique so I've decided to create a whole section for it. Check it out on the next page!



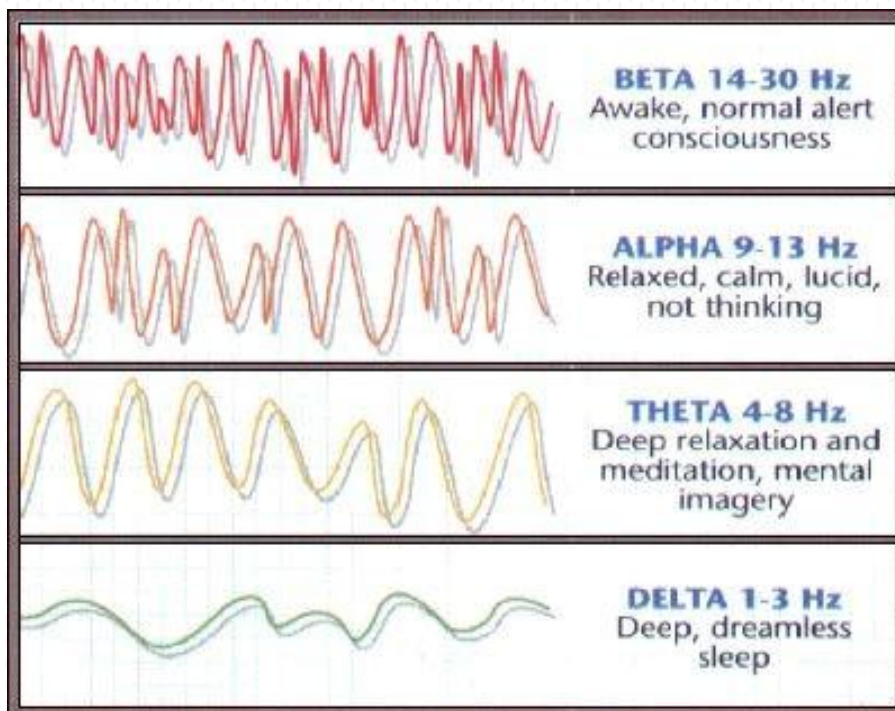
# Binaural Beats: How to “Supercharge” Your Meditation & Achieve Faster Results

If you're like me, always looking to optimize things and make the most of life, then binaural beats are what you need.

Binaural beats are soundwave frequencies that allow your brain to get in a meditative state basically on command. This might sound too good to be true, but it's not.

How it works is that you listen to a soundtrack with a slightly different frequency in each ear. This causes a phenomenon called brain entrainment, which means that your brain starts vibrating at a frequency equal to the difference in the vibration between each ear.

For instance, if there's a frequency of 110hz in your left ear, and 100hz in your right ear, then you brain will entrain at a frequency of 10hz, which is the equivalent of an alpha state.



The great thing about binaural beats is that it allows even novice meditators to reach theta and delta frequencies that previously had been reserved to only very advanced meditators.

The binaural beats are generally covered up by some soothing meditation music that helps calm your mind.

I personally meditate every day with a program called the [Brain Evolution System](#), which combines binaural beats with two other technologies (temporal beats and isochronic tones) to produce the most powerful brain-entrainment system currently available. It's like the Ferrari of brain entrainment systems.

If you really want to optimize your meditation and unlock your brain's full potential, I highly recommend this program. You can download a free demo [right here](#).

If you want binaural beats that are relatively inexpensive but still effective, you can check out those offered in [The Unexplainable Store](#).

Binaural beats are a truly amazing technology, and I guarantee you that they will hit the mainstream in the coming years. But why wait, you can hop on the bandwagon and start experiencing their wonderful benefits right now.

## Conclusion

What more can I say my friend? You're ready to begin your journey.

Now that you've got all the information, it's your time to take it and apply it.

Remember: Knowledge + ACTION = Power.

Don't wait, start your meditation practice right now. Make it a habit, something you do everyday when you wake up, and within a year you'll look back and be astonished at how far you've come.

Once you reach that point, you'll feel so grateful, and you'll probably want to do exactly what I just did and your wisdom with others so they can start their meditation journey too.

It has been a pleasure writing this for you, and I hope you found it useful.

Happy meditating!  
Phil Drolet

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