

P. M. HARRISON

YOUR BEST MEDITATION

BOOK OF THE WORLD'S
BEST MEDITATION TECHNIQUES



Your Best Meditation

Book of the world's best meditation techniques

P M Harrison

Copyright 2018
TheDailyMeditation



**默
心
想**

"The real voyage of discovery consists not in seeking new landscapes,
But in having new eyes." -- *Marcel Proust*

Opening The Curtains Of The Mind



Isn't it funny how one simple thing can change the course of your life forever?

Having taught meditation to thousands of people all around the world, it never ceases to amaze me how the simple act of being mindful can change lives. But I've seen time and again how meditation can help cure depression, anxiety, and stress; how it can create happiness and joy; and how it can lead you to live a meaningful life. Meditation has changed the lives of millions, and it can change your life too.

My own experience of meditation began in the spring of 2004. I was training to be an actor at Oxford. It was a fairytale of a time, surrounded by artists, musicians, and my fellow actors, many of whom are unforgettably beautiful people whom I'm blessed to have met. Each day at Oxford was spent reading the classics of Shakespeare, Checkhov, Ibsen and ilk, studying people and characters, putting on performances, and honing the art of acting.

My teachers at Oxford were a truly varied and contrasting bunch, from the ultra-strict to the feeton-table-carefree. But one teacher in particular struck a chord with me: my vocal coach. The moment I met him I knew there was something different about him. He wore a long string of beads, he had black hair tied in a ponytail

down to his lower back, and his presence was strong and earthy. It was like he'd walked right out of an old dojo and into our drama class.

I'd already been training in classical singing for Eight years so I felt a natural kinship to my new vocal coach. I was one of the few students who truly grasped the purpose of the absolutely insane exercises he made us do (which included imitating apes and dancing like zombies).

One day, when we'd stopped for lunch, I was munching on a grilled cashew butter and blueberry sandwich, and chasing it down with a glass of cranberry juice, when my vocal coach spoke to the class. Little did I know that what he was about to say would change me forever.

"Imagine there's a closed curtain around your mind," he said.
"Now imagine that curtain opening".

It was not a profoundly complex thing to say. It wasn't particularly philosophical or poetic. But nevertheless it immediately struck a chord with me. It put my hair on end. I knew there was some deep truth to what he was saying.

Up until the moment I heard that line, my mind had been closed. Stress and fear had led me to shut myself off from the world. It was the unfortunate result of having lived in a rather volatile and turbulent home. My father was an alcoholic—great man, terrible problem. His alcoholism caused my family a hell of a lot of pain. That pain stopped whenever I went to school, but there it was only replaced by a hailstorm of bullying. Feeling unsafe at both

home and at school, I had sequestered myself to the one place where I felt safe. I'd shrunk into my shell and lived in my own head, rarely daring to come out.

I'd been closing myself off for as long as I could remember. Since childhood I'd severed myself from external reality in order to prevent myself from being hurt. I'd unwittingly decided to close my mind to reality rather than to live in a world where my father could be drunk at any moment, a world where I could end up humiliated or beaten-up and hiding away in the school's sickroom.

But somehow I never realised I was doing it. I never realised that the curtains were drawn on my own mind.

Then, when my drama teacher happened to say that line (about there being a closed curtain in my mind that needed to open) it was like a lightning bolt struck my temporal lobe and ignited my mind with a profound epiphany. I realised that I was master of my own world, and that I had the power to dim the lights of my conscious mind, or to turn them up to full. I alone determined precisely how *alive* I was. I chose whether the "curtains of my mind" were open or closed.

I knew there and then that I needed to open myself up to the full richness of life, for good and bad, for better or worse. I swore to myself that I would dedicate myself to living consciously, to being fully awake to the world.

Little did I know back then that this process, this mental attitude of being present and conscious of reality, is called Mindfulness.



Mindfulness: *The art of focusing the mind on the present moment, without judgment and without thoughts.*

Before I even knew anything about mindfulness—before I even knew the *term* “mindfulness”— mindfulness became my top priority. My primary goal in life became to live every moment consciously and with clarity.

Within a few days of practicing mindfulness it felt as though someone had turned the brightness and contrast levels up on my life, as though they’d taken my old CRT TV and replaced it with a 1080p 3D monitor.

It was such a joy just to be *truly alive* to the world, to notice what I hadn’t noticed before, like how a clap of distant thunder sends a tingle through my skin, or how the whistle of the wind in the trees makes the leaves dance. The world was coming to life in a million colours and in an orchestra of sound. I felt a level of joy I’d never felt before. I spent the next few weeks in a state of pure joy, feeling intimately connected to the world.

But then it suddenly dawned on me: What if other people weren’t experiencing the same state of consciousness and mindfulness that I was?

In my teenage years I’d always considered myself to be a freak, to be the odd one out. It always seemed to me that it was I and I alone who was living closed-off from the world, as though

everyone else in the world was living in the same grand hall while I was hidden alone in some unknown cupboard.

Then, one day when I was walking with an old friend through the local park, we happened to pass by the most beautiful swan, which was gliding so gracefully on the lake. Bathed under a red sun the whole scene seemed more like a romantic oil painting than real life. Completely captivated, I stopped to take in the breathtaking sight. But my friend just kept right on walking. Noticing that I'd stopped, she said, "Come on, we're in a rush".

"A rush for what?"

"X Factor's starting in half an hour".

X Factor? A "reality" TV show? That's what was so important? She tapped her foot on the ground impatiently. Somewhere between that impatient foot tapping and that serene swan on the lake, I realised the horrifying truth.

I realised that it wasn't just me who had been living mindlessly and with "the curtains closed"; it was my family, my friends, the people passing me by on the street typing away on their cell phones, the people staring at the TV. I felt like Cillian Murphy's character in *28 Days Later*, when he wakes up as the only person on Earth, surrounded by zombies. Because the reality was that the vast majority of people were barely conscious of the brilliance and beauty of the world around them. They were stuck in their thoughts, they were worrying about their work, they were thinking about tomorrow— always, always tomorrow, never now.

The majestic swan flapped its wings, beads of silver water dripping, and flew off into the distance, a white fleck fading into the crimson sun. Stunning. But no one witnessed it but me. Beyond the swan the crowns of oak trees reached towards the heavens. Beyond them the sounds of the city, where the people were too busy with stresses and pressures to just stop and enjoy the beauty of it all.

I knew then that the very best thing I would ever achieve would be to spread mindfulness and meditation, so that we could all let go of the stresses, the thoughts, the anxiety, the depression, the worry, and all those other problems; so that we could all enjoy bathing in the brilliance of the moments of our lives. Even if I could just help a few people to become more mindful and more alive to the present moment *that* would be a noble accomplishment.

And so, before I knew it, I'd taken my first step on a new journey: The journey to spread consciousness, or *mindfulness*, to as many people as I could.

Of course at that time I didn't actually *know* a great deal about mindfulness and meditation. It was a new field of study to me. I knew it made sense. I knew it made a powerful difference in my own life. I felt it could help others too. And though I didn't know much about it, I already knew what mattered. I knew I had a goal—to help people to live in the moment without the stress and worry that holds them back. And I knew I had a means of achieving it—through mindfulness and meditation. My quest was set.

I immediately took to discovering everything I could about mindfulness and meditation, learning from the very best in the field, some of the most brilliant and inspirational minds in the world, among them being spiritual gurus, lecturers, and scientists, as well as everyday friends and acquaintances who happened to have some truly insightful wisdom to share. In between taking my acting lessons and performing in stage shows I tirelessly studied meditation, eagerly digging into the culture, the science, the *when*, the *where*, the *how* of it. I was a tiny sponge in a whole ocean, soaking up all I could.

I was lost in a journey of discovery.

Looking back now, I realise that the journey itself is what means the most. As much as I love meditation and teaching meditation, that journey of discovery was the most wonderful thing in the world. After all, life is in the journey and in the steps, isn't it? It's not where we end up, it's the paths we take, the scenery we take in. My own spiritual journey has been one of the most adventurous and enjoyable paths through which I've wandered. It's that same sense of discovery and of journey that I want to share with you in this book.

In this book you will learn every major meditation technique, and you'll discover how to use those techniques to create happiness, joy, love, and peace, and to end problems like anxiety and depression. Together we will journey through numerous religions, spiritualities, and cultures. As we journey through meditation I would like to ask just one thing: Regardless of who you are, regardless of what you believe, *have an open mind*. There

will be times when you question or outright disagree with some of the beliefs and practices we will be looking at. But being right or wrong, believing or not believing, agreeing or disagreeing... these are not as important as the journey itself. We're moving across a vast landscape. Wherever we stop on the map, have an open heart and mind. Take the full journey. Appreciate every step.

As you progress through this book you will experience many powerful and beautiful moments. Enjoy those moments. Live them. Embrace the journey we're about to take together. Life is a journey, and this book represents just a few oh so precious steps.

**Walk as though you are kissing the earth with your feet. –
Thich Nhat Hanh**

READY TO CONTINUE READING...?

[Buy Now](#)

