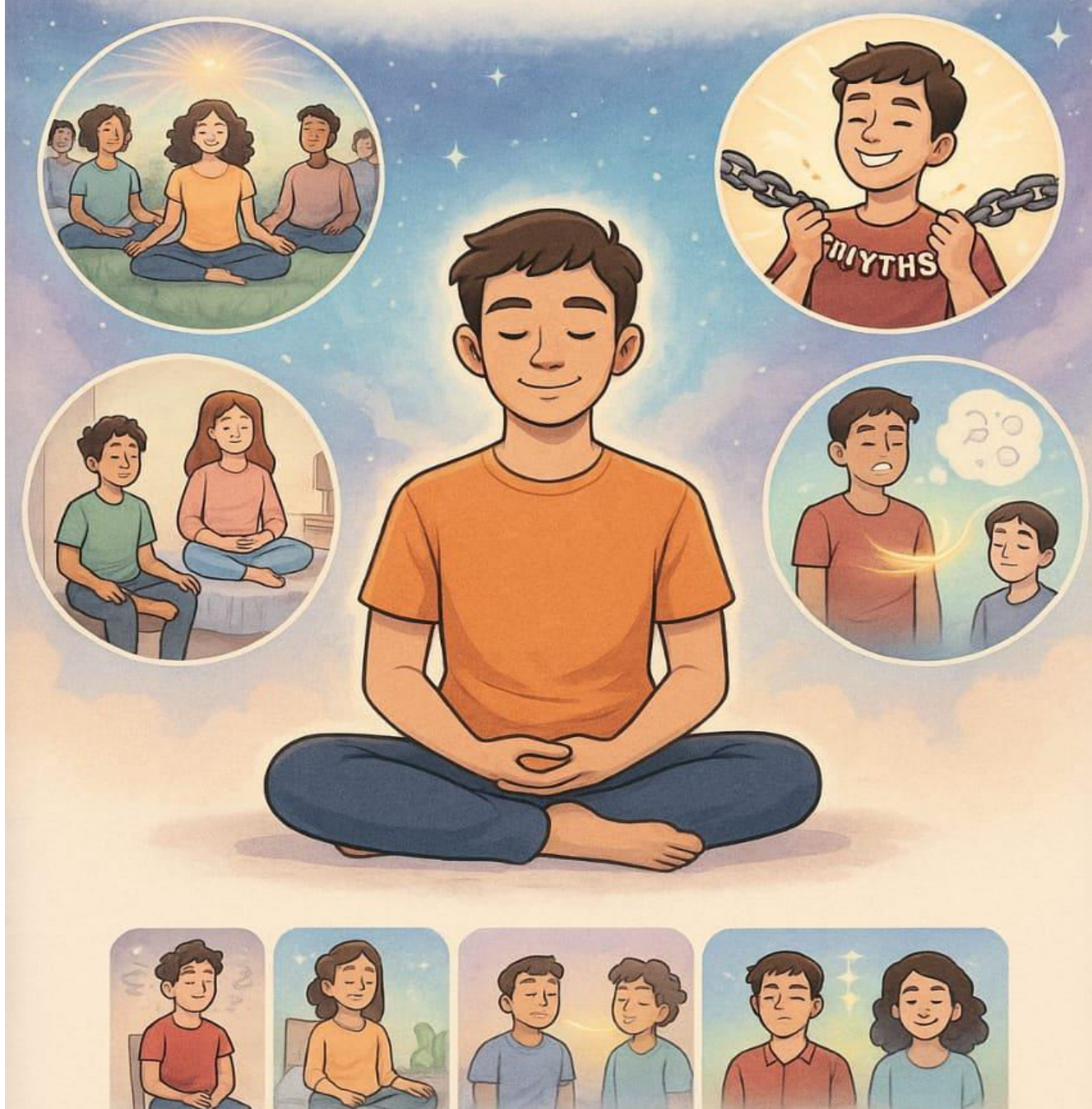


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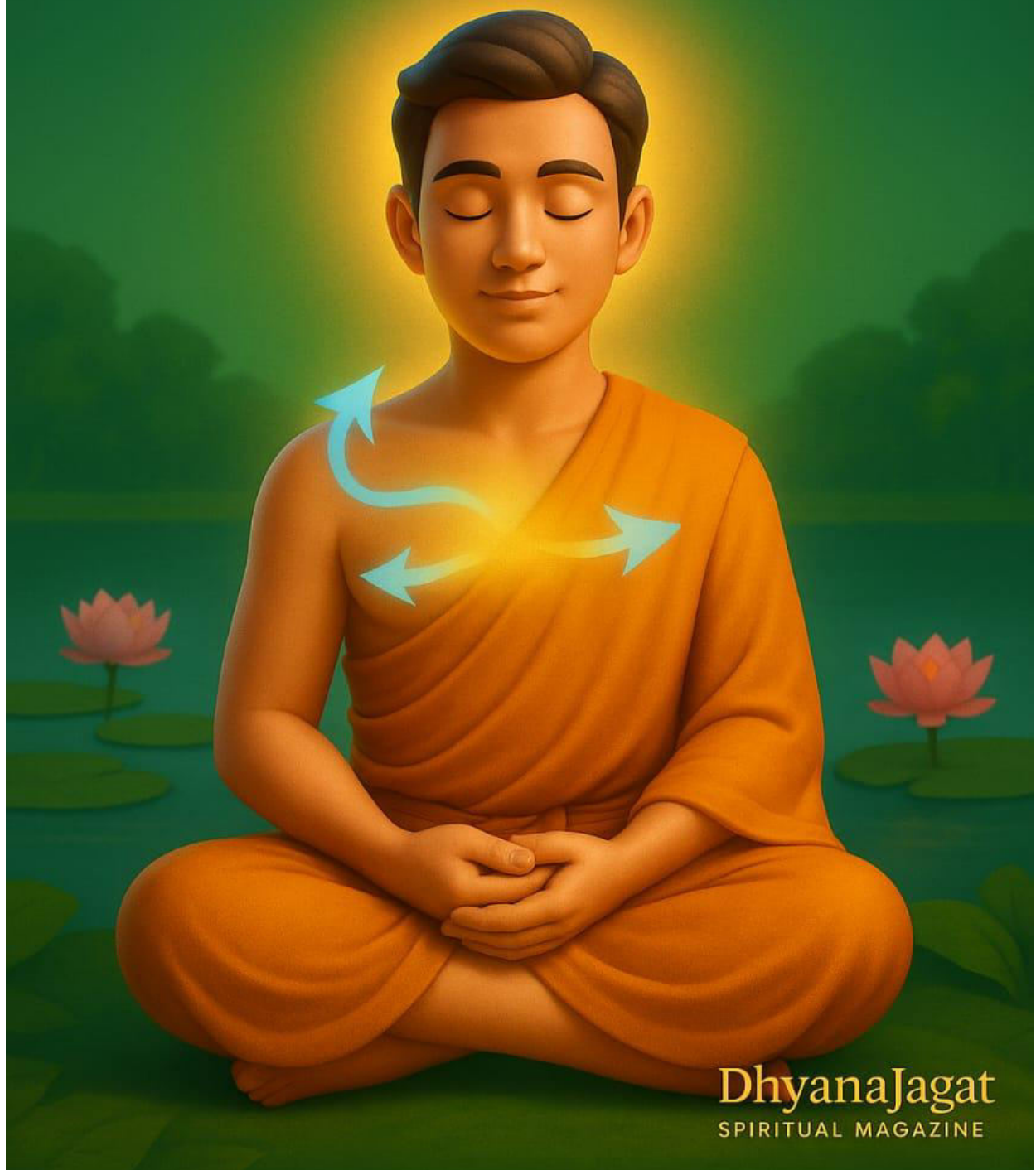
MEDITATION

FOR STUDENTS



ANAPANASATI

= MINDFULNESS OF BREATH



Anapanasati means mindfulness of breath.

“No mantra, no rituals, no concentration”.

Just watching the natural breath — air going in and out.

Breath is your closest friend: with you from birth till your last moment.

In silence with breath, your mind becomes calm, energy flows, and clarity arises.

Short Story

Ravi, a 17-year-old student, was restless. He couldn't sit for even 5 minutes without checking his phone. His teacher told him: “Just sit comfortably, close your eyes, and watch your breath.”

At first, Ravi's mind wandered. But soon, he noticed the cool air entering and warm air leaving. After 10 minutes, he felt calm and could study peacefully that evening.

- This is the **power of breath**: it makes a restless mind steady.

Key Points

- Breath is always free and natural.
- Meditation = simply sitting comfortably and watching.
- No control, no effort. Just gentle **awareness**.
- Every time your mind wanders, return to the breath.

Practise

- Sit comfortably.
- Close your eyes, clasp your hands in your lap.
- Watch the natural breath for 5–10 minutes.

Reflection

1. What did I notice about my breath?
2. Did my mind wander, and how did I return?
3. How do I feel after meditation compared to before

Affirmation

“With every breath, I grow calmer, clearer, and stronger”.

Call to Action.

Begin today. Sit comfortably, close your eyes, and spend 10 minutes with your breath.

This is the best gift you can give yourself — clarity and peace.





LESSON 2

WHY

MEDITATE?

Dhyānajat

Meditation is not optional — it is a daily necessity, like eating or sleeping. Without meditation, life feels confused and restless. With Meditation, you **live with clarity and strength**.

Mind: sharper memory, better focus.

Emotions: less anger, less fear, more peace.

Body: more energy, less stress.

Soul: more creativity, inner confidence, intuition.

Short Story

Anita, a 20-year-old student, panicked before exams. She felt blank even after studying. She decided to try meditation.

Every night, she sat comfortably, closed her eyes, and watched her breath for 15 minutes. Within a week, she felt calmer. In her next exam, she took 3 mindful breaths before writing — and recalled everything with clarity.

Meditation gave her calm confidence.

Key Points

- Meditation = stress-free studies.
- Meditation = calm mind, better sleep.
- Meditation = confidence in exams, interviews, and stage.
- Meditation = creativity and balance in daily life

Dhyana jagat : <https://www.dhyanaagat.com/>

Practice

- ✧ Sit comfortably, close your eyes.
- ✧ Watch your natural breath for 10 minutes
- ✧ If thoughts about studies or stress come, gently return breath.

Reflection

- 1) When do I feel most stressed — exams, relationships, or future?
- 2) Did meditation calm me today?
- 3) How would my life change if I meditate daily?

Affirmation

“ Meditation is my power. With every breath, I become calmer, wiser, and stronger. ”

Call to Action

Start 10 minutes daily.

Use meditation before exams, before study, before sleep.

Experience the results in just one week — **more focus, peace, and energy.**

DhyanaJagatYoutube

<https://youtube.com/@dhyanaJagatTV?si=Wn-WhrDNLDJi4Pwz>

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LESSON 3

BUSTING MYTHS ABOUT MEDITATION



Many students believe wrong things about meditation. These myths stop them from starting Meditation. Let us clear them:

- **Myth 1:** *Meditation is only for old people.*
- **Truth:** Meditation benefits everyone — kids, teens, adults, and elders. It helps reduce stress, improve focus, and bring balance at any age.
- **Myth 2:** *Mediation is only for monks or spiritual people.*
- **Truth:** Meditation isn't limited to monks or hermits. Anyone — whether a student, professional, or homemaker — can practice it and experience inner peace.
- **Myth 3:** You need a guru, mantra, or religion to meditate.
- **Truth:** Meditation is free and universal. Just watching breath is enough.
- **Myth 4:** Meditation is difficult and boring.
- **Truth:** Meditation is the simplest thing — sit comfortably, close eyes, watch breath. In silence, you discover peace and joy.
- **Myth 5:** Meditation is time-wasting.
- **Truth:** Meditation saves time by making your mind focused and efficient.

Short Story

Rahul, a 15-year-old boy, thought meditation was “boring.” One day, he joined a school session. The teacher said: “Just sit comfortably and try for 10 minutes.”

Rahul sat, watched his breath, and at first felt restless. But after a few minutes, he felt quiet inside. After practice, he said, “This is not boring... it feels peaceful!”

Sometimes what we “think” is wrong. Only when we try, truth is revealed.

Key Points

- Meditation is for all, not for a select few.
- No guru, no mantra, no ritual needed.
- Meditation = natural, universal, simple.
- Even 10 minutes can change your day.

Practice

- ✧ Sit comfortably, close your eyes.
- ✧ Watch your breath for 10 minutes.
- ✧ Each time a myth-based thought comes (like “boring,” “useless”), simply return to breath.

Reflection Questions

1. What belief did I hold about meditation before?
2. Did my view change after today’s practice?

3. Can I now see meditation as simple and practical?

Powerful Affirmation

“Meditation is natural, simple, and my birthright”.

Call to Action

- Don't believe in myths. Experience meditation yourself.
- Give yourself 10 minutes daily — you will see results in focus, peace, and clarity.
- Meditation is not for tomorrow, it is for NOW.
- Stop believing myths. Start exploring your own experience.



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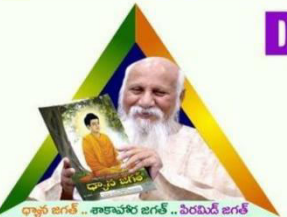
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Lesson 4

HOW TO SIT

POSTURE & RELAXATION



Meditation is not about sitting stiff like a statue. It is about giving rest to mind and relaxing body.

You can sit on the floor, a chair, or even your bed.

Keep your body relaxed, shoulders loose.

Clasp your hands and place in your lap.

Close your eyes, and simply watch the breath.

The more comfortable you are, the longer you can meditate.

Comfort is the secret — not stiffness.

Short Story

Sneha, a 19-year-old student, tried meditating by forcing her back straight. After 5 minutes, her body ached and she gave up. Later, her mentor told her: “Just sit comfortably, like you are resting, and watch your breath.”

This time, Sneha sat with ease, and she meditated for 20 minutes without discomfort. She said, “Now I understand — meditation is not about forcing the body, it’s about relaxing into awareness.”

Key Points

- Sit in a way that you can remain relaxed.
- Comfort is more important than posture.
- Clasp hands in lap, eyes gently closed.
- When body relaxes, the mind relaxes.

Practice

- ✧ Sit comfortably in any position.
- ✧ Gently clasp your hands, close your eyes.
- ✧ Watch your natural breath for 10 minutes.

Reflection Questions

- 1) Which posture feels most comfortable for me?
- 2) Did comfortable posture help me meditate longer?
- 3) How did my body feel after today's practice?

Powerful Affirmation

"I sit comfortably, I relax deeply, and meditation flows naturally"

Call to Action

Don't struggle to sit straight or perfect.

Just sit comfortably — chair, floor, or bed — and meditate.

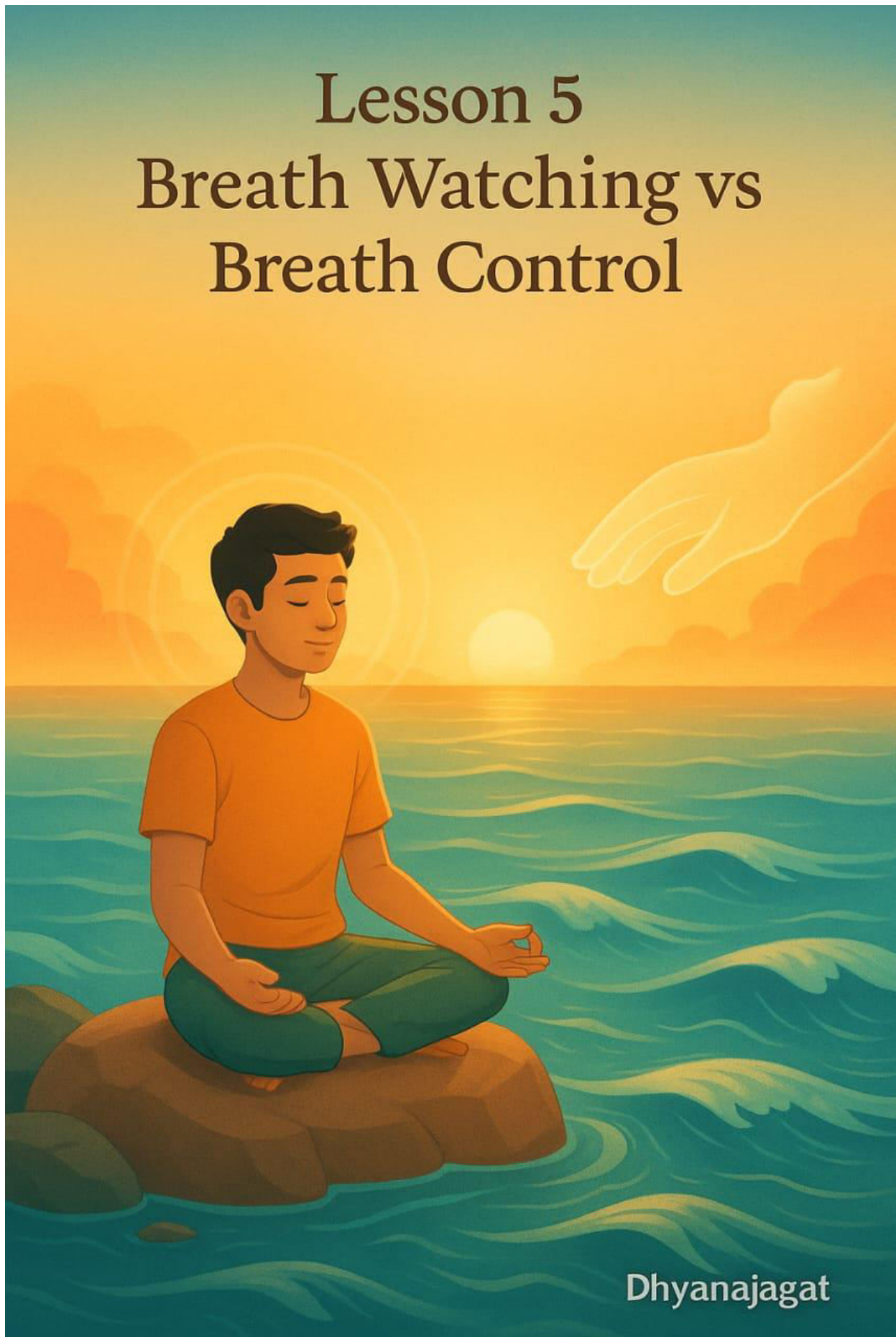
Make meditation your daily rest for the body and mind.

"Relaxation is the doorway. Comfort leads to silence. Start where you are, as you are."

Pssm Connect App: <https://pssmconnect.org/>

Lesson 5

Breath Watching vs Breath Control



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Many students confuse meditation with breath control (like pranayama). But here, we don't control — we simply watch.

Breath is natural intelligence.

When you control it, you disturb its rhythm.

When you just watch, it becomes calm and smooth by itself.

Breath is like the ocean — waves rise and fall naturally. We only observe.

Remember:

Meditation = Watching. Pranayama = Controlling.

Short Story

Arjun, a 16-year-old, once tried to “meditate” by forcing long inhales and holding his breath. Within minutes, he felt tired and restless. His friend said: “Don't control, just watch.”

Next time, Arjun sat comfortably, closed his eyes, and simply observed the breath. Slowly, his breathing became soft and peaceful on its own. He felt light, relaxed, and happy. The moment he stopped controlling, meditation began.

Key Points

- Watching is effortless, controlling is tiring.
- Natural breath brings natural calmness.

- Mind becomes steady when breath flows freely.
- Your job: be a witness, not a driver.

Practice

- ✧ Sit comfortably, close your eyes.
- ✧ Watch the breath at your nostrils — in and out.
- ✧ Do not change or force it.
- ✧ Whenever you notice controlling, gently let go
- ✧ Practice for 10–15 minutes.

Reflection Questions

- 1) Did I try to control my breath today?
- 2) How did it feel when I simply watched instead?
- 3) Did my breath become calmer by itself?

Powerful Affirmation

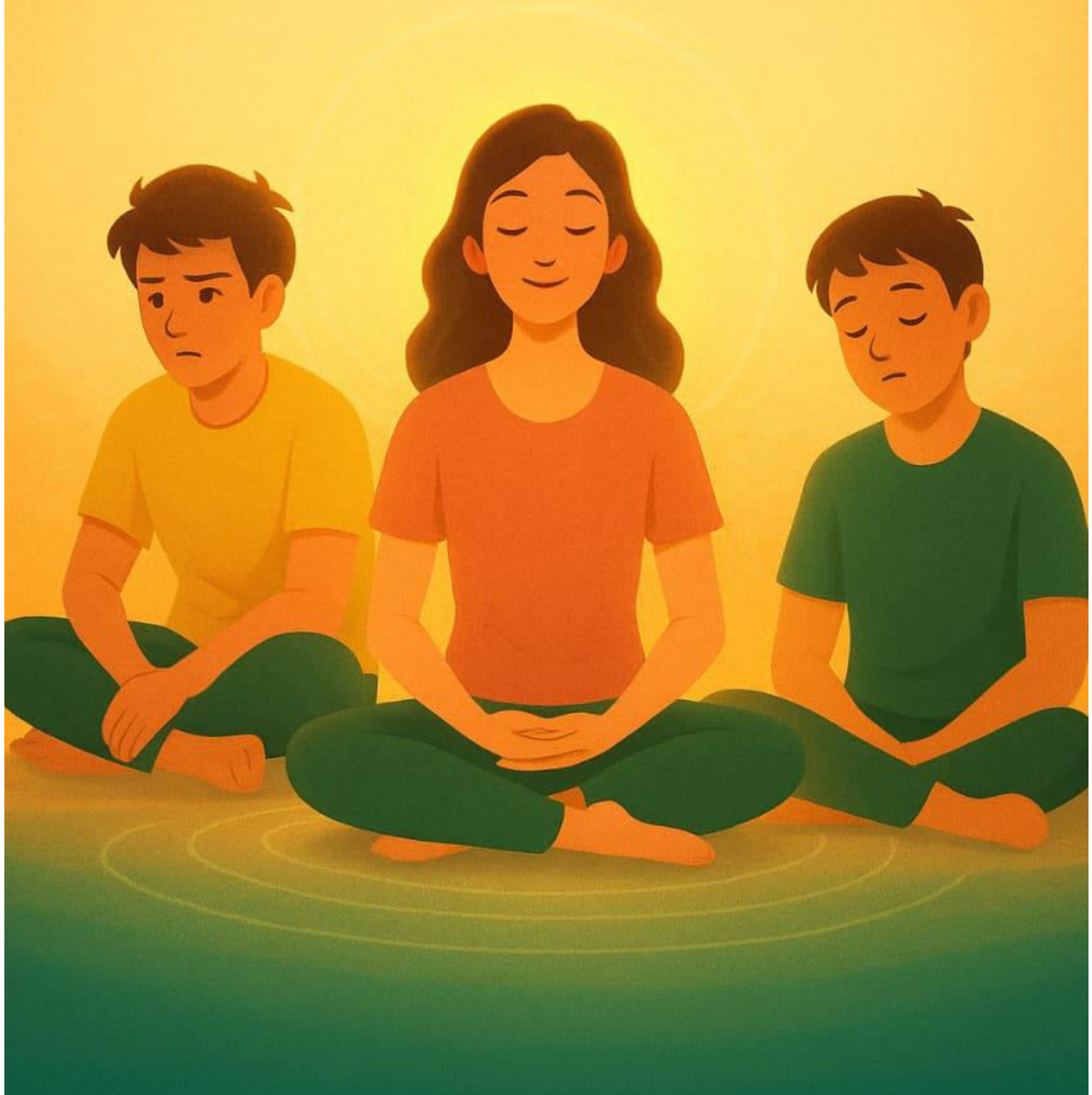
“I let go of control. I simply watch, and peace flows naturally through me”.

Call to Action

- Stop trying to control everything — even your breath.
- Just sit comfortably and watch your natural breath.
- In this simple act, the storm of the mind becomes calm.

Lesson 6

Handling Restlessness & Sleepiness



When students begin meditation, two common challenges appear:

1. **Restlessness** – too many thoughts, body wants to move.
2. **Sleepiness** – drowsiness, heavy eyes, slipping into sleep.

Both are natural. They are not problems — they are part of the process.

Restlessness means the mind is still untrained, like a monkey jumping. By gently returning to the breath again and again, the monkey becomes calm.

Sleepiness means the body is healing or detoxing. Over time, awareness increases and meditation becomes clear.

Key: Don't fight restlessness or sleep. Accept them, return to breath, and continue.

Short Story

Meera, a 21-year-old, tried meditation. The first day, she felt restless — her mind raced with thoughts. The second day, she felt very sleepy and almost fell asleep. She thought she was failing.

Her teacher explained: "Restlessness shows the mind is being cleaned. Sleepiness shows the body is healing. Just keep practicing."

After one week, Meera noticed: fewer thoughts, more energy, and peaceful awareness.

Restlessness and sleepiness were not enemies — they were signs of progress

Key Points

- Restlessness = mind detox.
- Sleepiness = body healing.
- Both reduce naturally with practice.
- Don't quit because of these; they are milestones, not obstacles

Practice

- ✧ Sit comfortably, close your eyes.
- ✧ Watch your natural breath for 10–15 minutes.
- ✧ If restless, silently smile and return to the breath.
- ✧ If sleepy, sit a little earlier in the day or splash cool water before practice.
- ✧ Remember: No fight, just awareness.

Reflection Questions

1. Did I feel more restless or sleepy today?
2. How did I bring myself back to awareness?
3. What small change did I notice compared to yesterday?

Powerful Affirmation

“Every breath makes me calmer and more awake. Restlessness and sleepiness are my teachers, not my enemies”.

Call to Action

- Do not give up when thoughts or sleep come.
- Just keep practicing daily.
- Within days, your meditation will become deeper and more joyful.
- “Patience is the key. Sit comfortably, breathe, and allow silence to grow”.

My Meditation Journey – Reflection from Lessons 1 to 6

“Every lesson made me calmer, clearer, and happier.”

Lesson 1 – Why Meditation Matters

- ✓ Peace begins within.
- ✓ Meditation gives focus, balance & calm energy.

Lesson 2 – What is Meditation

- ✓ Awareness, not effort.
- ✓ Just watching the breath brings peace.

Lesson 3 – Busting Myths

- ✓ Meditation is for everyone.
- ✓ “No mantra, no religion — just awareness.”

Lesson 4 – How to Sit: Posture & Relaxation

- ✓ Comfort leads to awareness.
- ✓ “Relax your body — meditation flows naturally.”

Lesson 5 – Breath Watching vs Breath Control

- ✓ Let the breath flow.
- ✓ “Don’t control — just observe.”

Lesson 6 – Handling Restlessness & Sleepiness

- ✓ Patience brings clarity.
- ✓ “Mind detoxes, body heals — stay aware.”
- ✓ Reflection Prompts
- ✓ “What I noticed in myself:”
- ✓ I feel more _____
- ✓ I learned that meditation is _____
- ✓ My next goal: meditate _____ minutes daily

Affirmation: “I trust the process. I grow calmer, clearer, and happier everyday day.”





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