



# Sample Meditation

## **PUBLISHED BY:**

**Dr. Ceci Zúñiga  
Houston, TX 77065**

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**For permissions contact: [drcecizuniga@gmail.com](mailto:drcecizuniga@gmail.com)**

**Website: [www.drcecizuniga.com](http://www.drcecizuniga.com)**



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# A sample meditation to get you started

Meditation can be done in different ways—for example, with your eyes open, partially open or closed; with your eyes focused on a specific point; in silence, chanting internally or chanting aloud. When a chant is involved, the chant is called a *mantra*. The word *mantra* translates to *wave of the mind*, meaning the frequency of a thought wave.

Mantras help reprogram the frequency of our thought waves from the lower level of our personality or ego to the higher level of our true or infinite self. This simple shift can change everything for the better in terms of our experience. Through regular practice mantras have a powerful effect. It takes a strong energy to change the long-standing default patterns in our psyche. Mantra meditations are powerful enough to do that and they are simple to practice.

Before beginning your meditation, sit quietly and take six slow, full breaths through your nose, filling and emptying your belly completely. This is your way of leaving all else at the door and entering the sacred space of your prayerful practice with reverence and receptivity.

# Sample Meditation

This meditation uses the powerful sound current of *ong* to vibrate the frontal lobe of your brain and stimulate your pituitary and pineal glands, the master controllers of your body systems. It is a simple way to generate a more powerful overall energy.

**BODY POSTURE:** Sit comfortably in a cross-legged position on a cushion or folded blanket on the floor, or alternately in a chair with your hips square and your bare feet flat on the ground. Keep your spine elongated and neutral, your shoulder blades relaxed down and back, and your heart center uplifted. Close your eyes and turn your inner gaze up and in to the point where the bridge of your nose meets your skull. This is called the *brow, third eye* or *intuitive* point.

**HAND POSTURE OR MUDRA:** Clasp your hands together at your solar plexus (just above your naval center) with your ring fingers extended and pressed against each other, pointed up at a 60° angle.



**MANTRA:** The sound current you'll use in this short meditation is *ong*. Inhale deeply through the nose and as you exhale, chant *ong*, vibrating the sound of it in your frontal lobe.

**TIME:** Continue inhaling and exhaling in this way for 3 minutes.

**TO END:** Inhale deeply through the nose and suspend the breath as you sit calmly and concentrate your inner vision on your intuitive point for 10 to 20 seconds. Exhale and relax.

Then complete the closing for your practice by saying or singing the *Long Time Sun* blessing. You can do so once for all, or once for yourself, once for your beloveds and once for the world. The words are:

*May the long time sun shine upon you  
all love surround you  
and the pure light within you  
guide your way on*

Finally, inhale deeply and exhale completely as you lean forward with outstretched arms to rest your palms and forehead on the ground a few moments before opening your eyes and rising. This shows reverence and receptivity to the highest divine power of creation, however you hold it.