

CLARITY GUIDES

In a world full of disinformation, get **Clarity**.

HISTORY · METHODS · PRACTICE

MEDITATION

*A clear guide to where meditation comes from,
the main methods, and how to start*



Published by Clarity Guides · Cover: seated Buddha from Hadda (in present-day Afghanistan), Gandhara, c. 3rd–4th century, Cleveland Museum of Art,

CCo

Preview – full guide coming soon – goclarity.uk

ABOUT THIS GUIDE



Meditation is one of the oldest things people do on purpose with their minds. It is also one of the simplest: sit, pay attention, notice when you drift, and come back.

This guide tells the story of meditation across the world's traditions, explains seventeen main methods with step-by-step instructions, and gives you a ten-day plan to begin. It also looks honestly at what science has and has not shown, and at the safety side that many books leave out.

PART ONE	What meditation is, and its history: India, the Buddha, China and Japan, the Christian, Islamic, Jewish and Sikh contemplatives, and how meditation came to the West.
PART TWO	The methods, each with roots, what people report, what the evidence says and a "Try it" box.
PART THREE	Setting up, a ten-day plan, meditation for sleep, stress and focus, the science, safety, and where to find groups in Fife and across Scotland.

Our three labels. **RECORD** means something we can show from a historical text, an archaeological find or a published study. **LEGEND** means a story or tradition that cannot be checked. **MODERN** means a method created or reshaped in the last 150 years or so. All three have value; problems start when one is passed off as another.

Respect for every tradition. Many methods here are sacred practices of living faiths. We describe them as plainly and fairly as we can, and encourage you to learn from teachers who belong to those traditions.

Not medical advice. This guide is for general information and education only. Meditation is not a treatment or cure for any condition and does not replace care from your GP or a mental health professional. Please read the safety chapter before starting, especially if you have a history of trauma, psychosis, or severe anxiety or depression.

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WHERE SHOULD I START?



There is no best method, only the one you will actually do. Pick the line that sounds most like you and try that chapter for a week.

"COMPLETE BEGINNER"	Mindfulness of breath (ch. 9), then the ten-day plan (ch. 26).
"MY MIND RACES"	Breath-based practice (ch. 22), mantra (ch. 13), body scan (ch. 10).
"I CAN'T SIT STILL"	Walking meditation (ch. 12), nature meditation (ch. 25).
"I'M HARD ON MYSELF"	Loving-kindness (ch. 11).
"I WANT TO SLEEP BETTER"	Yoga nidra (ch. 17), body scan (ch. 10), and chapter 27.
"I'M A PERSON OF FAITH"	Contemplative prayer (ch. 24) and the history chapters 4 to 6.
"I LOVE SOUND AND MUSIC"	Sound, singing bowls and binaural beats (ch. 21), mantra (ch. 13).
"I PRACTISE YOGA"	Chakra (ch. 19) and Kundalini meditation (ch. 20), yoga nidra (ch. 17).
"I WANT THE EVIDENCE"	Go straight to the science (ch. 28) and safety (ch. 29).



"Yoga is the stilling of the movements of the mind."

PATAÑJALI, YOGA SŪTRAS 1.2

Ten minutes a day for a month will teach you more than one long weekend. Be patient and kind to yourself, and stop anything that does not feel right.