

Meditate



Dr Are Holen is head of the Acem school of meditation, an international, non-profit, organisation established in 1966. www.acem.com

Reflecting on our lives gives us inner strength, which makes it easier to understand feelings and conflicts in ourselves and others. It also helps to get rid of stress.

To meditate, you should start by sitting in a comfortable chair with good support in your lower back. There are no special breathing exercises, the process of meditation will do its own work. Acem meditation involves the repetition of a sound that should have no semantic meaning. This sound should not be spoken aloud, but repeated in the mind.

We recommend doing this twice a day for 30 minutes or once a day for 45



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minutes, or switching between the two. This meditation should be practised in a situation where you won't be disturbed. It takes time to get into the deeper processes of meditation and, after an interruption, you'll need to start again.

Gradually, as you do this over weeks, months and years, you will get a deeper understanding of the psychological issues that interfere with your meditation. If this interference is not rectified, it can limit the process, so you may need to discuss your experiences with a meditation guide to help you not get stuck at an impasse.

However many years you meditate for – I have been practising for nearly 45 years – mental images and emotions will always come to the fore. But everything that comes to mind must pass. All you have to do is let these things pass while repeating the sound in a non-concentrated, non-directed manner. ■ *Simmy Richman*