

Seven Steps to Samadhi

Step One Stage 1 Part 1



Meet Your Guide

Hi. I'm David Fox. I'm honored and thrilled that you've chosen my course to begin your journey of discovery through meditation. I've learned from some great masters and experienced meditation from every angle. I've been teaching these yogic arts to people from all over the world, for years, but I've got a special passion for the beginner, because when I was a beginner, there weren't any teachers around me and I had to make my way through books and a lot of trial and error. A good teacher could've saved me a lot of time and confusion, and when I found my Guru, an old aghori baba in the Himalayas, He took such compassion on me, and brought me up from my novice level of book learning, to an experiential level of mastery that I could never have imagined without Him. Now I'm paying it forward. It took a long time to achieve Samadhi; my master initiated me into a tradition of knowledge and arts that I practiced for almost two decades in our time together. Meditation was a central theme in my training, and it's the perfect place for anyone to begin when approaching the spiritual disciplines for the first time.

Hey, it doesn't take long to grasp the basics; I promise you. By the end of this course, you will have an excellent grasp of many aspects of meditation, like relaxation and breath, mindfulness, self-inquiry and mental observation. And over the coming days and weeks, you will have a definitive experience of the meditative states and be well on your way to achieving the silent mind necessary for deeper exploration - if that is your wish.

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This course is perfect for the newcomer to spiritual disciplines. In the following chapters I've created a simple and precise method for absolutely anyone to become familiar with meditation. It's not hard. You don't have to be flexible or sit in lotus position. You don't have to have perfect control over your thoughts. I'm going to show you how easy it is to begin. And if you're not exactly new to this, but are looking for a better approach or something that will work for *you*, I cover challenges in meditation and several intermediate topics to help you get you into a good rhythm, to achieve a state of meditation that will allow you to either further explore the dimensions of mind that interest you, or simply enable you to relax more and empower you with a new tool for optimal mental and physical health.

Whether you are a beginner or intermediate practitioner, you will get the most out of this course if you apply the practices at least several times a week. Don't skip around, but follow the steps in the order I've laid them out, and let yourself experience the routine of meditation, choosing as you follow along, the best style to suit your own personality, comfort and goals. After all, achieving *your* goals is your number one priority. And I've made it mine, too, so we're even going to cover goal-setting in the course because I understand that a complete newcomer to this field might not have a good idea of the potential of meditation, not only for personal spiritual development and harmony, but also to increase work performance, improve relationships and emotional intelligence and so much more. We'll get to what meditation is good for in the coming chapters, but in the beginning, we're going to take it really slow and just get you settled into a rhythm and routine.

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From the very beginning I'm going to show you how absolutely anyone can find their space and get comfortable in meditation. I'm going to show you some special breathing techniques. Then I'll walk you through several possible approaches to meditation like focusing on a mantra or using music to time your practice. Later we'll look at some of the challenges people face during meditation, like how to deal with an anxious mind, or restlessness of the body. I'll introduce you to a simple meditation routine that you can use anywhere and anytime you need to get back to yourself or just want to explore a little. Then we'll dive deep and explore your own personal goals and consider how you might like to take your practice further.

I remember the first time I met my Guru. I was so full of questions that when I left his mountain abode to return to my home in Japan, I immediately began to send him letters daily, filled with questions. I sent him my books with highlighted paragraphs on absolutely every issue from the meaning of love and manhood to how to achieve enlightenment, develop spiritual powers and so many more. Over the next twenty years he would certainly answer all of my questions, but what's more, he would take me steadily through a series of practices, *sadhana*, and transmit to me orally the entire tradition of gyana yoga, filling me up with the most incredible light of knowledge and ability. And that's what I'm going to share with you. So hang on! This is going to be a great ride! You're going to discover so much about yourself that every day might just be a big surprise. If you're ready to join me, then let's get this party started.

Jai Shankar!