

Meditations in a Crisis

*A Practical Guide with 8 Meditation
Exercises for Adults & Children.*



Paul Kolberg

Foreword by Paul Rimmer

Meditations in a Crisis

Extract

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ABOUT PAUL RIMMER

Paul Rimmer is an internationally renowned martial arts teacher and an expert practitioner of the ancient meditation practice of Qigong, as well as other traditional martial arts including Kung Fu. Involved with martial arts for twenty-five years, Paul owns two Mixed Martial Arts gyms, Next Generation MMA, in the North West of England where he trains children and adults of all levels. He is currently the Head Coach of three former Cage Warrior World Champions and two UFC fighters. Paul holds a second degree blackbelt in Brazilian Jiu-jitsu from Next Generation USA Founder, Veteran of the UFC & Pride, Chris "The Westside Strangler" Brennan. Paul is regularly invited to coach and give seminars at numerous gyms around the world. He is married to Louisa, an NHS nurse, who have three young children together.

Paul Rimmer

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ABOUT THE AUTHOR

Paul Kolberg was born in England to a mother of Irish parentage and a father of Prussian ancestry. His first book *Jesus and Kabbalah – The Lost Kingdom* reached #1 in three categories on Amazon. For over twenty-five years, Paul practised and travelled throughout the world as a lawyer. Using his strong analytical and communication skills, Paul makes complicated topics and concepts easy to understand. In the past, Paul has regularly written legal and topical articles for various magazines but in 2014, he became a professional author, playwright and screenwriter. Paul has written two further books that are in the process of publication, as well as three plays, one of which has been recorded for radio and is in post-production.

Paul Kolberg

See: www.paulkolberg.com

ALSO BY PAUL KOLBERG

Jesus & Kabbalah: The Lost Kingdom

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8 MEDITATION EXERCISES FOR ADULTS & CHILDREN

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*“You have power over your mind - not outside events.
Realise this, and you will find strength.”*

Marcus Aurelius

Extract

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Foreword

Sometimes, we travel far away only to realise that the answer is already within us. Over twenty-five years ago, in my teens, I began my career in martial arts and travelled to China to study Qigong, the ancient traditional meditation techniques that form an integral part of Chinese martial arts.

During the many years I spent in the far east, it was a great pleasure to learn and master traditional art forms such as Kung Fu and Qigong, under the supervision and guidance of Chinese masters and Sifus (Shifus), whose knowledge had been passed down and acquired from ancient traditions developed over many centuries of practice and discipline.

Qigong has been part of Chinese culture for over 4000 years, and encompasses body posture, movement, breathing and meditation. It also involves creating and maintaining a calm state of being with movement meditation, where coordinated, slow, flowing movements are undertaken with conscious rhythmic breathing simultaneously. Although effective, Qigong requires patience and a lot of practice to master.

During times like this, with a worldwide pandemic and everybody cooped up at home in isolation, there is a great need for people to remain calm, and there is a high demand for simple and modern meditation exercises. With such a deep knowledge and understanding of ancient meditative practices, I can say with some authority that this book is amazing and fulfils these requirements.

Paul Kolberg's *Meditations in a Crisis* lifts the shroud of mystery that surrounds meditation and provides easy to follow, practical exercises that can be done by everyone of any ability. Having three young children myself, I especially like the way Paul has made some of these exercises accessible to children and the family.

Although there are numerous online meditation apps available, it is far more helpful to have a small concise book that not only provides essential background to what meditation is, but also a step-by-step guide through specific exercises that you can go back to time and again.

I highly recommend this book to anyone that is interested in meditation and recognises the need to avoid stress and remain calm in a crisis. For anyone that is interested in any form of physical training, especially martial artists, this is an essential handbook to supplement their physical wellbeing. It will provide any reader and those they care about with constructive and positive mental and emotional outcomes. I wish everyone the best mentally, spiritually, and emotionally during these difficult and challenging times.

Paul Rimmer

Preface

Before the Coronavirus pandemic, the problem for most human beings was overthinking. The sheer volume of data that people had to process was truly daunting and burdensome.¹ Our minds worked overtime in addressing the many fears we held about what the future might hold.

Repeatedly running the film reel in our heads about what frightens us created stress, anxiety and depression.

Now that the Coronavirus (COVID-19) has struck worldwide, most of us have been forced into isolation and if not working at home, then not working at all. We all now face a different mental challenge; processing less data, and interacting less among family, friends and colleagues alike. Humans are inherently sociable animals,² and with this current global pandemic, we are suffering

withdrawal symptoms from our hitherto hectic and pressured lives; instead of gradually winding down, we have been forced to go cold turkey.

Meditations in a Crisis addresses both overthinking and under stimulation. Before the current crisis we distracted ourselves from contemplating the inevitable; of being born, living, and then dying. The Coronavirus has left us with no choice but to contemplate death since it forms part of our daily diet of news.

We are all of us frightened of the unknown. We do not know what happens after death until we die. We can guess, predict or believe, but we cannot know until it happens to us. If you're reading this, then it is safe to say you are not dead but alive. Being alive gives you the opportunity to evaluate what is important to you in your life now and after the coronavirus comes to pass; family and friends, both close and estranged.

Meditations in a Crisis provides practical meditation exercises that can be practised alone or in groups (families, colleagues or friends), either in person or via video call. By doing these exercises, it will help us all to appreciate and rejoice in the beauty and awesome nature of life, to unite with one another, and to face the future with courage and hope.

PREFACE

Whether you hold strong religious beliefs, or none is secondary, since all religious and human philosophies hold one “Golden Rule” in common— *to treat others as you would like to be treated*. Through meditation, I invite you to seize the opportunity to spend your time constructively and live a good and fruitful life, mindful of your needs and the needs of others.

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PART 1:

AN INTRODUCTION TO

MEDITATION

“Do not dwell in the past, do not dream of the future,
concentrate the mind on the present moment”

The Buddha³

I

SAVING YOU VALUABLE TIME

When I first heard about meditation, what in Hindu Sanskrit is called *dyhana* meaning contemplation and meditation⁴, I remember it sounding highbrow, mysterious and difficult, not least because of its association with Eastern religious practices. I thought it was the path to enlightenment. In a way it is, in as much as it is a helpful step along the way.

In order to understand what meditation involved, I read extensively around the subject. I listened to hours of recordings that took me through meditation. I didn't know what the outcome was supposed to make me feel. I didn't know whether I was doing it right or not.

Nothing much seemed to happen. Now I know what meditation is, how to do it and how it helps. In Part 1 of this book, I want to share that knowledge with you to save you valuable time in trying to work things out for yourself.

WHAT I HAVE DISCOVERED ABOUT MEDITATION

After twenty-years of study and practice I can reveal the following:

- Meditation improves quality of life.⁵
- Meditation is intended to still the mind – even if only for a short period of time.
- Meditation is suitable for all (including children).
- Meditation is like a refresh button. It's like giving the brain a chance to pause and recover.
- Ultimately, meditation is about taking control of our thoughts and emotions, to redirect them for beneficial purposes.
- Meditation is down to earth, and easy to grasp.
- Meditation isn't the same as enlightenment, although it can help lead to that.
- Meditation is another word for prayer.⁶

- Meditation can be done anytime, anyplace, anywhere.
- Meditation can be on anything and everything.
- Meditation can take 6 seconds, 60 seconds or 6 minutes. You can choose.

TRY NOW FOR JUST 6 SECONDS

Why don't you try meditating right now for just 6 seconds and see if what I say works for you? You can do it alone, with a partner and even with your children, as a family. This is a very powerful but easy-to-do meditation. It's one of the best ways to quiet the mind. Here we go:

If you can - close your eyes. For most people it helps to have your eyes closed. Firstly, I'm going to describe what we are going to do and then, we will do it together. It's only going to take a few seconds. I'll be your guide - while you actually do it.

There are two simple stages.

Stage 1: Breathe in for 3 seconds.

Stage 2: Breathe out for 3 seconds.

That's it. As you do the exercise, you'll notice the air passing into and out of your mouth, over your teeth or up through your nostrils. You will also notice how your chest and stomach inflates and deflates.

Let me go over that again.

First of all, I'm going to ask you to breathe in as deeply as you can for just 3 seconds and as you do so think "I'm breathing in as deeply as I can".

And then once your lungs are full, I want you to concentrate on your breathing out for 3 seconds and say in your head, "I'm breathing out all the way to get all of the air out of my body".

To help, I will count the seconds for you.

Are you ready? Let's try now. Here we go, 1, 2, 3:

Breathe in – 1, 2, 3

Breathe out – 4, 5, 6

Well done. Catch your breath.