**Prologue: Clarifying the Objective**

**What is an *Effective* Meditation?**

An effective meditation almost guarantees you are going to walk away and learn something significant*.* It means that you are mediating with a purpose, an intention, a direction of focus that enables you to achieve a particular result. That result is a shift in consciousness, a new perspective, an insight or realization that embodies the solution to your personal concerns. It is a powerful tool for understanding who-you-truly-are, so that you never have to be a victim again. When you understand how to do this *consistently*, your problems become no problem for you.

However, an ineffective meditation may reveal nothing of importance to you, yet you keep sitting and trying, but not really understanding what you are doing, not doing, or how it can affect the effectiveness of your ongoing practice. A practitioner can practice for *years* without ever truly understanding or achieving anything significant. I know this to be true, because I was such a person. It was not until I begin to experiment with how to meditate *correctly*, did I begin to witness regular*,* life changing results.

Yes, contrary to popular opinion, there are actual ways of practicing meditation *correctly*. How*?*

It is correct, when it successfully enables you to become more aware of a concern you sought to understand. It is correct, when you are able to come to your own conclusions and solve your own problems. It is correct, when building concentration, feeling relaxation, centering in peace and developing mental clarity are the *prerequisites* for your meditations, instead of the results of your daily practice. Finally, your practice is correct, when you are able to *consistently* experience all of this within a process that is uniquely your own. Only by experimenting and discovering what works best for you, can you become the most effective person and overcome any challenge life has to offer.

So, whether you are learning how to meditate for first time, or you have been practicing for many years, this book is my gift to you.

May you develop *the* *best of skills*.

Enjoy.