

Derek Aidoo  
Meditation Coaching



# 100 Miles Per Hour

How to slow down and start meditating

**Derek Aidoo**

**HOPE, HEALING AND  
SELF CHANGE THROUGH  
MEDITATION**



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**100 MILES  
PER HOUR**

How to Slow Down  
and Start  
Meditating

# Preface

I often refer to modern life as ‘living at 100 miles per hour’.

For me it’s navigating my relationship, looking after our household, chasing the cat around the house, being there for my elderly mother, working a full time job...keeping fit...maintaining a social life... and the list goes on.

But 100 miles per hour, can be dangerous without moments of stillness every now and again.

Meditation is a conduit to peace, calm and focus. It allows you to be alert and present to immediate reality without being dreamy or disconnected. This e-book is designed to support you on your search to learning more about meditation. I hope it inspires you to have more of your own moments of stillness.

In this e-book you will find practical steps to help you get started with meditation, along with concepts for you to explore.

Concepts are great tools for the intellect, as initially you may find yourself trying to process and come to quick conclusions about meditation. It takes patience. Meditation is a journey of exploration and wonder, so I encourage you to continue to surrender to your inquisitiveness and gently quieten the over analytical mind.

This e-book is for anyone who has ever had moments of deep contemplation, and has revelled in that momentary departure. For those who sense there is more to them than what they see. For those wanting to tap into their inner strength and to nourish the more subtle part of themselves that has been neglected for so long.

Traditional meditation has been a discipline, practiced in the east and west throughout the ages and today is no different. As millions discover this art of self change, I remember the words of Chinese philosopher Lao Tzu *"the journey of a thousand miles begins with one step"*. All we have to do is take the first step.

## *Preface*

This e-book is written during the world wide health issue of the Coronavirus (COVID-19). A crippling pandemic, killing (at the time of writing this) over 50,000 people in the UK.

This debilitating virus has created chaos and has incited fear in millions. Changing the way we live and forcing us into self isolation and social distancing.

One outcome of this isolation has been the opportunity for many to put a pause on daily life and to take their attention inwards. To take a more intimate look at the constructs of their own inner landscape and reflect on life.

It was a pause in my life 10 years ago, that led me to self reflection and meditation.

I always had an instinctive knowing that there was more to life than just a succession of random experiences. I would spend hours in my bedroom rumenating over my thoughts instead of just trying to let them go.



It was after a relationship break up that I felt there had to be some change. I felt broken and lost. There had to be some connection between what I was thinking, my feelings and my actions. When I had peaceful thoughts, my actions were filled with kindness and empathy. Yet when I felt chaotic, so were my actions.

A chance visit to a local community centre offering free meditation classes started my journey.

And like all skills, meditation took repeated effort to develop a regular practice. So don't be put off if you miss or have to skip a meditation that you've planned. Accumulative practice will deepen your experience allowing you to access a feeling of balance, stability and peace.

# Introduction

This e-book represents my experience of Mindfulness and Focused Meditation.

Isn't it true that all we really have are experiences and the lessons we learn from them? Like when I tried my first pair of non-stretch skinny jeans on, in Topshop circa 2001. They made my legs feel like two vacuum packed sausages from the meat counter at Sainsbury's.

I thought that was definitely an experience I did not want to have! However, when I began to change the perception of the way my legs looked in these slim fitted jeans; I drew a desire for the look. I began to see the fashion in having jeans that showcased my definition, and I embraced this new silhouette of my legs. I looked good!

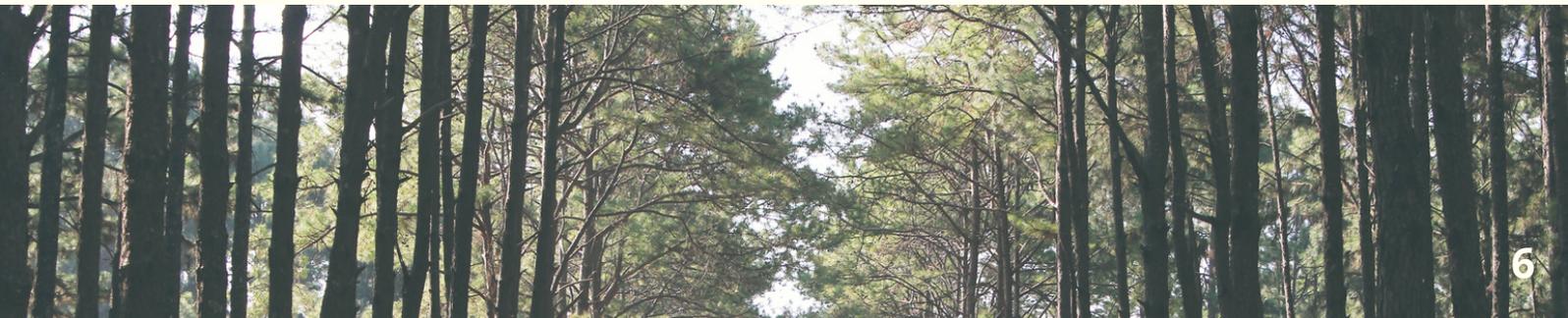
You see, when we are not familiar with something, we can repel and reject it. Yet it's when we embrace a new perspective, we often become more aware and attuned to it. My holistic healing teacher always tells me to "trust my perception". But this can sometimes be difficult if you're not used to living life this way.

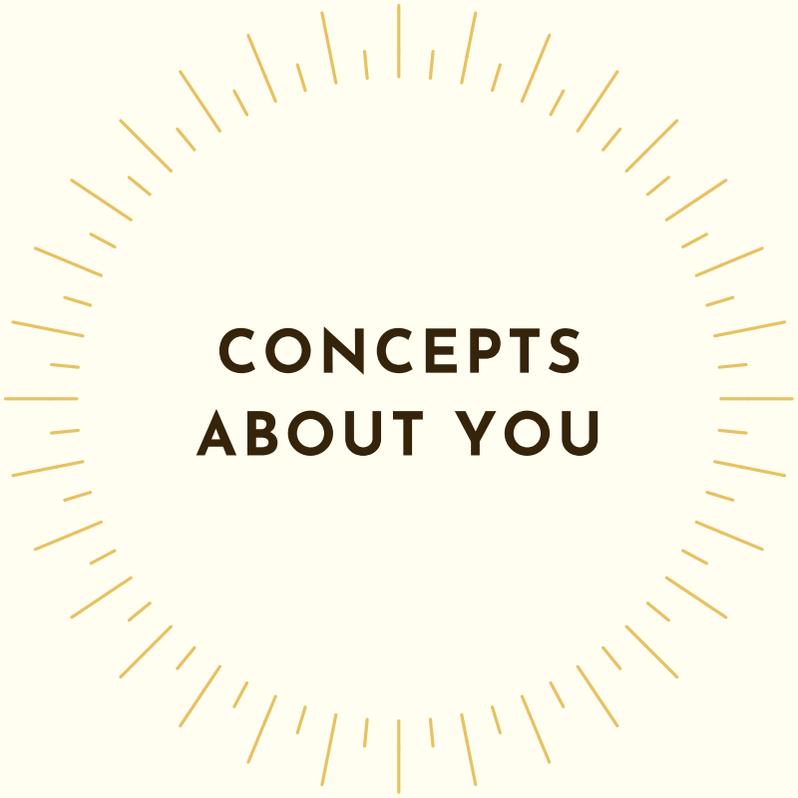
I come from a meditation background called Raja Yoga meditation. This is a Sanskrit term meaning “royal union” and is based on the study of the human mind. This style encompasses both focussed meditation and mindfulness.

Raja Yoga meditation teaches that by becoming aware of the habits and tendencies of the mind, we can ultimately transcend identification with it, leading to experiencing ourselves as pure consciousness. A soul.

This e-book will guide you through the basic concepts and steps I personally use to achieve a meditative experience. Addressing the original qualities of the soul, and allowing you to simply be aware of your thoughts; without the need to control them.

I truly hope you enjoy it.





**CONCEPTS  
ABOUT YOU**

# Concept one:

I am a soul, I *have* a body

For this first concept, imagine yourself as pure consciousness. This may sound strange or difficult to conceptualise at first, so for now just use the image of a star.

Imagine this tiny star as a beautiful, luminous light and within this light contains all the qualities and characteristics that make you 'you' as a person.

Just for this moment, this light *is* you.

Imagine this light has no limitations, no boundaries of distance or speed of travel. Imagine all your thoughts, characteristics and experiences no longer reside in your physical body but are instead represented by this infinitesimal point of light.

How does this make you feel?

Now for a moment return back to the identity of yourself as you - the person. The physical body as you know yourself. In this consciousness you have limitations, eg. how far and how quickly you can travel.

However when we just imagined ourselves existing outside of the confines of the physical body, we were bound only by the limitations of our thoughts.

Thoughts have power, and with our thoughts we are able to travel miles, in just one second. When was the last time you wished you were back on holiday? Remember how instantly using your thoughts, you were transported back to that destination. The sounds, the people, the food, the location. Through your thoughts, you just transported yourself hundreds/ thousands of miles away.

Our pure consciousness (or soul) is not limited to being only here and now. On some level we already know this. But by being aware of ourselves as a soul - we can use thought to connect anywhere.

In our culture, it is very common to comfort someone by saying "my thoughts are with you" or "I'm sending you good vibes". Again because on a subtle level we are aware that an aspect of 'ourselves' is non physical and this popular phrase, lays the foundations of this concept.

Next time you sit quietly and think about someone, remember that you can almost be right there with them. The body is our physical vehicle. Yet when we are aware that we can be anywhere in a different capacity; we gain a certain kind of freedom. This is one of the first concepts of meditation.



# Concept two:

## The Vehicle and the Driver

To reinforce the image of I, the soul being separate from my physical body; the concept of the vehicle and the driver is helpful.

A vehicle's purpose is transportation, however it will only move once the driver commands it to. Though I am inside the car, I am not the car. I use my vehicle to interact with other road users. In the same way I use the body to interact with the physical world, however I am not the body. I am a centre of consciousness, I am the master of my senses and I exist in my own right. From this stand point, I experience life very differently.

Being aware of myself as a soul, I feel less threatened and more in control. For example if something comes to distract me or even blocks my way, from this vantage point I can simply change my route leaving me in control, and with my personal power intact.

The quality of my life depends on my attitude and how well I navigate through it. Obstacles are inevitable, but I cannot be hurt too deeply as my body is not the essence of who I truly am.

The body maybe how others see and identify me, however it is only an expression of what is going on inside. I define myself based on the quality of what lies within.

When I choose a peaceful attitude and to travel with love, it becomes easier for me to negotiate hazards in my life and get through difficult times.



# Concept three:

## Compassion

When we recognise that we are a shining point of pure consciousness, experiencing the physical world through the body; we can develop a different perspective of each other.

I realise that not everyone is aware of themselves as a soul, so they may well live within the limitations of body-consciousness. This way of seeing the world can confine the mind to what Buddhists refer to as 'suffering'. Where you closely identify and place value on yourself dependent solely on the appearance and attributes of your physical body and the physical world.

Not yet free from this need for validation from society, criticising others and demanding respect can be a restriction to the higher qualities of the soul. Therefore having compassion is a way to be of support to those on a different journey in the world to us, and to unlock the original qualities of the soul.

Remember though we may not see a person's consciousness; there may be a lot going on, including challenges, traumas and difficulties that they could be dealing with in their life.

Understanding how difficult life can be and seeing the reflection of yourself in others, gives honour to who you are, and ultimately fills the other person with true respect.



# Concept four:

## The ego

The false sense of self. When we identify with only the human part of our existence, it's not too long before a certain false self-confidence forms.

Not to say that we shouldn't take pride in our appearance and physical wellbeing; however prioritising this over your personal identity and mental health needs can lead to lasting damage and is counter to the voice of yourself as a soul.

As a soul you have the capacity to accept people as they are and see their best qualities.

This is because you see all people (including yourself) as spiritual beings having a human experience.

However when in body-consciousness we are constantly comparing our physical appearance to others, judging, stereotyping and not giving others the opportunity to be who they truly are.

To truly embrace self- change takes courage. Daring to confront this idea about yourself that has been reinforced for years is not easy.

But by meditating regularly and affirming yourself as a peaceful soul - you plant the seed of unity- seeing commonality between us all as a human race.





**5 SIMPLE  
STEPS TO  
START YOU  
MEDITATING**

**Step One:** *Sit comfortably*

Find a comfortable chair, that supports your regular seated posture. Try to avoid anything that reclines or that offers too much cushioning. The temptation for the body is to fall asleep, especially if you are tired. However the aim is to maintain a comfortable yet aware approach.

**Step two:** *Relax breathing*

Gently bring your awareness to your breath. Notice how you've most probably taken a bigger breath than normal, or exhaled for longer. Trust your lungs to regulate the flow of air. Pay attention to your chest as it lightly rises and falls. Simply observe and patiently get lost in the eventual rhythm that forms.

### **Step three:** *Soften gaze on a focal point*

I encourage anyone who meditates, to do it with their eyes open. By doing this, the benefits of soul-consciousness becomes available at anytime and at any place. When we have our eyes closed, it sends an unconscious message to the brain to prepare for sleep. This makes more work for the mind. You then have to stay awake as well as pay attention to your thoughts.

Find a focal point in-front of you. Do this by sitting squarely on your chair, and imagining you have a mirror facing you (as far or close as you imagine it). Looking into this mirror, look at the area of your forehead. Now bring into focus the space between the eyes, and visualise a subtle light. A small infinitesimal point of light behind the eyes. Almost as though a pin has pricked a small hole inbetween your eyebrows. Rest your gaze here.

**Step four:** *Affirm your consciousness*

Connect to your powerful, positive, nurturing and pure qualities of yourself as a soul.

When I begin to soften my gaze on myself as a point of light, I can feel the awareness of my physical form fading away.

Fading along with my body, are all the criticisms and judgements anyone has ever made about me. Knowing that I am a point of pure consciousness, negative comments about me are not valid. The walls I have been putting up are beginning to come down to reveal an ocean of pure Love within myself. I hold this one thought- 'I am peaceful soul'.

**Step five:** *Experience your consciousness*

Stay here for a short while. Experience your consciousness. How does what you have just said in your mind, make you feel?

Notice your thoughts. What is coming up for you? Without questioning, just observe these thoughts that arise. Detach from any judgement, or criticism and just notice yourself and notice the thoughts you have and how they make you feel. Notice your breath. If you could imagine yourself a colour, what would it be right now? The awareness of your physical body now gently begins to return. Your gaze refocuses and you begin to take in your surroundings.

These steps can be repeated as often as you need, to begin to experience yourself as a peaceful soul of pure consciousness.

# Final Thoughts

There is no magic or instant fix with meditation. As you regularly check in with yourself as a soul and take brief retreats into your inner world, you will accumulate what yogis refer to as a 'well of peace.' This well can be visualised as a large tub or bucket filled with fresh water.

Each time you return from a meditation you take with you a cup of this fresh water and fill up your well. This figurative water is peace and the figurative bucket is your general wellbeing. Eventually during challenging times of stress, pain, heartache you will have accumulated enough peace that you need only think peaceful thoughts to access and experience a state peace.

I hope you've enjoyed this e-book,

Love from Derek.

# Acknowledgments

My mother who instilled in me a discipline and awareness of a presence bigger than myself through Christianity.

My Sister and brothers, who were my first teachers about Love, kindness, society, challenge and reality. My close and extended family. My Boyfriend who continues to Love and support me unconditionally.

My chosen family, my friends who mean everything to me. Special thanks to Ed Bourne for the beautiful artwork collaborations. To Lennon; you are visionary. Thank you Antonello Brunetti of Pranavoice for your knowledge, guidance and inspiration.

This e-book is dedicated to My spiritual Grandmother - the dearly departed Aida of the Brahma Kumaris, from Earlsfield and Greenwich group. You touched so many, and always had the most grace I've ever known.



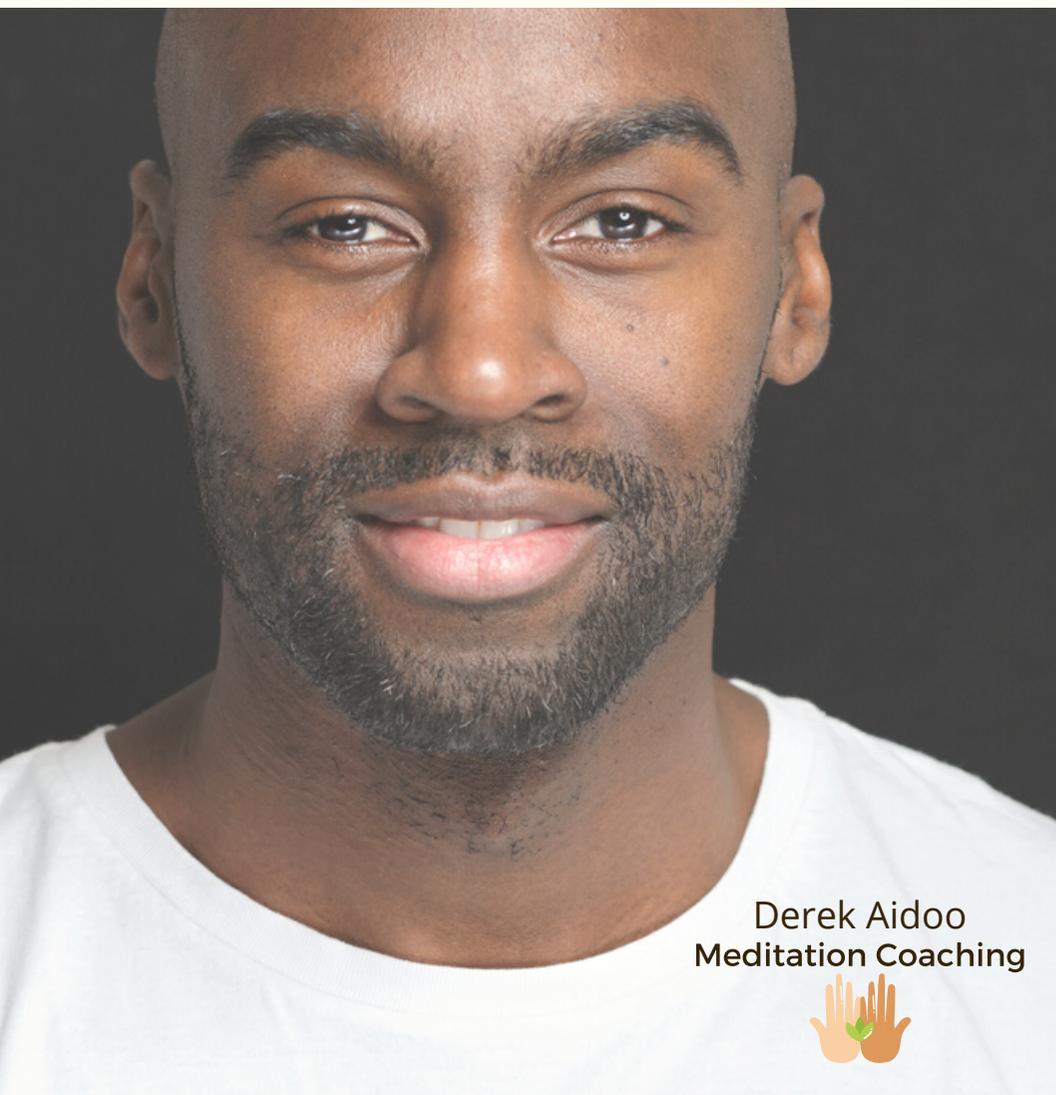
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