

MEDITATION 101

DAILY PRACTICE

10-SECOND BREATHS

BREATHE IN FOR 10,
HOLD FOR 10,
EXHALE FOR 10.

Helps to quickly align mind & body in a more calm position. For younger or beginner students, can be modified to 5-second breaths.

BREATH AWARENESS

FOCUS ON THE END OF THE NOSE, noticing cool air as you breathe in AND warm air AS YOU BREATHE OUT.

Slows down the mind and body. Add M on in breath and Ahh on out breath mentally for deeper calm, 10 + breaths.

ALTERNATE NOSTRIL BREATHING

ALWAYS BEGIN BY closing right nostril and breathing in through the left, DO THREE ROUNDS, AND ON LAST ROUND (breathing in through the right nostril) PLUG BOTH NOSTRILS FOR A COUNT OF 5, then breathe out evenly through both nostrils.

Purifies, harmonizes, and balances internal energy.

DROPPING THE MIND

ATTENTION IN THE PALM OF YOUR RIGHT HAND, observing thoughts and feelings go by like clouds passing, and if anything distracts you, bring your attention gently back to your palm.

Foundation for all awareness training. A dropped mind is being in the observation position, with an increasingly quiet mind.

LIGHT MEDITATION

“I CALL ON LIGHT TO FILL, SURROUND, AND PROTECT ME FOR THE HIGHEST GOOD.”

The light is in my: body, hands, feet, head/mind, senses and heart center.

Kinetic Psychology practice for calming the different movements of inner space.

HEART OPENING

Imagine a golden sun deep inside your chest radiating outward and slowly filling your entire body. Then sit with your mind dropped and attention in your heart center. **Put people, places & problems** in Light. Breathe in through your nose & out through your mouth for 10 + breaths.

Fundamental for bringing forth our innate kindness, compassion & peace from within.