

## PERSONALIZED MEDITATION TRAINING – MEDITATION PHASES

### INTENTION

*Session 1 – Intention*

*Session 8 – Self (contemplation)*

*Session 11 – Ritual*

### RELAXATION

*Session 2 – Sitting (& body relaxation)*

*Session 3 – Breath*

*Session 4 – Senses (& mind)*

### CONCENTRATION

*Session 5 – Concentration*

### MEDITATION

*Session 8 – Self (meditation)*

*Session 9 – Mantra*

### ABSORPTION

*Session 10 – Samadhi*

### (LIFE)

*Session 6 – Life*

*Session 7 – Do's & Don'ts*

*Session 12 – Sadhana*

## DEVELOPING YOUR OWN MEDITATION INTENTION

*The following texts may inspire you to write your own meditation intention, which should not be too long, no more than about 5 lines.*

*In this moment, I accept the world as it is.*

*In this moment, I accept myself as I am.*

*In this moment, peace is the only thing which matters.*

*In this moment, I am in charge of peace.*

*Nobody can take this moment away from me.*

*I take this moment to transform myself.*

*In essence I am not different from anybody else.*

*In essence I am divine.*

*I can be whoever I want.*

*Whatever seems wrong with me can be set right.*

*Transformation only takes time and effort.*

*I am a great work in progress.*

*Every day I take a step forward.*

*Every day, I allow peace a moment to work its magic.*

*In this moment, I assume my responsibility in letting peace be.*

*In this moment I seek to return to my divine essence.*

*I accept that this may not always be easy.*

*I accept that my body and mind will resist holding still.*

*With patience and loving kindness I will bring them to silence.*

*Let all enlightened energies in the universe help me.*

*Let my divine essence come forward.*

*Let there be peace, peace, and only peace.*

## CHOSING A MANTRA

*If you already have a mantra that you have been using with success in meditation, then best stick to that mantra.*

*If you do not have a close connection to a mantra yet, then you might chose one of these :*

**GANESH MANTRA : AUM GANG GANAPATAYA NAMAHA**

*Suitable for people that feel that they are the beginning of the path of yoga and meditation, or to remove obstacles from the path & life.*

**GAYATRI MANTRA : AUM BHUR BHUVA SVAHA - TAT SAVITUR VARENYAM - BHARGO DEVASYA DHI MAHI - DHIYO YO NAH PRACHODAYAT**

*Suitable for people that are very much into Advaita Vedanta (Self-knowledge) and are very determined to meditate and realize the Self.*

**KALI MANTRA : AUM KRANG KRING KRUNG KALIKA DEVI - SHRANG SHRING SHRUNG ME SUB - KURU KURU KURU SWAHA**

*Suitable for people to whom anxiety and worries are a main issue and when removing those is the main intention of the meditation.*

*Suitable also for women who want to become more strongly connected to the female Shakti power or for men who want to honor that power.*

*Suitable only before puberty if the KURU KURU KURU part is removed from the mantra above.*

**BHAIRAV MANTRA : AUM BRAM BRIM BRUM BAN BATUK - BHAIKAVAYA NAMAHA**

*Suitable for people to whom anger, irritation, stress and impatience are a main issue and when removing those is the main intention of the meditation.*

**SHIVA MANTRA : AUM NAMAH SHIVAYA**

*Suitable for people that want to become more acetic in nature, withdraw from the worldly life and relationships.*

*You can find the audio files under Session 1 – Home Resources on this page : <http://leela-yoga.org/live/index.html>*

## MANTRA MEDITATION WITH SYNCHRONIZED NATURAL BREATHING

*This meditation technique offers both a relatively relaxed way to meditate, as well as allowing for entering deep meditation. That combination is rather unusual.*

*Basically the mantra is synchronized with the breath, rather than the other way around. That means that the breath is leading in terms of speed and rhythm, not the mantra.*

*The breath should be relaxed and natural, not forceful.*

*The dept of the ingoing breathing should be good, but not so deep that it creates tension in the chest area. The dept of the outgoing breath should be good also, but not emptying the lungs completely.*

*The change from inhale to exhale and vice versa should be natural and smooth, slowing down the inhale before slowly starting the exhale etc.*

*How exactly the mantra is synchronized with the breath depends on the length of the mantra and the speed with which one is used to meditate on the mantra.*

*For a longer mantra, like the Gayatri mantra or the Kali mantra, one breath may thus equal one mantra. For a shorter mantra, like the Bhairav mantra, one breath may equal two mantras, one for the ingoing breath and one for the outgoing breath. For a really short mantra, like Aum Namah Shivaya, one breath may equal 5 mantras for example.*

*When using one mantra per breath like with Gayatri, one can decide at which time to change from the inhale to the exhale, for example : inhale = Aum Bhur Bhuva Swaha Tat Savitur Varenyam & the exhale = Bhargo Devasya Dhi Mahi Dhyo Yo Nah Prachodayat. However, it should be no stress if the time where the inhale turns to the exhale changes in relation to how far you have done the mantra.*

*At the end of the exhale, the mantra should be finished. If one feels it will not be finished in time then one should speed up the mantra instead of slowing down the breath.*

## MEDITATION EXERCISE WEEK 1

*Timing : if possible daily before 10 am or after 6 pm.*

PROCES	EXERCISE	TIME?	YOUR TIME
intention	Preferably sit facing East. Definitely do not sit facing South.	3'	
	In front of you, place a vase in copper, glass or ceramic filled with fresh tap water and put some fresh flower or leaf in the vase.		
	Light a candle or oil lamp, as well as at least 2 incense sticks (evaporating essential oil can be an alternative).		
	Say your personal meditation intention (see above) out loud or inside your mind. Leave some silence in between each phrase, so that you can really feel it. Once you know this text by heart, close your eyes when doing this.	2'	
relaxation	Lie on your back, feel the contact with the floor. Consciously relax each part of your body, starting with your feet. Inhale slowly but deeply into your belly area, hold the tension for a second or two and then exhale rapidly with a sigh through your mouth, visualizing how the tension from your belly organs disappears into the earth.	5'	
	Sit upright, making sure your back is relatively straight. If needed, support your knees with some cushions.	1'	
	Breath naturally through your nose and feel the flow of air in your nostrils. Observe how your breathing affects your posture and let the breath correct & further relax your posture. Slow down your breath as much as you can, but gently.	4'	
	Observe the sounds in your environment. Name the sounds that can be named. Accept those sounds to be there. Remove your attention from all these sounds – they are natural and not important.	3'	
	Observe with closed eyes the play of light from behind your eyelids. Experience how movements of the eyes affect this light show. Relax your eyes and the surrounding area. Remove your attention from this light show – it is only natural and not important.	2'	
	Now do the mantra meditation with breath synchronization as described above, using your own mantra or the mantra that you have chosen from the above examples. Throughout this week, you might also experiment with these different mantras, feeling their energy, in the following order : Ganesha, Gayatri, Kali, Bhairav, Shiva.	10'	
concentration	End your meditation session by trying to do nothing at all, not to think anything or feel anything, just to be present.		