

## DAILY MEDITATION EXCERCISE WEEK 10

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

PROCES	EXCERCISE	TIME?	TIME
prepare	Take a shower or do a Panch Snanam : splash some water on face, hands & feet, & rinse the mouth.		
intention	Preferably sit facing East. Definitely do not sit facing South. 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 (or evaporate some essential oil). Ring a bell or chant some opening mantra bhajan of your choice.	3'	
	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	From the experiences of the past weeks, decide now yourself which sequence of relaxation exercises you will do for how much time, involving body, breath & senses.	5'	
concentration → meditation	From the experiences of the past weeks, now finally decide which object of concentration & meditation you will use and what extra techniques you will apply that help you to fully concentrate (breath synchronization, visualization, etc...).	20'	
	End your session by trying to do nothing at all, not to think anything or feel anything, just to be present.		

**SUPPLEMENTARY EXERCISE : at least once this week, create the time so that you can at least double and better even triple the usual duration of your meditation.**