

MEDITATION EXERCISE WEEK 3

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

PROCES	EXERCISE	TIME?	TIME
intention	<p>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 (evaporating essential oil can be an alternative).</p> <p>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.</p>	3'	
relaxation	<p>Perform your own shorter version of the "Sitting Statue Pose Meditation" of last week, making sure your posture is corrected in all details and that you properly relax into your posture, using breath also as a means to relieve tension. The audio file with the full, long version of this exercise can still be found under the Home Resources for Session 2 (leela-yoga.org/live).</p> <p>Now use the audio file "Prana Visualization Exercise" found under the Home Resources for Session 3 (leela-yoga.org/live) to cleanse the main energy channels.</p>	5'	
Relaxation → concentration	<p>OPTION 1 : USING SO-HAM :</p> <ul style="list-style-type: none"> Start by hearing So on the inhale and Ham on the exhale, while slowing down breath if needed. Now block the right nostril and inhale through the left, then the other way around on the exhale. Then block the left nostril and inhale through the right, then the other way around on the exhale. Continue doing this while using So-Ham also and contemplating on "that I am", for at least 8 rounds. Stop alternate breathing and slowly integrate breath retention after each inhale, using So-ham, but with inner silence during retention. Make sure the inhale is rather short and deep and that both retention & exhale are long and more or less of the same duration. <p>OPTION 2 : USING YOUR OWN MANTRA :</p> <ul style="list-style-type: none"> Synchronize your mantra with natural breathing as explained in the 2 previous sessions. Now block the right nostril and inhale through the left, then the other way around on the exhale. Then block the left nostril and inhale through the right, then the other way around on the exhale. Continue doing this while using your mantra for at least 8 rounds. Now perform the Breath Retention with Mantra Synchronization - see the Home Resources for Session 3. <p>End your session by trying to do nothing at all, not to think anything or feel anything, just to be present.</p>	15'	