

MEDITATION EXERCISE WEEK 5

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	Perform the shortest possible version of the "Sitting Statue Pose Meditation" of Session 2.	3'	
	Do 8 rounds of the Alternate Nostril Breathing Exercise, with some retention after the inhale and a long exhale.		
	Shortly observe the environment and then bring your attention in the heart or 3 rd eye center, creating like a space bubble there that holds your attention. Always keep the attention in this center during what comes next.	2'	
concentration	OPTION 1 : USING YOUR OWN MANTRA IN BHAKTI YOGA	20'	
→meditation	<ul style="list-style-type: none"> Keep your attention in the heart center and (option) visualize the deity or yantra related to your mantra. Keep that focus while softly singing your mantra out loud and feeling love towards its divine energy. <ul style="list-style-type: none"> Reduce the singing volume until it becomes a mumbling and then a silent inside recitation. Once you are concentrated without thoughts, drop the visualization and continue with the mantra. 		
	OPTION 2 : USING SARVE BHAVANTU (See session 5 resources) IN KARMA YOGA	20'	
	<ul style="list-style-type: none"> Start by keeping your attention in the heart center and (option) visualizing a vibrant lotus flower. <ul style="list-style-type: none"> Keep that focus while softly singing sarve bhavantu in English or Sanskrit out loud. Feel what you are singing from the heart, until it becomes a mumbling and then a silent inside recitation. Once you are concentrated without thoughts, drop the visualization and continue with sarve bhavantu. 		
	OPTION 3 : USING BREATH & SOHAM IN JNANA YOGA	20'	
	<ul style="list-style-type: none"> Start by keeping your attention in the 3rd eye center and to visualize a shining dot there. Keep that focus while hearing So on the inhale and Ham on the exhale, slowing down breath if needed. <ul style="list-style-type: none"> Integrate breath retention after each inhale, using So-ham, but with inner silence during retention. Drop the concentration on breath and So Ham and rather feel the truth of "That I am" in Soham by letting your awareness of the dot be joined by awareness of your awareness. 		
	End your session by trying to do nothing at all, not to think anything or feel anything, just to be present.		