

MEDITATION EXERCISE WEEK 7

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

PROCES	EXERCISE	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'	
	Again this week, stick to one option only :		
concentration → meditation	OPTION 1 : USING YOUR OWN MANTRA IN BHAKTI YOGA	20'	
	<ul style="list-style-type: none"> Keep your attention in the heart center and (option) visualize the deity or yantra related to your mantra. Do not sing the mantra at all, but do the recitation silently inside while visualizing the deity or yantra. 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 reciting sarve bhavantu in English or Sanskrit inside. Once you are concentrated without thoughts, drop the visualization and continue with sarve bhavantu. 		
	OPTION 3 : USING 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. Let your breathing happen naturally, keep the visualization while silently reciting So Ham inside. <ul style="list-style-type: none"> Drop the visualization and continue reciting So Ham inside. 		
	End your session by trying to do nothing at all, not to think anything or feel anything, just to be present.		

SUPPLEMENTARY EXERCISES WEEK 7

During this week, evaluate your practice of the Yamas and Niyamas, note any possibilities for improvement and try to take some action upon it this week :

Yama/Niyama	Room for improvement
AHIMSA non-violence	
SATYA truth	
ASTEYA non-stealing	
APARIGRAHA no possessions	
BRAHMACHARYA abstinence	
SANTOSHA contentment	
SHAUCHA purification	
TAPAS discipline	
SVADHYAYA self-study	
ISHAVARA-PRANIDHANA surrender	