

DAILY MEDITATION EXCERCISE WEEK 9

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. Do 8 rounds of the Alternate Nostril Breathing Exercise, with some retention after the inhale and a long exhale.	3'	
	Shortly observe the environment and then bring your attention in the heart or 3 rd eye center, creating a space bubble there that holds your attention. Always keep attention in this center during what comes next.	2'	
	<i>This week, everyone is suggested to try out these different ways of working with mantra, one per day :</i>		
concentration	• Sing the mantra of your choice at medium speed and volume.	15'	
→meditation	• Start singing the mantra, then slowly reduce the volume until you start mumbling it and then recite inside.	15'	
	• Same as above, but concentrate on a feeling of love towards the divine energy of the mantra.	15'	
	• Synchronize natural breathing with the mantra as explained in Session 3 Home Exercises.	15'	
	• Recite the mantra inside while using visualization of the related deity/yantra or of the (main) syllables.	15'	
	<i>Then each time try to finish off with the same more essential type of mantra meditation :</i>		
	• Let your mind recite the mantra inside while you are observing it.	5'	
	End your session by trying to do nothing at all, not to think anything or feel anything, just to be present.		