

EXPLORING MEDITATION COURSE WEEK TWO

EXPLORING MEDITATION COURSE WEEK TWO (SOUND HEALING & THE CHAKRAS)

MORE BENEFITS:

HELPS TO CULTIVATE A PEACEFUL STATE OF MIND.

WHEN WE ARE HAPPIER AND MORE PEACEFUL, WE CAN HAVE HAPPIER RELATIONSHIPS AND BE LESS JUDGMENTAL OF AND KINDER TO OURSELVES AND OTHERS.

AS YOU CULTIVATE A DAILY PRACTICE YOU WILL BE DEVELOPING A BEAUTIFUL TOOL TO BRING YOURSELF INTO CENTEREDNESS, BALANCE, AND PEACE!

ASPECTS THAT MIGHT ARISE DURING MEDITATION

1. EMOTIONS ARISING

IN OUR DAILY LIVES WE ARE SO BUSY, WITH SO MUCH NOISE AND INFORMATION COMING IN THAT WE MAY BE OUT OF TOUCH WITH OUR EMOTIONS. AS YOU START TO BE STILL, EMOTIONS MAY ARISE. THEY WERE ALWAYS THERE BUT THEY MIGHT BECOME MORE NOTICEABLE AS YOU START TO GO INWARD. GENTLE BREATHS AND CONTINUED MEDITATION WILL HELP RELEASE THAT.

2. HAVING TO BE PERFECT.

IT IS A MEDITATION PRACTICE, NOT MEDITATION PERFECTION.

3. THINKING IT WILL ALWAYS BE THE SAME EXPERIENCE:

SOME SAY MEDITATION IS LIKE LEARNING ANY OTHER SKILL, AS IN EXERCISING A MUSCLE THAT YOU'VE NEVER REALLY WORKED OUT BEFORE. IT TAKES CONSISTENT PRACTICE TO GET COMFORTABLE. IN PLAYING THE PIANO YOU PRACTICE THE SAME EXERCISE OVER AND OVER, USING THE SAME TECHNIQUE AND HOPEFULLY GETTING MORE SKILLED.

BUT ENGAGING IN MEDITATION IS DIFFERENT THAN LEARNING A SKILL. IT WILL BE DIFFERENT EACH TIME, BECAUSE YOU ARE DIFFERENT EACH TIME YOU COME TO MEDITATION, DEPENDING ON WHAT HAS BEEN GOING ON IN YOUR LIFE, HOW YOU FEEL EMOTIONALLY OR PHYSICALLY. EVEN IF YOU CHOOSE THE SAME PRACTICE OR WAY OF DOING MEDITATION EVERY DAY, KNOW THAT EACH EXPERIENCE WILL BE DIFFERENT.

THAT IS THE BEAUTY AND MYSTERY OF MEDITATION. WE NEVER KNOW WHAT WILL HAPPEN IN THOSE MOMENTS.

SOME DAYS IT WILL FEEL MORE SUCCESSFUL THAN OTHERS. KEEP MEDITATING!

4. THOUGHTS

YOU WILL HAVE THOUGHTS. DON'T TRY TO GET RID OF THEM. LET THEM FLOAT BY AND LET THEM GO. AS MUCH AS YOU ARE ABLE, DO NOT ATTACH TO THE THOUGHTS.

EXAMPLE: I NEED BREAD AT THE STORE, WHAT TIME SHOULD I GO, I NEED TO GO TO THE DRY CLEANERS TOO, I'LL ADD THAT IN, ETC.

YOU REALIZE YOU HAVE GONE OFF ON A TANGENT AND BEEN DISTRACTED. WHEN YOU NOTICE, DO NOT JUDGE AND TRY NOT TO BE FRUSTRATED. IT WILL HAPPEN!

JUST BRING YOURSELF BACK TO CENTER, BACK TO THE BREATH, BACK TO BEING THE WITNESS, BACK TO JUST NOTICING.

THIS WILL TAKE PRACTICE. BE GENTLE WITH YOURSELF.

EXPLORING MEDITATION COURSE WEEK TWO

I INVITE YOU TO COME OUT OF COMPARISON OF NOT ONLY OTHERS, BUT OF YOURSELF, AND JUST ENJOY THE EXPERIENCE.

QUOTE FROM THE TIBETAN BOOK OF LIVING AND DYING BY RINPOCHE:

“THE PURPOSE OF MEDITATION IS TO AWAKEN IN US THE SKY-LIKE NATURE OF MIND, AND TO INTRODUCE US TO THAT WHICH WE REALLY ARE, OUR UNCHANGING PURE AWARENESS, WHICH UNDERLIES THE WHOLE OF LIFE AND DEATH.

IN THE STILLNESS AND SILENCE OF MEDITATION WE GLIMPSE AND RETURN TO THAT DEEP INNER NATURE THAT WE HAVE SO LONG AGO LOST SIGHT OF AMID THE BUSYNESS AND DISTRACTION OF OUR MINDS...

WE ARE FRAGMENTED INTO SO MANY DIFFERENT ASPECTS. WE DON'T KNOW WHO WE REALLY ARE, OR WHAT ASPECTS OF OURSELVES WE SHOULD IDENTIFY WITH OR BELIEVE IN.

SO MANY CONTRADICTORY VOICES, DICTATES, AND FEELINGS FIGHT FOR CONTROL OVER OUR INNER LIVES THAT WE FIND OURSELVES SCATTERED EVERYWHERE, IN ALL DIRECTIONS, LEAVING NOBODY AT HOME. MEDITATION, THEN, IS BRINGING THE MIND HOME.”

TIME OF DAY

THE BEST TIME OF DAY TO DO MEDITATION IS WHEREVER YOU CAN FIT IT IN!

IF YOU CAN DO A MORNING MEDITATION YOU ARE SETTING YOURSELF UP FOR A GREAT DAY. YOU HAVE EXPERIENCED DEEP RELAXATION AND HAVE COME INTO A STATE OF MIND THAT IS PEACEFUL AND AWARE. YOU MAY FEEL MORE CONNECTED.

EXPLORING MEDITATION COURSE WEEK TWO

START TO THINK ABOUT HOW YOU CAN FIT A MORNING MEDITATION TIME IN.

IF THAT'S NOT POSSIBLE ANOTHER GOOD TIME IS AT NIGHT BEFORE YOU GO TO BED. ALLOW YOURSELF MORE TIME TO START TO UNWIND AND LET THE DAY GO. THIS CAN SET YOU UP FOR A DEEPER, MORE RELAXED SLEEP.

MAYBE YOU CAN FIT SOME TIME IN AT LUNCH. GO TO THE CAR OR CLOSE THE DOOR ON YOUR WORKSPACE AND GO INSIDE. THE ONLY PERFECT TIME OF DAY. IS THE ONE THAT WORKS FOR YOU.

AGAIN, IF YOU CAN MAKE IT THE SAME TIME EACH DAY YOU WILL FIND IT EASIER TO FIT IT IN AND REMEMBER TO DO MEDITATION.

GROUNDING – IS CONNECTING TO THE EARTH THROUGH THE BOTTOM OF YOUR FEET. YOU CAN IMAGINE GROWING ROOTS LIKE A TREE OR SENDING ENERGY LINES DOWN INTO THE CENTER OF MOTHER EARTH. IT IS A GREAT WAY TO RELEASE TENSION, ANXIETY, EMOTIONS THAT YOU HAVE BEEN HOLDING ON TO THAT DO NOT SERVE YOU NOW, RELEASING WHAT IS NO LONGER NEEDED. GROUNDING CAN ALSO BE A WAY TO IMAGINE AND VISUALIZE BRINGING UP THE GROUNDING, HEALING ENERGY OF MOTHER EARTH INTO YOUR BODY. IT GIVES YOU A SOLID FOUNDATION, A FEELING OF SUPPORT AND STRENGTH.

SILENT MEDITATION – DURING YOUR SILENT MEDITATION, IMAGINE RELEASING AND GROUNDING THEN JUST SIT QUIETLY AND NOTICE YOUR BREATH. WHEN YOU REALIZE YOU ARE THINKING, JUST BRING YOURSELF BACK TO CENTER, TO STILLNESS AND BREATHE GENTLE BREATHS TO SUPPORT THAT.

SOUND HEALING & THE CHAKRAS

IN MEDITATION CHANTS OR MANTRAS ARE OFTEN USED TO HELP FOCUS AND GO INWARD. OM IS OFTEN USED. (OM IS THE WHOLE UNIVERSE JOINED INTO A SINGLE SOUND. IT REPRESENTS THE UNION

EXPLORING MEDITATION COURSE WEEK TWO

OF MIND, BODY & SPIRIT). SAT NAM IS ANOTHER ONE (I AM TRUTH) YOU CAN FIND CHANTS RECORDED AND CHANT ALONG WITH THEM IF THIS APPEALS. (DEVA PREMAL ON YOUTUBE)

CHAKRAS ARE ENERGY CENTERS OF THE BODY. THE WORD CHAKRA MEANS “WHEEL” IN SANSKRIT. THESE ENERGY CENTERS SPIN, HELPING TO KEEP THE BODY BALANCED AND HEALTHY. THERE ARE 7 MAJOR CHAKRAS OF THE BODY AND SEVERAL MINOR ONES.

TODAY WE ARE GOING TO USE A DIFFERENT VOWEL SOUND FOR EACH OF THE MAJOR CHAKRAS. EACH OF THE VOWELS WE WILL BE USING SUPPORTS ONE OF THE CHAKRAS.

EACH SOUND HAS A FREQUENCY AND VIBRATION THAT WILL HELP TO CLEAR AND ALIGN THE CHAKRAS BRINGING YOU INTO BALANCE AND GREATER HEALTH.

LOCATIONS: DON'T WORRY ABOUT BEING EXACT.

WE WILL START WITH THE FIRST OR ROOT CHAKRA LOCATED AT THE BASE OF THE SPINE, THIS CHAKRA IS ABOUT GROUNDING.

WE WILL MOVE UP THE BODY, TO THE SECOND OR SACRAL CHAKRA, A COUPLE INCHES BELOW THE NAVEL, ABOUT EMOTIONS.

THIRD OR SOLAR PLEXUS IS A COUPLE INCHES ABOVE THE NAVEL, ABOUT PERSONAL POWER.

FOURTH OR HEART CHAKRA IS IN THE CENTER OF THE CHEST, ABOUT LOVE.

FIFTH OR THROAT CHAKRA IS IN THE THROAT, ABOUT SPEAKING YOUR TRUTH.

SIXTH OR “THIRD EYE” CHAKRA IS IN THE CENTER OF YOUR HEAD BEHIND THE SPACE JUST ABOVE BETWEEN YOUR EYEBROWS, ABOUT INTUITION.

SEVENTH OR CROWN IS ON THE TOP OF YOUR HEAD, ABOUT CONNECTION TO SOURCE ENERGY.

EXPLORING MEDITATION COURSE WEEK TWO

AS I LEAD YOU THROUGH THIS, I WILL TELL YOU THE LOCATION, AND VOWEL SOUND WE WILL MAKE. WE WILL DO 5 TIMES EACH. IF YOU ARE ABLE, TRY TO SAY IT LOUD ENOUGH TO FEEL THE VIBRATION IN YOUR BODY. TAKE A DEEP BREATH BEFORE EACH SOUND. FINISH WITH OM & SILENT MEDITATION.

CHAKRA	VOWEL SOUND(AS IN)
1ST/ROOT	UH (CUP)
2ND/SACRAL	OOO (TOO)
3RD/SOLAR PLEXUS	
4TH/HEART	OH (GO)
5TH/THROAT	AH (MA)
6TH/THIRD EYE	EYE (MY)
7TH/CROWN	AYE (SAY)
	EEE (ME)
FINISH WITH	OM AND SIT IN SILENT MEDITATION

DURING WEEK: AT LEAST 5 MINUTES A DAY AND MORE IF YOU CAN. CONSISTENCY IS VERY HELPFUL. KEEP NOTES OR A JOURNAL.