

EXPLORING MEDITATION COURSE WEEK THREE:

GUIDED VISUALIZATION & MUSIC

QUOTES

“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.” – **Buddha**

“At the end of the day, I can end up just totally wacky, because I’ve made mountains out of molehills. With meditation, I can keep them as molehills.” – **Ringo Starr**

“Within you there is a stillness and sanctuary to which you can retreat at any time and be yourself.” – **Hermann Hesse**

DISTRACTIONS – TREAT DISTRACTIONS THE SAME WAY YOU TREAT THOUGHTS. DO NOT GET ATTACHED, TRY NOT TO JUDGE AND GIVE THE DISTRACTIONS AS LITTLE ATTENTION AS POSSIBLE.

IF YOU HEAR A NOISE THAT BRINGS YOU OUT OF MEDITATION, THE TENDENCY IS TO GET ANNOYED AND IT CAN LEAD US FURTHER OUT OF MEDITATION.

IF YOU NOTICE A NOISE, AS YOU NOTICE A THOUGHT, LET IT FLOAT AWAY AND BRING YOURSELF BACK TO CENTER.

POSTURE/POSITION/PLACE

THE BEST POSTURE, POSITION AND PLACE TO MEDITATE IS THE ONE IN WHICH YOU ARE MOST COMFORTABLE.

IF YOU ARE ON A BED, TRY TO BE INCLINED, OR SITTING UP. IF YOU LAY DOWN YOU MIGHT FALL ASLEEP. THERE IS NOTHING WRONG WITH FALLING ASLEEP AS YOUR BODY MAY NEED THE REST, BUT IF IT IS YOUR INTENTION TO MEDITATE, SITTING UP IS BETTER. IF YOU ARE MEDITATING BEFORE SLEEP, LAYING DOWN IS FINE.

A COMFORTABLE CHAIR IS GOOD. SITTING WITH YOUR FEET FLAT ON THE FLOOR TO GROUND IF THAT IS COMFORTABLE FOR YOU.

YOU CAN ALSO SIT ON THE FLOOR WITH YOUR BACK SUPPORTED.

YOU DON’T HAVE TO BE IN A LOTUS POSITION OR CROSS LEGGED UNLESS THAT IS COMFORTABLE TO YOU.

SOME USE HAND POSITIONS (MUDRAS), BUT AGAIN THAT IS NOT NECESSARY. REST YOUR HANDS LIGHTLY IN YOUR LAP, PALMS UP. YOU CAN ALSO HAVE ONE HAND RESTING IN THE OTHER. OR YOU CAN REST YOUR HANDS PALMS DOWN ON YOUR LEGS.

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TRY NOT TO CROSS YOUR ARMS OR LEGS. ONE OF THE BENEFITS OF MEDITATING IS TO HELP YOUR ENERGY FLOW MORE FREELY. CROSSING YOUR ARMS OR LEGS RESTRICTS THE FLOW OF ENERGY.

HAVE YOUR HEAD AND NECK ALIGNED WITH YOUR SPINE. TRY NOT TO BE HUNCHED OVER. KEEP YOUR SPINE STRAIGHT BUT RELAXED.

YOU CAN ALSO LAY ON THE FLOOR, PERHAPS WITH A PILLOW UNDER YOUR KNEES IF YOU HAVE ANY BACK ISSUES. AGAIN, YOU MIGHT FALL ASLEEP.

DEDICATED SPACE

YOU MIGHT WANT TO HAVE A DEDICATED SPACE WHERE YOU MEDITATE. IT COULD BE A CHAIR OR A CORNER OF A ROOM. WHEN YOU MOVE INTO THAT SPACE, YOU ARE ALERTING YOUR BODY AND MIND THAT YOU ARE GOING INTO MEDITATION.

YOU COULD HAVE A SMALL ALTAR, PICTURES OR SMALL STATUES THAT REMIND YOU OF PEACE AND MEDITATION. A SMALL BUDDHA STATUE CAN BE A REMINDER OF PEACE, OR A STATUE OF MOTHER MARY CAN BE A REMINDER OF COMPASSION. A STATUE OF AN ANGEL CAN BE A SYMBOL OF CONNECTION TO SOURCE ENERGY. LET IT BE MEANINGFUL AND PERSONAL FOR YOU. YOU CAN ADD A CANDLE, CRYSTAL, INCENSE OR FLOWERS IF THAT FEELS RIGHT. YOU ARE CREATING SACRED SPACE.

THIS IS NOT NECESSARY BUT CAN BE A HOLDING SPACE FOR MEDITATION. EVERY TIME YOU GO THERE, YOU WILL BE REMINDED OF WHAT MEDITATION FEELS LIKE FOR YOU. IT WILL BE EASIER TO LET EVERYTHING GO AND GO INSIDE.

MUSIC –

MUSIC CAN BE A GREAT AID TO MEDITATION, ESPECIALLY IN THE BEGINNING. REMEMBER, WE ARE LOOKING TO BRING OUR FOCUS INTO ONE THING – MUSIC CAN HELP US DO THAT.

USE MUSIC WITHOUT WORDS AND WITHOUT CRESCENDOS. YOU WANT AN EVEN FLOW OF MUSIC AS A BACKGROUND THAT IS NOT DISTRACTING, BUT IS SOOTHING, RELAXING AND PERHAPS UPLIFTING.

GUIDED VISUALIZATION

GUIDED VISUALIZATION IS THE MEDITATION YOU ARE MOST FAMILIAR WITH. BY LISTENING TO SOMEONE GUIDING YOU YOUR FOCUS IS ON THE PERSON'S VOICE AND YOUR VISUALIZATION.

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YOU CAN USE LIGHT AND COLOR DURING MEDITATION. IF YOU ARE VISUALIZING BRINGING THE QUALITY OF PEACE, YOU MIGHT GIVE IT A COLOR, PERHAPS BLUE OR WHITE OR WHATEVER FEELS GOOD.

YOU MIGHT IMAGINE IT WAS A LIGHT COMING IN AND MOVING THROUGH YOUR BODY. THIS HELPS TO STAY FOCUSED AND TO VISUALIZE THE PEACEFUL ENERGY.

DIFFERENT TYPES OF MUSIC:

NATIVE FLUTE MUSIC: MARINA RAYE – BLISSFUL JOURNEY

JOURNEY INTO LIGHT COMPILATION – DEUTER & ANNETTE CANTOR, TEMPLE OF SILENCE

JOHNATHAN GOLDMAN – REIKI CHANTS

HIGH VIBRATIONAL MUSIC: LIQUID MIND V – SERENITY

SILENT MEDITATION – REMINDER DURING SHORT SILENT MEDITATION, GROUND AND JUST SIT QUIETLY AND NOTICE YOUR BREATH. WHEN YOU REALIZE YOU ARE THINKING, JUST BRING YOURSELF BACK TO CENTER AND BREATHE.

TRY 5 MINUTES A DAY AND THINK ABOUT JOURNALING. ENJOY!