

MEDITATION EXERCISE WEEK 4

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

PROCES	EXCERCISE	TIME?	TIME
prepare	If possible take a shower & change clothes – do this at least once this week to experience the difference. Certainly before meditating, 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. For the following ritual, make sure to do everything with utmost attention, being aware of the elements as you offer them. In front of you, place a vase in copper, glass or ceramic filled with fresh tap water (water element) and put some fresh flower or leaf (earth element) in the vase. Light a candle or oil lamp (fire element), as well as at least 2 incense sticks (air element, evaporating essential oil can be an alternative). Ring a bell or chant some mantra bhajan of your choice (akash element). 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.	3'	
relaxation	Perform the shortest possible version of the "Sitting Statue Pose Meditation" of Session 2. Do 8 rounds of the Alternate Nostril Breathing Exercise, focusing your attention on the air flowing in the nostrils. End this part with a much shorter version of the "Prana Visualization Exercise" of last Session nr. 3. In this order, observe the smell of incense, the taste in your mouth, the light filtering through your eyelids, your posture and the feeling of your clothes, the sounds in your environment : recognize them as normal and withdraw your attention from them. Visualize energy entering your sense organs upon each inhale and centering as a ball of light in the third eye upon each exhale. Now keep your attention on the third eye and listen to the silence behind the sound in the audio file "Shiva Sunyata" in Home Resources Session 4. Once you know the song you can chant it yourself, always keeping your attention however on hearing the silence behind all sound even while singing.	3'	2'
Relaxation → concentration	OPTION 1 : ALWAYS KEEP YOUR ATTENTION IN THE THIRD EYE & USING SO-HAM : <ul style="list-style-type: none"> Start by hearing So on the inhale and Ham on the exhale, while slowing down breath if needed. Integrate breath retention after each inhale, using So-ham, but with inner silence during retention. Make sure the inhale is rather short and deep and that both retention & exhale are long and same duration. OPTION 2 : ALWAYS KEEP YOUR ATTENTION IN THE THIRD EYE & USING YOUR OWN MANTRA : <ul style="list-style-type: none"> Synchronize your mantra with natural breathing as explained in the 2 previous sessions. Now perform the Breath Retention with Mantra Synchronization - see the Home Resources for Session 3. End your session by trying to do nothing at all, not to think anything or feel anything, just to be present.	15'	15'