

## DAILY MEDITATION EXERCISE WEEK 8

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 <sup>rd</sup> eye center, creating like a space bubble there that holds your attention. Always keep the attention in this center during what comes next.	2'	
	<b><i>This week, everyone is suggested to do the following Jnana contemplation, concentration, meditation :</i></b>		
contemplation →concentration →meditation	<ul style="list-style-type: none"> <li>• Chose 1 to 5 Jnana contemplations from next page and repeat each at least 5 times, 4 times inside and 1 time out loud, always leaving some silence in between each phrase to really feel it.</li> <li>• Synchronize slow breathing So (inhale) Ham (exhale) recited inside and be aware of what it means.</li> <li>• Now chose to either focus on the eternal passing of time in the now, on the silence behind all sounds or on the empty space of the universe – don't make a masala.</li> <li>• Place your focus in the third eye center, observing only that 1 point in the universe, while keeping awareness also of the one that is observing it.</li> </ul>	5'	
	End your session by trying to do nothing at all, not to think anything or feel anything, just to be present.		

## JNANA CONTEMPLATIONS

- I am not this body
- I am nobody's daughter or son
- I am pure conscious energy
- I am the observer of my surroundings, my thoughts and my feelings
- The past and the present only exist in the now of my being
- I am endless, unborn, undying
- This being never changes
- In essence I have no desire
- Actually there is no problem
- I exist without having to be some thing
- I am everything everywhere always
- I am the one they call God
- We are all one being
- I am here and now
- What lives will never die
- To be happy is a choice of what is
- All paths lead to myself
- I exist and we are one

## JNANA MANTRAS & SHLOKAS FOR CONTEMPLATION AND MEDITATION

(rather liberal translations)

AUM PURNAMADAH PURNAMIDAM

this is perfect and that is perfect

PURNAT PURNAMUDACYATE

the perfect originates from the perfect

PURNASYA PURNAMADAYA

even if the perfect is removed from the perfect

PURNAMEVA VASISYATE

only the perfect remains

AUM SHANTI SHANTI SHANTI

Aum peace peace peace

ASATOMA SAT GAMAYA

lead me from untruth to truth

TAMASOMA JYOTIR GAMAYA

lead me from darkness to light

MRITJORMA AMRITAM GAMAYA

lead me from death to the nectar of immortality

AUM SHANTI SHANTI SHANTI

Aum peace peace peace

BINA DHYANAM JAPYAM BINA

without meditation or mantra repetition

BINA PUJA DI BI PRIYE

and also without rituals

BINA BALIM BINA ABHYASAM

without sacrifices or disciplines

BUDDH SHUDDHIA DI BIR BINA

without purifying the elements

BINA KLESHA DI BHIR DEVI

without pushing away unhappy feelings

DEHA DUKHA DIBHIR BINA

without softening the pain

SIDDHI RASHU BHAVET

only through the power of loving awareness

SMAT SMAT SARVOT TMA MATA

of the mother, help is assured