

DAILY MEDITATION EXERCISE WEEK 11

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

PROCES	EXERCISE	TIME?	TIME
prepare intention	Take a shower or do a Panch Snanam : splash some water on face, hands & feet, & rinse the mouth. 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	From the experiences of the past weeks, decide now yourself which sequence of relaxation exercises you will do for how much time, involving body, breath & senses.		5'
concentration →meditation	From the experiences of the past weeks, now finally decide which object of concentration & meditation you will use and what extra techniques you will apply that help you to fully concentrate (breath synchronization, visualization, etc...).		20'
	End your session by trying to do nothing at all, not to think anything or feel anything, just to be present.		

SUPPLEMENTARY EXERCISE : at least once this week, create the time so that you can at least double and better even triple the usual duration of your meditation.

EXAMPLE OF AN EXTENDED RITUAL FOR SESSION 11 : MAKE YOUR OWN CHOICE WHICH BEINGS TO ADRESS – WITH THESE MANTRAS OR IN YOUR OWN WORDS (translate namaha as “I honor” and “swaha” as “I offer”) :

- AUM DIPNARAYA NAMAHA (flame) - AUM JALDEVAYA NAMAHA (water).
- AUM BHURASSI DITTIRASSI BHUPATAYA NAMAHA (mother earth).
- AUM PURVAYA NAMAHA (east), AUM PASHIMAYA NAMAHA (west), AUM UTTARAYA NAMAHA (south), AUM DASHINAYA NAMAHA (north), AUM AGNYAYA NAMAHA (south-east), AUM NAYRABYAYA NAMAHA(south-west), UM BHAIBHAYA NAMAHA (north-west), AUM ISANAYA NAMAHA (north-east), AUM MADHYAYA NAMAHA (here), AUM AKASH DEVAYA NAMAHA (heaven), AUM PATAL DEVAYA NAMAHA (underworld).
- AUM ISHTADEVAYA NAMAHA (personal form of the ultimate formless divine).
- AUM KULDEVAYA NAMAHA (lineage) - AUM GURUDEVAYA NAMAHA (teacher).
- AUM THANAPATI GRAMAPATI DEVAYA NAMAHA (local rulers), AUM KSHATRAPAL DEVAYA NAMAHA (local warriors).
- AUM PITR DEVAYA NAMAHA (ancestors).
- Planets : AUM GRINIM SURYAYA NAMAHA (sun), AUM SOM SOMAYA NAMAHA (moon), AUM ANG ANGARAKAYA NAMAHA (mars), AUM BUNG BUDHAYA NAMAHA (mercury), AUM BRIM BRIHASPATAYA NAMAHA (jupiter), AUM SUM SUKRAYA NAMAHA (venus), AUM SHAM SHANAISKARAYA NAMAHA (saturn), AUM RANG RAHAVE NAMAHA (rahu), AUM KANG KETAYA NAMAHA (ketu).
- Ganesha : AUM GANG GANAPATAYE NAMAHA (or last word SWAHA if the central mantra for meditation is the Ganesh mantra).
- Gayatri : AUM GAYATRI DEVIYAYE NAMAHA (or last word SWAHA if the central mantra for meditation is the Gayatri mantra).
- Shiva : AUM NAMAH SHIVAYA NAMAHA (or last word SWAHA if the central mantra for meditation is the Shiva mantra).
- Bhairav : AUM BHAIRAVAYA DEVAYE NAMAHA (or last word SWAHA if the central mantra for meditation is the Bhairav mantra).
- Kali : AUM KALIDEVIYAYE NAMAHA (or last word SWAHA if the central mantra for meditation is the Kali mantra).

SEE ALSO RELATED AUDIO FILE IN THE HOME RESOURCES SESSION 11