

MEDITATION EXERCISE WEEK 2

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

PROCES	EXCERCISE	TIME?	YOUR TIME
intention	<p>Preferably sit facing East. Definitely do not sit facing South.</p> <p>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.</p> <p>Light a candle or oil lamp, as well as at least 2 incense sticks (evaporating essential oil can be an alternative).</p> <p>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.</p>	3'	
relaxation- concentration	<p>Do the "Sitting Statue Pose Meditation", for which you find the audio file that will guide you through it under Home Resources for Session 2 (leela-yoga.org/live).</p>	15'	
concentration	<p>Now do the mantra meditation with breath synchronization as described in the separate PDF under Home Resources for Session 2 (leela-yoga.org/live), using your own mantra or the mantra that you have chosen from the examples of last week. So no more experimenting with the different mantras : based on your experience of them, now chose the Ganesha, Gayatri, Kali, Bhairav or Shiva to continue with.</p>	10'	

In case you missed Session 1 , you find these mantras under the Home Resources for Session 1.

End your meditation session by trying to do nothing at all,
not to think anything or feel anything, just to be present.