

## MEDITATION EXERCISE WEEK 6

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	Perform the shortest possible version of the "Sitting Statue Pose Meditation" of Session 2. Do 8 rounds of the Alternate Nostril Breathing Exercise, with some retention after the inhale and a long exhale.	3'	
	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>While last week you were free to try out these different options, this week stick to one option only :</b>		
concentration →meditation	OPTION 1 : USING YOUR OWN MANTRA IN BHAKTI YOGA <ul style="list-style-type: none"> <li>Keep your attention in the heart center and (option) visualize the deity or yantra related to your mantra.</li> <li>Keep that focus while softly singing your mantra out loud and feeling love towards its divine energy. <ul style="list-style-type: none"> <li>Reduce the singing volume until it becomes a mumbling and then a silent inside recitation.</li> </ul> </li> <li>Once you are concentrated without thoughts, drop the visualization and continue with the mantra.</li> </ul>	20'	
	OPTION 2 : USING SARVE BHAVANTU (See session 5 resources) IN KARMA YOGA <ul style="list-style-type: none"> <li>Start by keeping your attention in the heart center and (option) visualizing a vibrant lotus flower. <ul style="list-style-type: none"> <li>Keep that focus while softly singing sarve bhavantu in English or Sanskrit out loud.</li> </ul> </li> <li>Feel what you are singing from the heart, until it becomes a mumbling and then a silent inside recitation.</li> <li>Once you are concentrated without thoughts, drop the visualization and continue with sarve bhavantu.</li> </ul>	20'	
	OPTION 3 : USING BREATH & SOHAM IN JNANA YOGA <ul style="list-style-type: none"> <li>Start by keeping your attention in the 3<sup>rd</sup> eye center and to visualize a shining dot there.</li> <li>Keep that focus while hearing So on the inhale and Ham on the exhale, slowing down breath if needed. <ul style="list-style-type: none"> <li>Integrate breath retention after each inhale, using So-ham, but with inner silence during retention.</li> <li>Drop the concentration on breath and So Ham and rather feel the truth of "That I am" in Soham by letting your awareness of the dot be joined by awareness of your awareness.</li> </ul> </li> </ul>	20'	
	End your session by trying to do nothing at all, not to think anything or feel anything, just to be present.		

## SUPPLEMENTARY EXERCISES WEEK 6

Try at least once this week to do your meditation around sunrise :

- Sit in your meditation place at least 15 minutes before sunrise – look online for the exact time in your time zone.
- Observe which nostril is dominant by strongly breathing into the nose and feeling in which nostril more cooling comes because more air is coming.
- Do whatever kind of meditation practice that still allows you to remain aware of the dominance in the nostrils. Observe how after a while, around sunrise, the dominance of one nostril will disappear and how the breathing happens quite evenly through both nostrils. Continue your meditation exercise for as long as you have the time, enjoying the extra peace generated by sushumna breathing.
- Observe how at some point one nostril again starts dominating your breathing.

If you feel like it and it is possible for you, try the following way of waking up and preparing for meditation :

- Wake up naturally or with an agreeable sound. Immediately sit up in your bed, without sitting in the South direction. Pull your blanket around you, so you don't get cold and keep your eyes closed. Concentrate on your breath in the heart chakra and on the Self until you start thinking.
- Now do your mantra 11 times (count on your fingers), slowly and with full attention, and greet at the end the energy of your mantra holding hands in the Namaste posture.
- Open your eyes so that what you first see are some flowers or some white color. Breath in deeply into the nose to determine which nostril is dominant and step out of bed using the same leg first.
- Immediately go to the bathroom for both urination and defecation. If some constipation is there, first sit in Veer asana for a few minutes paying attention to the hollow back or have a short walk in the garden, maybe bare-footed.
- Drink some water fresh from the tap or some moon water which has been waiting for you outside all night.
- Try not to make contact to anybody, stay away from the media and refrain from drinking exciting drinks like coffee or black tea.
- Smile at yourself in the mirror and make some funny faces in relaxing your facial muscles.
- Blow the nose if needed and wash your face, mouth, hands and feet with cold water.
- Put on some fresh clothes and go start your meditation practice.

At least once this week, sing along for half an hour with the bhajans found here : <https://www.youtube.com/watch?v=Q46Jm2Lrc00>