

Parts of a Meditation

1. Preparation — Settle Mind & Body
2. Beginning — Intention Invocation Dedication
3. Middle — Move into Technique | Sustain Technique
4. End — Release Technique | Close w Dedication Blessing
5. After Effect | Feeling State

Sample Analogy for a Meditation

PREPARATION

Find Seat focus on body sensation,
Breath in belly and sits bones
Ground surrender to support in seat

BEGINNING

Follow coolness of inhale
Follow warmth of exhale
Follow breath into heart
Rest in heart center | what is arising?
(May all beings have happiness...)

MIDDLE

Feeling of Intention in Heart, Body, Being
Affirmation 3x out loud
Sustain Feeling 11 sec

END

Thank you 3x out loud

AFTEREFFECT

Rest and Enjoy feeling.

PREPARATION

Put on swimsuit
Get cold drink
Phone

BEGINNING

Go outside
Check out position of sun
Position chaise so sun casts shadow of my
body directly onto chaise
Lay down on back and Set timer

MIDDLE

Lay in sun on back
Lay in sun on front
Enjoy feeling of warmth in my bones

END

Turn off timer, it's time to go. Gather up
drink, phone and return inside.

AFTEREFFECT

Enjoy feeling of skin drinking all the vitamin
D and warmth.