

## **Meditation- key points**

### **Meditation- Breath-based**

Comfortably seated

Check posture upright (back, head)

Firmly grounded- feel anchored

Comfortable, secure, grounded & upright

Close eyes- draw attention inside the body and adjust body to assist in drawing the attention inside

Notice sensations- where is your attention drawn- Go into sensations

Be present with sensations

Now be with breath

Moving in & out rhythmically rising, falling

Notice expansion as inhale, Contraction as exhale

Breath comes & goes by self – no effort

Effortless rhythm

Continue

When mind comes into thought gently draw it back to focus on the effortless breath

Continue 3 to 5 mins

Come out slowly in own time

### **Meditation Mantra**

Do meditation above up to point of being with sensations

Allow your own mantra to come

Or introduce it “sumna” group mantra

Mental repetition not a clear repetition- more of a feint idea

Let go of any thoughts (fascinating, creative, mundane or unwanted)

When aware of thinking come back to mantra

Continue without expectation or judgment

Take it as it comes

Time

Come out slowly in own time