

Meditation Practices

Spiritual Education & Enrichment

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Class Agreements

- Cell phones & other noise making devices -- off.
- All points of view are valid and contribute to a greater understanding
- Each of us can change our mind at any time
- Use “I” statements
- Honor the person sharing and the confidence of the person sharing
- Have Fun!



Check- In

Challenges & Roadblocks

- * Anger (p 184)
- * Boredom (p 201)
- * Fear (p. 185, 202)
- * Doubt (p 203)
- * Sadness, Grief,
Depression (p 186)
- * Procrastination (p 203)
- * Sleepiness (p 200)
- * Hypervigilance (p 204)
- * Restlessness (p 201)
- * Self-Judgment (p 204)

Buddhist Traditions

- Sitting
- Walking
- Standing
- Lying Down
- A way to support the arising of insight

Walking Meditation

- ☞ Practice #1
 - ☞ Plan a route to walk back and forth on a single path
 - ☞ Find a pace of ease
 - ☞ Place your attention in your body, particularly your legs and feet ~ focusing on your sensations
 - ☞ Return your attention to your sensations when you notice them elsewhere

Walking Meditation

•☪ Practice #2

- ☪ Both feet on the floor, hands at side, then place hands over abdomen
- ☪ Raise heel of right foot, breathe in
- ☪ Hold right heel up, breathe out
- ☪ Lift right leg up, breathe in
- ☪ Place right foot down, breathe out
- ☪ Repeat alternating right and left feet

Meditation Blessing

This food is the gift of the whole universe -the earth, the sky and much hard work.

May we live in a way that is worthy of this food.

May we cultivate skillful states of mind, especially those of love, compassion and generosity.

May we eat only to nourish the body in ways that honor and preserve the earth.

May we accept this food for the realization of the way of understanding and love.

Eating Meditation

- Practice #1 - Amnesia
- Practice #2 – Sincere Appreciation
- A way to release our attachment to the physical

Yes Breath (Chair Yoga)

- Relax, sitting with buttocks on a flat surface of a chair
- Rotate Forward with an inhale
- Rotate Backward with an exhale
- Repeat

Dancing Meditation

• Karen Drucker, *Oh Mother God*

Wrap Up

- Q & A
- Homework
 - Read Chapter 10 & 14
 - Meditation Every Day - at least 15 min.