



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

Meditation is ...

- A practice and process of paying attention and focusing on your awareness
- Continuous and contemplative thought...the gateway to the Silence, the Secret Place Most High
- Breathing and being present; being Mindful
- A focused vibration that is peace
- An opportunity to listen to Spirit
- A Way of cultivating a deeper relationship with God
- A way to support the arising of insight
- A way to release our attachment to the physical

Create a Regular Practice

- Choose a core technique.
- Round out your practice.
- Decide how much and how often.
- Keep it regular.
- Add practices as needed, but stick with them.
- Know when to go deeper.
- Seek help when you need it.

Assignment

- ✿ 14-day Meditation Program
- ✿ 300-500 word reflection paper
- ✿ Due April 16, 2010



Full-Body Guided Meditation



Beauty of the Earth

Ra Ma Da Sa

- ✧ Kundalini Yoga Practice
- ✧ Chant with a combination of a mantra and a mudra.
- ✧ May be done alone or in a group. A group configuration may be in a circle, envisioning a Divine Idea such as Love or Peace as an infinity pool in the center. As a variation on the mudra, the final syllable of “hung” can be accompanied by the act of touching the pool.



Tibetan Bowl Meditation

Wrap Up

- ❧ Q & A
- ❧ Assignment
 - ❧ 14-day Meditation Program
 - ❧ 300-500 word reflection paper
 - ❧ Due April 16, 2010