

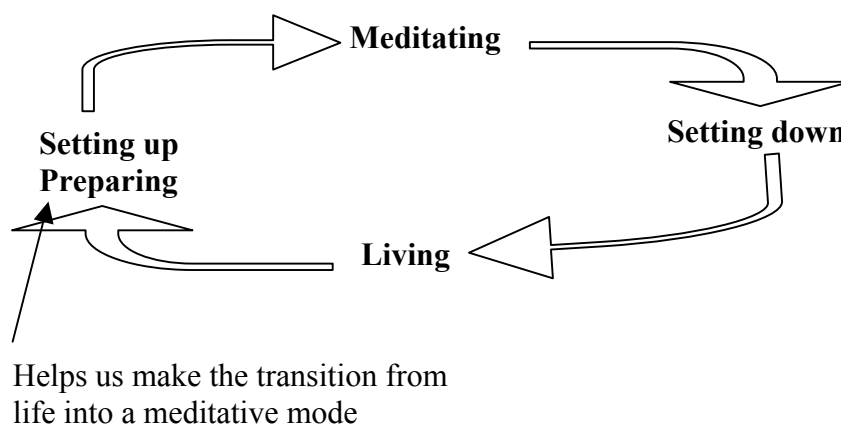
Meditation 2 Week 1

Introductions – choose a picture, say why and everyone write name up on flip chart.

General introduction to course

- Will get out of it what put in
- Helps to practise regularly, even if for short time each day – can have CDs if don't have already
- Will be provided with diaries to help and give ideas of what to practise
- Helpful if you let me know if not coming. If do so week before then I can give you the appropriate diary – **take email addresses**
- Will be exploring various ways of working in/ playing in meditation.
- Will be also exploring ideas for bringing meditative ideas into the rest of life.

Outline of the course



This week will be looking at setting up and preparing. If we create appropriate conditions, meditation will be easier.

We are going to do 10 minutes of mindfulness of breathing (done in whatever way you like – could just focus on 3rd stage) and will have 3 minutes to set up.

Do it.

Discuss experiences.

Choose something you do regularly, such as shopping, or going to a meeting, or going swimming and spend a few minutes thinking about the preparation you do. What

difference does it make if you prepare well. What is good preparation? Share with partner.

What is good preparation for meditation? What works for you?

Divide ideas into external vs internal

Go through sequence:

- check posture – creating the seat can be part of the ritual
- Take in the space you are in. Go through the senses: look, then listen.
- Go through people's ideas, allowing time for each

Then do 10 minutes mindfulness of breathing.

How did that compare to the previous meditation?

What kind of emotions are useful for meditation?

Traditionally useful to cultivate confidence, contentment and enthusiasm. How can we develop these emotions?

- In what ways do you have them already?
- Explore making small improvements, e.g. increasing confidence by half a point.

Exploring values – why are we meditating?

Going to explore values as these give us a direction – **not goals**.

Think of things which move you positively and the values behind them:

Examples for me:

- Jeni giving asparagus to Imi (generosity)
- Countess forgiving count at end of Marriage of Figaro (forgiveness and beauty)
- Friend telling me about very personal feelings about her mother (connection)

Write up values on flip chart.

How are these values aided by meditation?

Intentions

General and specific intentions.

- Why are you meditating?

- What qualities are you trying to develop?
- What meditation you are going to do
- How you will practise – diaries give ideas

Do longer meditation:

Give 5 minutes to set up in whatever way they choose – bringing in values and emotions

Read poem.

When all thoughts
Are exhausted
I slip into the woods
And gather
A pile of shepherd's purse.

Like the little stream
Making its way
Through the mossy crevices
I, too, quietly
Turn clear and transparent.

RYOKAN

20 minute mindfulness of breathing

Feedback?

Handout on setting up.

Diary for week 1.

- **explores setting up**
- **mindful moments**