

## Meditation Foundation - Week 1 -11.1

### Arriving to a situation/Asana/Class

- Bring your attention to your breathing, to your body posture, to your body sensation
- Do not react, breath into the experience of this moment with no inner reaction is meditation.
- Some time it is nice and pleasant for you and some time not for you and may be for some body else it is.
- We all hold a folder of records of memory and impression, then choices, preference, believe, will that we hold that leading our life.
- To this Memory storage we can call unconscious and till we make this unconscious conscious it leads our life and we call it fate.
- The aim of Meditation is to light our unconscious and become the master of our life.
- It is our life time training, but, 3 month is a good time commitment to let it fold.

### The Core of Stress – The gate to meditation

- Anna Mention in her video that she is stress because of the work, many years I was sure about that. That my stress is coming from school, work, Israel, people. It was actually a big relief for me to find out that it come from me, then I can learn how not to created any more.
- Let's start simple, that you made a cake to your friend party and he did not give any attention to it or to you and you feel heart. What happened to you in this moment. You might do not feel comfortable / busy with why he is like that / me be juggling him or protecting him in your thought, you may be feel embraced/angry/ jealous, but what for sure, you are out of your self.
- So let's try to imagine a situation that happened to us today/last few days, some this like that, that we felt that it taking us out there..
- And just make a choice where to focus on, on which layer of reality, and move your attention from the object, from the matter to your experience.
- Your experience of wanting to be valued, seen, loved – it already brings the energy back into your field.
- From there we can also find out this inner child will to be valued and our growing up self that do not really want to feel good just by the outside, he wants to realize his value and his vibration of love with in our self.

### In the training

- We will build our meditation ability, by systematic technic from the Himalaya Tradition
- We will practice Raja Yoga, the yoga of Meditation & Concentration
- We will link it to our day to day experience

Meditation – The idea of the practice Like we put our mobile to get in charge, the meditation bring us into direct connection to our core, what in charge our energy and bring it back to our natural flow.

- 10 min of Meditation, is charging as 3 hour of sleep
- The quality you gain out of meditation, can influence resonance of 5,000 people.
- We sit and stop any out side movement, the inner movement are still there, and we practice not to react to them, what we all day long do, physically, mentally, emotionally.
- A nice imagination to it is that we are sitting still in a train station, observing the train that are coming and going, but not enter them. When we enter ---we already far away. When we realize we enter, we ask who enter to.., I am bring us back to our field.

### Start Practicing

- Preparation, shower, dress, space, preparing asana, Belly breathing practice
- Sit comfortable & stable are the only instruction Patanjali gives to meditation posture.
- Make sure that your neck is long and allow good flow between the head and the body.
- **Sit Still** - with no any physical movement for 1-3 minute. When you have uncomfortably, itch, hard breathing, body sensation – try not to react with outside movement, focus on the new experience – that impulse want to react & move and you observe it.
- **One pointed mind** - the idea of that we directing our attention & intention, where the attention go the energy flow. It can be a out side point/candle, it can be inside point like mid point of breast, eyebrows, nostril, tip of through, tip of the middle fingers, etc. It can be, as well an task to follow.
- **Count** – Sit still, count from 0 to your age and back to 0, the focus is on the count and not on the breathing in this practice, if you lose it come back to the last point you where there. You can also bring the intention to light each cycle in your time line.
- **Pranayama** – Nadi Shodhana (Nostril breathing) - balancing both opposite energy in our body, right and left, sun and moon, active and passive, out world and in world, Ida and pingala, male and female, the sympathetic (stress related, fight or flight) and the parasympathetic nervous system (calming).

**It is important to notice that we do not breath the same from both nostril and every 90-120 min there is one nostril that is more dominant.**

What we are trying to do through Pranayama is to consciously be able to direct the air in both nostrils, so that we can awaken Sushumna our middle line, our potential storage of energy.

Variation 1 find your active nostril, inhale threw both, Exhale threw Active nostril, Inhale threw active, Exhale threw the other nostril x 3 and change direction

Variation 2 Inhale Active Exhale other, Inhale other, Exhale active x 3

Variation 3 – inhale & Exhale threw the active x3, inhale & Exhale threw other x3

- **Sushumana Awakening Meditation**
  - Concentrate on the point between the nostrils. This is called the Nasagre point. Try to feel the air going there.
  - You should feel if the air comes from the right or left nostril. When it blocked or less air comes from one particular side, try to subtly change the flow to breath

more to that one so that it opens up, when it opens up, go back to breathing from both nostrils simultaneously and even as much as possible.

- It's like the stirring wheel of a car, if the wheel turns to one side but we want to drive straight, we turn to the opposite direction.
  - After some practice, this should become easier.
  - Try to feel the air inside the nostrils canals also, putting your attention to breath evenly from both sides.
- **Clearing Meditation** – every week we will choose to direct our meditation to clarify and free some area in our life. We will start with the basic 4 movement from in to out and from out in. Active & Passive.

	Active	Passive
In to out	Giving	Letting go
Out to in	Taking	Receiving

In Giving, we have two main blockages of flow:

Male side: Comparativeness, competitiveness, computation

Female side: the need for insurance, acceptance, value

- We bring our attention to the Trikuti point and guru triangle
- Direct our intention to clear our giving experience from the impression we gave in order to open up and free our giving
- In any situation during the week, meditate on what you give. I giving my attention, I giving my love, I am listening, I am learning.