



Seminar 1 Meditation Prompts

Stillness, Silence, and Emptiness

Begin every meditation in proper posture. Let go of all expectations and the need to have the meditation be a certain way. Step into the beginner's mind. Perform 4 triple breaths and 4 tense & relax. Throughout each meditation, check for any tensions that may come in and consciously release them.

Stillness

Bring your focus to the stillness that exists within you. Don't try to create stillness or try to bring yourself to stillness. In a relaxed and gentle way, simply become aware of the stillness that already exists within you. You don't have to do anything to bring it about. Notice the stillness in between the incoming and outgoing breath. Notice the stillness in between the outgoing and incoming breath. Notice the stillness that exists during both the incoming and outgoing breaths. Let your focus be absorbed into the still center within your being.

Silence

Bring your focus to the silence that exists within you. Don't try to create silence or try to bring yourself to silence. In a relaxed and gentle way, simply become aware of the silence that already exists within you. Notice how the silence exists in the midst of noise. If you hear outside noises, notice how they come from silence and notice how they once again disappear into silence. Let yourself be absorbed into the silence.

Space (Emptiness)

Bring your focus to the stillness and silence that exists within you. Don't try to create stillness or try to bring yourself to silence. In a relaxed and gentle way, simply become aware of the stillness and silence that already exist within you. Notice how both of them exist in a vast space of emptiness. Become aware that you (your body and mind) exist within a vast space of emptiness. Without space there would be no form. Sit with the spaciousness that exists within you. Let yourself be absorbed into the space. Near the end of your meditation, open your eyes and repeat the above process becoming aware of the empty space in your surroundings.