



Seminar 2 Meditation Prompts

The Individual Self

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.

Conscious Awareness

Become aware of the awareness that lies beyond the mind. Step back into the part of you that is aware of having a body and a mind. In each moment, you are simply aware that you are. Sit in it. Let go of all identity and attachment to the physical body, subtle body, and mind. If these things surface, let them pass by. Sit in the awareness and drop all forms of identity. Any judgment that comes into your awareness, drop it. Any thought that comes into your awareness, drop it. Any need for your meditation to be a specific way that comes into your awareness, drop it. You can utilize these things to trace them back to the origin of what part of you is aware of them, but nothing more. Just sit in the stillness of awareness.

Natural World

With eyes open, become present to your surroundings. Take in the objects in the room. Take in the space that all things exist in. Then take a walk (in nature if possible). Be with a tree, the grass, the ocean, or anything that you have access to. See it for what it is in that moment. Don't think about its name or its function. Just be with it. Sense its stillness or movement. Feel its silence or noise. Notice the harmony that flows through it in each moment. As you are doing this you may notice how much the ego drifts back into thought or tries to label everything you are experiencing. Let it come and go. Just keep being with the natural world, as it is.