

PREPARATORY CLASS OUTLINE FOR MEDITATION AND JAPA

- 1) What are the basics of Meditation and Japa?
 - a) Introducing about this foundation class
 - b) Guiding the art of sitting
 1. Head, neck and trunk straight, balancing the posture
 2. Adjust the foundation of your body and activate muladhara
 3. Use blanket, chair or any instrument if necessary to make yourself still
 4. Position of the legs
 5. Keep your shoulders open
 6. Elbows are not straight, but parallel to the trunk of the body
 7. Hands resting on the knees
 8. Form Jnana, chin, or Vitarag mudra
 9. Eyes are softly closed or half open
 - c) Check how is your breath flowing
- 2) Guided flow Class
 - a) Crocodile position
 1. Establish the posture
 2. Diaphragmatic breathing
 3. Discard four defects in breath flow and make
 - i. Pause to no pause
 - ii. Jerky to smooth
 - iii. Shallow to deep
 - iv. Noisy to noiseless
 4. Make your both inhalation and exhalation equal or in 1:2 ratio
 - b) Relaxation in Corpse position
 1. Establish the posture
 2. Scan the body
 3. Check your breath how is it flowing
 4. Systematic relaxation starting either from the toes or from the top of your head.
 - c) Meditation
 1. Be aware of the body
 2. Be grounded have a still and comfortable posture
 3. Relaxing the body, and Establish a proper breathing
 4. Breath awareness in the nostrils
 5. Remember the mantra, so ham, om or count 1-2
 6. Feel the flow of the breath, mind and mantra together and Silence
 7. Surrender the peace to the Divinity

