

Meditation 1

- Choose your point of focus - eg. your breath

- Breathe with the universe

- Pull monkey, Kite, kid (mind) back to your point of focus

- Inhale the good stuff, Exhale the bad stuff

- Imagine it was your first experience in this body

- Zoom out from body and mind - Forget everything

- Do not engage in a dialogue with thoughts, don't judge

- Stand at highway, watch cars (thoughts) pass by

- Where your focus goes, your emotion flows

- The meaning you give to events determines how you feel

Meditation 2

- Negative thoughts? Focus on the opposite
= good emotion
- Focus on 3rd eye - jump into limitless space - no duality -
no good or bad = unconditional inner balance
- You are the sky - thoughts, people, events, are clouds.
- Engage = thought grows - Let thought pass
= inner peace
- It is as it is. Don't judge = inner balance
- Surrender, jump into limitless space of third eye
- Talk to inner child. I am enough. I am loveable.
Everything is available to me.
- I am not the body - I am not the mind
- Let go - let God
- Om Namah Shivaya** infuses positive energy and
removes negative energy. It helps you to relax and
unwind. A restless mind becomes stable and peaceful
with regular chanting. Om Namah Shivaya helps you to
gain control over your senses. **Na Ma Shi Va Ya** refers to
the five elements: earth, water, fire, air, and ether.