SHEERMIND MINDFULNESS TRAINING

PHASE TWO – EXPLORING MEDITATION SESSION 1

* Review of practice
* Type of meditation used
* Seated, single point meditation – Recap
* What are the benefits of single-point meditation?
* Distinction between *Stillness* and *Insight*
* Concentration
* Tranquillity
* Insight

**The *Physical Principles* of Meditation**

* Correct Posture
* Straight back
* Relaxed
* Breathing
* Releasing control – watching the breath
* Connecting with the Universe – where do you begin?
* No-thought
* Walking
* Mindful walking – conscious movement and *Just Being*
* Standing
* Tuning in to your body, feeling its movements and being *still*
* Mudras – What to do with your hands
* Cosmic Mudra – Relaxation, calm, gentle focus
* Openness – Palms up, receptive
* Closed energy circuit – Palms down, internal focus
* *In these positions we are stronger, more ready to accept and adapt -*

**Practice:**