SHEERMIND MINDFULNESS TRAINING

PHASE TWO – EXPLORING MEDITATION SESSION 2

**The *Attitude* of Meditation**

-Approaching your meditation with the correct mindset is real meditation, beyond the physical-

* Idea of Mind – Spacious, flexible, *powerful*
* Lack of expectation – practice is perfect as it is, without results
* Having no ideals or goals – recognizing that practice is the end itself
* Immersion – bringing nothing in, leaving nothing behind
* Non-attachment to states of mind – separating from thought
* Lack of effort – empty-mind

**Inviting qualities into your practice**

* Dignity
* Calm
* Serenity
* Strength

**Meditating on a single point other than the breath**

* Flame
* Flower
* Picture
* Sound
* Quality

**Ending your meditation**

* Be gentle and ‘complete’ your meditation
* Have an end process, invite qualities or recite an affirmation

**Understanding**

* Transience (change) & Acceptance
* Limitless exploration through guidance of the mind