

## Concentrative meditation



Brainstorm: Mantra's – non-sensical 2 syllable words eg ung – ga or om-baa or da-car, saa, taa or naa, maa

### Concentrative Meditation

In this exercise you can keep coming back to breath or you can come back to the mantra. Every time you notice you are thinking thoughts just come back to your breath or mantra. So you are noticing with no judgement.

1. Assume a comfortable posture sitting. Keep the spine straight and let your shoulders drop
2. Close your eyes
3. Bring your attention to your belly, feeling it rise or expand gently on the “in’ breath and fall or recede on the “out” breath
4. Keep your focus on your breathing or start to repeat your mantra, over and over again. Be with each in breath and each out breath for its duration as if you were riding the waves of your own breathing. Or get into a rhythm of repeating your mantra over and over
5. Every time you notice that your mind has drifted off the breath or mantra, notice it without judgement and then gently bring your attention back to your breath or your mantra
6. If your mind wanders away from your breath or mantra a thousand times then your job each time is simply to bring it back to your breath or your mantra, no what matter preoccupies it
7. Practise this now for 15 minutes. In 15 minutes I will speak and ask you to come back into this room and this space.

### Homework

Practice this exercise for 15 to 20 minutes every day at a convenient time for 1 week. Be aware of how it feels to spend time each day just being with your breath or mantra and we will discuss it next time.