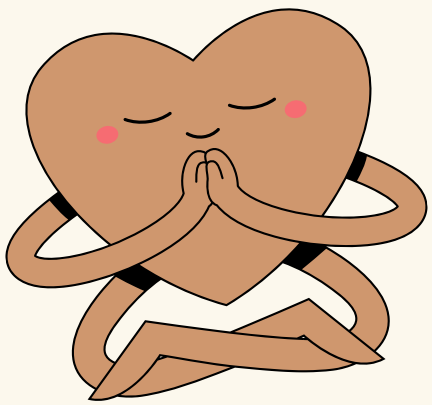




HOW TO MEDITATE

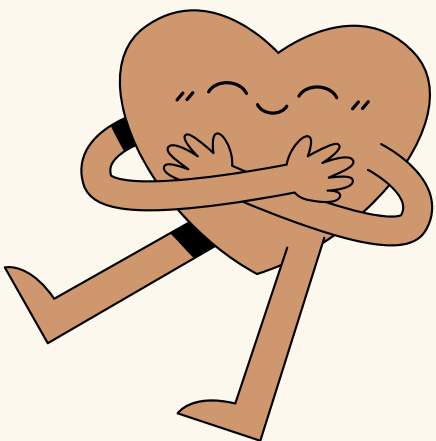
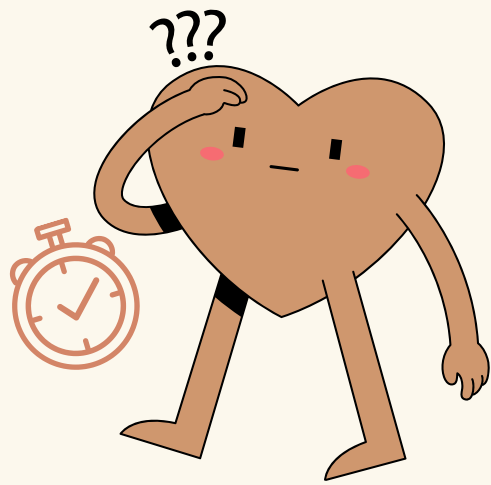


Sit down in a comfortable position.

Bring your attention to the surface of your skin and the points of contact it makes with the surface you are sitting on, your clothes, and the air surrounding you. Notice how all objects of perception arise spontaneously in your field of awareness, effortlessly.

Relax into this absolute
effortlessness.

You have taken care of everything that needs to be taken care of, and anything that needs to be done has been postponed for the time being. There is no urgency right now.

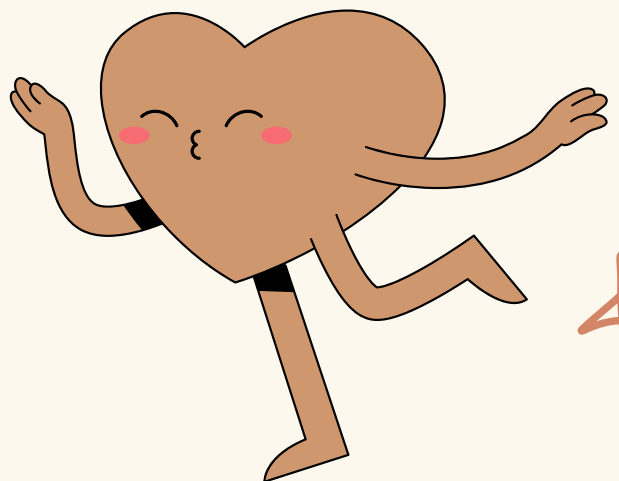


Ask yourself – based upon my experience, how do I know there is a separation between my mind, my body and the world?

Maybe thoughts, or sensations and contractions in your body will show up as evidence. But you can examine them – are these thoughts, sensations and contractions really evidence that my mind, my body and the world are separate?

Give yourself the unlimited freedom to completely feel into your experience of your true nature, of the now.

If there is pain – can you send love towards this wound?



Express gratitude for yourself for engaging in this practice, and for your body for expressing itself to you.

Lovingly reassure yourself that you will continue to listen to what it is communicating to you.

