

# Intro to Mind & Meditation: Seating yourself for Meditation

September 19, 2023

12:00 to 1:15 pm

# Today's session

- Preparing for meditation
- Maintain focus using Mudras & Drishtis
- Sacred Timing
- Types of Meditation

# How to enhance your meditation experience

- Set the environment
- Time to meditate
- Tune in with the Adi Mantra
- Warm up and do a short Kriya
- Maintain a straight spine
- Wear comfortable clothing





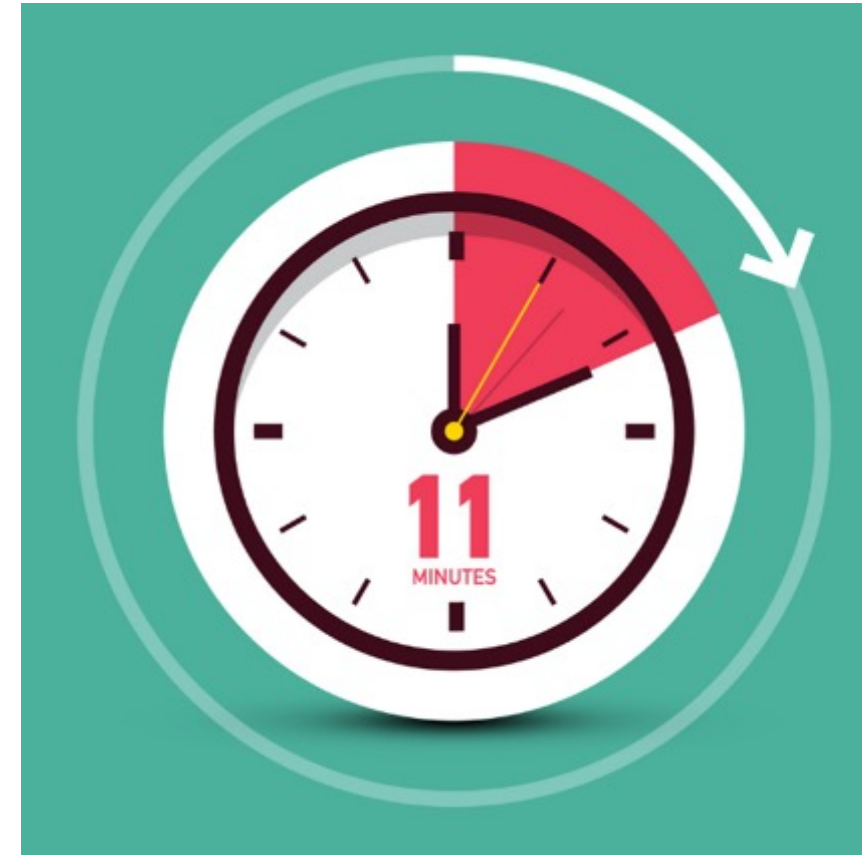
# Tools to help you focus: Drishti

- Guiding your eyes to rest on a specific point:
  - Between your eyebrows
  - Tip of the Nose
  - 1/10<sup>th</sup> open or 9/10<sup>th</sup> closed
  - Tip of the chin
  - Crown Chakra



# Sacred Timing: number of Minutes

- **3 minutes** affects blood circulation and the electromagnetic field of the body.
- **11 minutes** stimulates and balances the glandular and nervous system
- **22 minutes** balances the three minds and they begin to work together
- **31 minutes** affects all your cells and clears the subconscious
- **62 minutes** changes the gray matter in the brain (more improves cognitive function, low is associated with Alzheimer's)
- **2.5 hours** changes the psyche and creates new neural pathways.



# Sacred Timing: number of Days

- 40 days to change a habit
- 90 days to confirm the habit
- 120 days the new habit is who you are
- 1000 days you have mastered the new habit

**40  
DAYS**

# Different Types of Meditation

- Pranayama
- Chanting
- Gong Meditation
- Mala
- Celestial Communication
- Tratakum
- Venus Kriyas
- White Tantric



# Types of Meditation: Pranayama

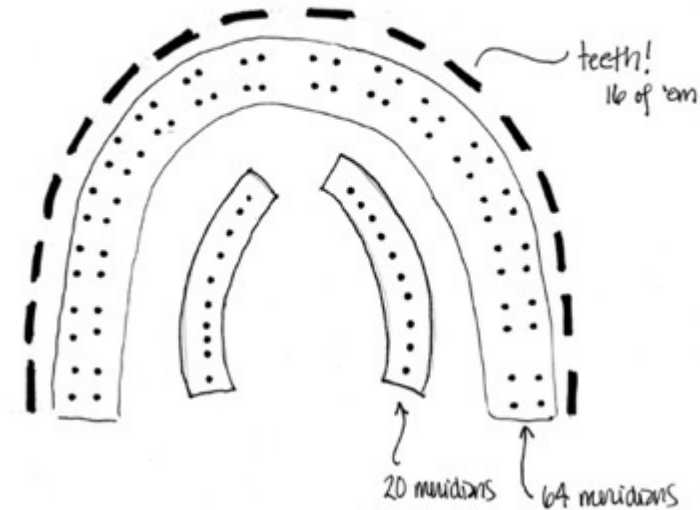
- Helps regulate the flow of *prana* (life force energy)
- Use rhythm and depth of breath, some examples:
  - Breath of Fire
  - Nostril Breathing
  - Sitali Breathing
  - Segmented Breath
  - One minute breath
- The mind follows the breath. The key to controlling the mind is in controlling the breath.



# Types of Meditation: Chanting

- *Man* means mind and *tra* means wave or projection, and putting it together translates to "to vibrate the mind".
- Formulas, code, sacred syllables when repeated creates a vibration that positively affect our lives.
- Stimulate 84 meridian points in the mouth. The action awakens the dormant parts of the brain and circulate energy through the body.

THE 84 MERIDIAN POINTS



# Types of Meditation: Gong

- Divine agent of transformation
- Mind surrenders to the sound of a well-played gong within 30 to 90 seconds
- Since the time of Buddha, all sacred gongs were inscribed with two mandarin characters *Tai Loi*
- Used in: Rebirthing and Meditations (e.g. Parasympathetic Rejuvenation and Gunapti)



# Types of Meditation: Mala

- 108, 54 or 27 beads strung on a thread with one large bead called Guru Bead from which a tassel hangs
- Run each bead over the first segment of finger
- Always start with the bead next to the Guru bead
- Use fingers and a mantra



# Types of Meditation: Celestial Communication

- A moving meditation composed of choreographed arm and hand movements to mantras or spiritual songs.
- No exact mantras, mudras or movement to use for this type of meditation.
- The teacher or practitioner is free to create the movements.
- It works on the upper triangle – 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> chakras



# Types of Meditation: **Tratakum**

- Involves staring at a single point of focus.
- Here are some examples:
  - Candle gazing
  - Adi Shakti
  - Glancing at the eyes of a Holy Man



# Types of Meditation: Venus Kriya

- Done with a partner
- Tool to elevate polarities to purity or blend polarity energies for spiritual growth
- Cannot be practiced for more than 3 minutes and only one Venus Kriya can be practiced within a one hour period.



# Types of Meditation: White Tantric

- A group meditation practice that can help you release deep subconscious blocks.
- Done in pairs, consisting of six to eight kriyas. Each kriya varies in length up to 62 minutes
- Sit facing a partner and follow instructions for meditation given on video by the Mahan Tantric, Yogi Bhajan. The White Tantric diagonal energy is transmitted through the course facilitator.
- 3-day or 1-day courses





Sat Nam and thank you!

@rosancruz