

Group Meditation

Let's begin in our meditation

Please sit comfortably and close your eyes

Take a few long deep breaths, allowing your body to settle into wherever you are sitting

Let go of everything that doesn't concern you right now

(15 seconds)

Allow your breathing to be normal, not controlling it in any way

Be aware of the breath, not focusing or concentrating just simply observing

the breath as it naturally flows in and flows out

Bring your awareness to your heart

Be aware of the breath here

We'll silently ask ourselves the four soul questions:

Who Am I?

Now simply shift into the presence of Being, because that's who you are. Who am I is not an image, sensation or thought.

Who Am I?

Shift into Being, just Be

Who Am I?

Second Question:

What do I want?

What do I want is an experience but you don't force an experience.

You say, what do I want and then allow the experience to come to

you right now in the form of a sensation, image, feeling or thought.

Just be open to it.

What do I want?

Allowing any sensation, image, feeling or thought to come to you.

What do I want?

Third Question:

What is my purpose?

This is also an experience, so allowing any sensation, image, feeling or thought to come.

What is my purpose?

What is my purpose?

Fourth Question:

What am I grateful for?

Allowing any sensation, image, feeling or thought to come to you.

What am I grateful for?

What am I grateful for?

Now silently begin saying the following sentence:
I AM and then your full name, first name and last name *(15 seconds)*
Now drop your last name and just repeat
I AM and your first name *(15 seconds)*
Now drop your first name and just repeat
I AM, I AM, I AM *(15 seconds)*
And now change the I AM to
AHUM, AHUM, AHUM
Which is the vibration of I AM
AHUM, AHUM, AHUM
(1 minute)

And now begin your Primordial Sound Mantra, which is the unique vibration of your Soul. *(5 seconds)*

Remember that the repetition of the Primordial Sound is gentle and relaxed, there is no need to force or concentrate. *(5 seconds)*

As you repeat your Primordial Sound you may notice that it changes. It may become faster or slower, louder or fainter or it may even become distorted. However your Primordial Sound changes, continue repeating it effortlessly without resisting or anticipating changes. It's more like listening to it rather than saying it. *(5 seconds)*

From time to time you may notice that your attention has drifted away from your mantra to other thoughts in your mind, a noise in the environment or a sensation in your body. Whenever you notice that your attention has drifted away from your mantra, gently come back to it. *(5 seconds)*

Remember to let go of any expectations you may have during the practice.
If you notice that you are focusing on a feeling, mood or emotion, or if you are waiting for some experience to happen, treat this as you would any other thought and gently bring your attention back to the mantra. Innocently going with the flow. *(5 seconds)*

Please continue meditating. I'll watch the time and let you know when to stop repeating your mantra. *(15-30 minutes)*

Please keep your eyes closed,
Leave the mantra and rest in Existence *(10 seconds)*
Rest in Awareness *(10 seconds)*
Rest in Being *(10 seconds)*
Just rest. Existence, Awareness, Being *(10 seconds)*
Sat Chit Ananda *(10 seconds)*
Resting in Existence, Awareness, Being. Resting in Presence, resting in I.
(2-3 minutes)

Now resting in Being, resting in I, resting in Existence, Awareness, Presence, they are all the same thing.
We will introduce four intentions.

As I pronounce them, mentally release them in Being.

Joyful, energetic body. Joyful, energetic body. (Repeat it a few times) *(15 seconds)*

Loving, compassionate heart. Loving compassionate heart. (Repeat it a few times) *(15 seconds)*

Reflective, alert mind. Reflective, alert mind. (Repeat it a few times) *(15 seconds)*

Lightness of Being. Lightness of Being. (Repeat it a few times) *(15 seconds)*

Continue to rest in Being. *(1 minute)*

Now take a few deeper breaths, move and stretch gently.

Please bring your palms together in front of your heart center.

Bowing with gratitude to your Soul

(5 seconds)

Please open your eyes gracefully and bow soul to soul to those around you, as we say the blessing,
Namaste. *(wait 15-30 seconds. If anyone still has his/her eyes closed, repeat, "Please open your eyes")*

Was your meditation comfortable?

(Look around the room and repeat the question if the group is large. Get a response from at least part of the group)

Good, we think the mantra effortlessly, if we notice we've drifted away from it we gently come back to it
and we let go of any expectations about the practice.

See how simple it is? This is how easily we meditate.

Any questions?