

# Meditation at a Glance

**Practice this guided meditation by reading (and learning) this script, which makes gentle suggestions on how to relax your body, from the feet to the top of the head and finally resting at the heart.**

## **How do you do the evening rejuvenation practice?**

- Sit in a natural meditation posture, either lotus position or comfortably on a chair. Do not lay down, as you may get too comfortable and fall asleep.
- Gently connect with your heart.
- Feel the “source of light” present in your heart. Do this in a simple and natural way without forcing your mind. Have the thought that your attention is being attracted to this light.
- Do not try to see light or use your imagination to create light. This is a mere supposition that light is present.
- If thoughts arise, be briefly aware of the thought and then gently connect back with the suggestion of the source of light in your heart.

## **Suggestions for morning meditation**

- Meditate in the morning before your day’s activities begin. The world is calm and quiet at this time, especially if you can rise before dawn for your meditation.
- Sit in the same place, at the same time and in the same position each morning, as that will help establish regularity.
- Start with 15 minutes and gradually build up to 20, 30 minutes or more, up to 60 minutes. You can keep an alarm nearby if necessary.
- Write in a journal or diary after your meditation to record your thoughts and experiences. This will help train your mind to develop inner sensitivity.

