



The Process of Meditation Practice

PRELIMINARY (WARMUP)

- 1) **GROUNDING:** Breathe into the sense of being grounded in the body by inviting breath into your lower belly.
(It's the most reliable way to cut through thinking)
- 2) **OPENING:** Open up to a spacious sense of Awareness of what's happening in a felt-sense way. While exhaling - open to sense experience and relax into space awareness which is ever present.
- 3) **RESTING:** Tap into underlying process of energetic flow (*prana*) in the body by resting in whatever arises within the body, especially the flow of subtle energy.
- 4) **PRESENT:** As you start opening up to the natural state, stay present within your experience like space within space, without splitting subject and object, without judgment. (Continue to come back to presence.)

INTENTION AND MOTIVATION

- 5) **REFUGE:** Sense into a deeper truth, your inner refuge which does not come and go and makes everything possible - go for refuge to that with an ongoing willingness to surrender.
- 6) **BODHICITTA:** Rest in awareness and in that open awareness of the heart, connect with all beings and recognize "I'm not a separate being from any other beings. Our suffering is shared. From that place I engage in practice to wake up and to be a benefit of all".
(basis of motivation)

MAIN PRACTICE

- 7) **PRACTICE:** Specific instruction will be given during the retreat. (i.e. Resting in awareness without reference point, cultivation of stable attention and a mind open to enquiring – the ability to listen and enquire)

CONCLUSION

- 8) **DEDICATE:** Feel into the echo of practice, whatever has arisen, and bathe in the ocean of love, warmth, and joy. In that state, dedicate so that whatever goodness coming from your practice may benefit all beings.
**"Let my mind become Dharma. Let my heart turn to practice.
Let my practice become a path of life.
Let the path dissolve confusion.
Let confusion dawn as natural knowing – wisdom".**