

## Guided Meditation Transcript – Tibetan Mind Training (Lojong) Class #1

all right. You guys wanna meditate?

the way I meditate everybody's different. So this is called half Lotus, half Lotus, meaning the bottom of this foot goes on the thigh. Sometimes I do this, I can't do full Lotus. Most women are much more flexible than men. But I definitely can't do full Lotus. Full Lotus would be the other foot is the same way as this foot. I definitely can't do that. What I normally do is I just take this, this foot and I put it on my other calf.

And then this for me is very, a very stable base. Some people sit like just, you know, kind of like this with their legs, crossed. Some people sit on a chair. The most important thing is be in a position where you can have a stable base. Have your back straight and, and, you know, be comfortable, but don't slouch.

So don't, you know, don't meditate like this because the energy can't flow up your central channel, which is basically like right in front of your spine. So that's really what you want is you wanna straight back and what I with my hands, there's two ways you could, so you could put your hand on your lap.

This is my left hand. You can put your left you can put your right hand on top of your left hand and you basically make this mudra. Some people just do this. If this is more comfortable, that's fine. Elbows out. So you do want a strong, you want a nice solid wide base. Your elbows are out, and then you can close your eyes or you can leave them partially open depending on what's more comfortable.

And then the tongue goes on the roof of the mouth kind of on the top of the back two teeth. . And then what I like to do personally, is depending on where your mind's at, when you start meditating, if the mind's really if you've been thinking a lot and the mind's kind of hyper, I like to put my attention in my body before I start watching my breath, because the body is a very powerful way to just kind of relax into the present moment.

So what I mean, when I say I put my attention in my body, and if you guys want to join me, I'll just kind of guide us into the beginning. So just take a, take a moment and take your posture. And if you could mute yourself, Jason, I'll mute you. That that would be good. I'll mute everybody. Actually. You're you're muted.

You're fine. You're fine. Jason, you can go sit up. Yeah. So we're, we're sitting into the moment and just relax for a moment and feel your. Feel your, whatever, wherever you're sitting, just feel your, feel your butt sitting on the cushion or the chair, wherever you're at and just feel your body.

If you want to, you might start by feeling the sensations on the top of your head,

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on your forehead,

your eyes, as you feel these parts of your body, completely relax and release the tension. Relax that area of your body and just let completely let go behind your eyes,

your nose, your cheeks.

Look at your jaw, bone release, all the tension. Just let it go. Lips, your tongue,

your chin,

the back of your head,

the back of your neck. Just release all the tension. Relax, smile a little bit. If you want to

the front of your neck,

your shoulders,

your chest,

the top of your back.

The middle of your back,

lower back,

the sides, your hips,

your stomach just release all the tension in these areas,

your legs, your thighs, and the backs of your thighs. Just put your attention in these places, your knees,

your calfs,

your shins, your

ankles. The

bottoms of your feet,

tops of your feet,

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feel the utter relaxation of the moment and completely let go. Just relax

as you're relaxing, keep your attention in the body.

And at the same time,

notice that you are breathing through your nose.

Breathing in. I know I'm breathing in,

breathing out. I know I'm breathing out

when distracting thoughts come up, smile

and know that you were mindful enough to catch the distraction and then go right back to the tip of the nostrils. So we're keeping our attention in the nostrils and we're feeling the sensation of the breath coming in and the breath going out. And we're gonna keep our attention there for the duration of the meditation.

If you're having trouble staying focused on your breath, you can keep your attention on the body and the breath sometimes that can really help you to feel more peaceful.

So as you're breathing in, you might focus on the arms, chest your butt on the seat. All at the same time is focusing on the.

All

right. How's everybody feeling good? Relaxed, calm. Yeah. Is that good? Jason? Yeah. Cool. Anybody have questions?

All right. So we'll do the dedication. Prayer. Now

may the Supreme jewel Bodi Cheeta that is not arisen arise and grow near that, which has arisen, not diminish, but increase more and more. And the land and circled by snow white mountains. The source of all happiness and benefit flows in your person. Kenig tendon YSO remain until some sor ends just as the bohi sat, Monta do mission and some TBI two.

So now do I dedicate these merits to train and follow in their footsteps? As all the Victor's widow of the past, president praise, dedication as Supreme. So now I too dedicate these sources of my marriage for all beings to perfect good actions.

All right. That was wonderful. Thank you so much. Yes. Thank you, cavi. I don't think I have your email. I don't know if you would like to join our slack group chat. I could add you if you would

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like me to. Yes, please. That'd be great. Thanks. Could you send your email in the chat directly to me? Sure. I will.

Thanks. I'll add it for you. You're welcome. My pleasure. Did I forget anybody else? Is everybody else in the slack slack already? I think I had it everybody.

Thank you, Jason. This was really wonderful. Thanks for hosting. It's my pleasure. Thank you for joining Lisa. It was great. Appreciate you. Thank you, Jason. See you next week. Thank you guys. We'll see you next Saturday. Really appreciate you all.