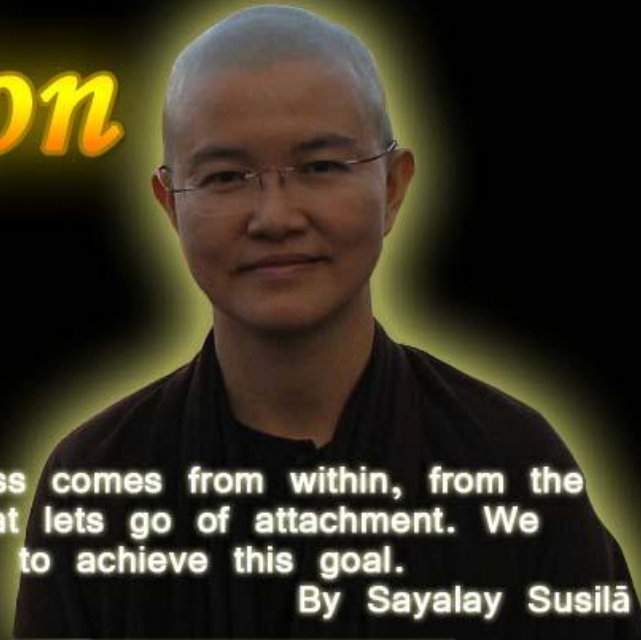


Sayalay gave very precise and complete instructions on how to practise meditations in regard to:

- # Ānāpānasati
- # Loving-kindness

Meditation Retreat



Happiness comes from within, from the mind that lets go of attachment. We meditate to achieve this goal.

By Sayalay Susilā

Ānāpānasati Meditation

First, we need to prepare the mind. Sit in a comfortable position. Important to maintain back straight. Lower down jaw slightly with eyes looking at tip of nose. Gently close eyes and take a deep breath. We breath in the good energy from the universe and breath out our stress, worries, irritations. Let them go with the wind. Next, we do a body scan, starting from the tip of the head and slowly moving down each part of the body, relaxing them one by one. (forehead, eye brows, eyes, center between eyes, nostrils, lip, jaw, neck, shoulder, chest, upper back, abdomen, lower back, arm, hand, tight, leg and sole). From head to sole, relax.

Loving-kindness Meditation

Radiate loving kindness to yourself by visualizing your own smiling face. "May I be well and happy." Then, move your attention from top of your head down to sole, fill every part of your body with loving-kindness; feel happy. Next, think of one respected teacher or friend. Try not picking the opposite sex. Radiate loving-kindness to him or her. Visualize his face smiling. Keep this smiling face in your mind. Radiate loving-kindness to all meditators in the room. Wish every one well and happy. Fill the room with boundless love. Mind becomes soft, gentle, happy and joyful.

Then, bring your awareness to the breath at the tip of your nostrils. Breath naturally, do not force or control the breath. As long as you are aware of the breath moving in and out, that's enough. Keep the attention under the nostril at all times. Do not follow the breath down the abdomen. If mind is restless you may do counting. Do not think about the past or expect anything in the future, keep the mind in present moment. Be patient. Be happy with the breath, be contented, relax. More advanced meditators should aware of the full breath - start, middle, end. If sound or thoughts arise, note "impermanent, impermanent" and gently return to the breath. Breath can be long, short, clear or unclear, just aware of the breath as it truly is despite of how the breath turns out. When the mind settles down on the breath without distraction, this is higher mind.