

Handout #9

Setting Up a Meditation Session in Four Parts

1. Preparation
Breathing meditation or other method to calm and center the mind and eliminate distractions.
2. Motivation
Generate the highest, broadest, most altruistic purpose for the meditation session and for the day.
3. Actual meditation
Whatever meditation practice you have chosen for the session.
4. Dedication
Dedicate the positive energy generated and the positive results that will ensue from your practice for the benefit of all living beings everywhere.

Handout #10

Purification with Light Meditation

Calming the mind:

Find a quiet place and ensure that you will not be disturbed. Sit on a comfortable seat or cushion with your back straight. Focus your attention on your breathing. Breathe naturally. Use one of the breathing meditations you have learned (counting the breaths, nine-round breathing) to settle the mind and bring it to a state of deeper focus and concentration, ready to engage in meditation.

Motivation:

Create an altruistic motivation for the meditation session. Think that you are meditating not just for your own individual benefit, but you are taking the time now to meditate and develop your mind to become a wiser and kinder person, able to be of benefit to all beings.

The main body of the meditation:

Start by focusing your attention on your breath. Breathe normally and naturally, focusing on the complete duration of each inhalation and exhalation.

As you exhale, imagine that all your negative energy, past mistakes, distorted conceptions, and disturbed emotions leave your body with the breath. Visualize all this negative energy as black smoke. Send it out into space, where it disappears completely. Visualize this repeatedly. As you breathe out these negativities again and again, feel confident that you are gradually freeing yourself from all traces of negativities, faults, sickness, or delusions.

As you inhale, imagine that all the positive energy in the universe enters your body with the breath in the form of pure, radiant white light. Visualize this light flowing through your nostrils, down into your body, and into every part and corner of your body, pervading every cell, every atom, every organ. Your body gradually becomes clearer and clearer, lighter and lighter, more and more transparent. You feel more and more relaxed, light, and blissful. Visualize this continuously, repeatedly, again and again.

Continue to concentrate on this experience – breathing out the black smoke of your problems, illnesses, and negative energies and breathing in the white light of purifying blissful good energy – for the rest of your meditation session. When you are distracted by feelings or sensations or other input from the environment, simply observe these distractions without reacting or getting involved. Imagine that they too transform into black smoke and then breathe them out into oblivion.

Dedication

Dedicate all the positive energy you have created through the practice of mindful meditation to becoming a better and better person who is more at peace in life and who can bring more peace and well-being to others in every moment of every day.

Colophon:

Composed by Ven. Connie Miller, based on material in *How to Meditate*, by Kathleen McDonald, Wisdom Publications, 1984, www.wisdompubs.org.