

Kayotsarg Meditation instructions

Find a comfortable sitting position,

Hips pushing in the ground, spine straight, shoulders relaxed, crown of the head reaching up

Easy, relaxed, effortless breathing

Facial muscles relaxed

Eyes gently closed

Gentle smile on your lips

Bring your awareness to your feet, feel the weight of your feet, the shape of your feet Let awareness from your feet go away.

Bring the awareness to your ankles, become fully aware of the ankles, the weight, the shape, the sensations. Let the awareness from your ankles go away.

Bring the awareness to your shins. Become aware of the shape, the weight, the sensations and let go.

Shift the awareness to your knees, observe shape, weight and sensations. Let the awareness from your knees go away.

Move to your stomach. Become completely aware of the stomach. And let go.

Bring your focus to the chest & let go.

Bring your focus to your spine, let the awareness of your spine go away.

Same instructions for (arms, palms, elbows, shoulders) like above.

Breath is natural and effortless.

Body completely still.

Mind is calm and focused.

Slowly bringing your awareness back to your body,

Take two deep breaths, join your palms rub them gently, make them warm, place them on your eyes

... and relax