

Meditation Practices (2nd Gatha)

WELCOME – especially newcomers

INVITING THE BELL GATHA

Body, breath, and mind held in perfect oneness
We send our hearts along with the sound of the bell.
May all hearers awaken from forgetfulness
And transcend all anxiety and sorrow.

GUIDED MEDITATION – 15-20 mins

- 1) Large bell -----3X
(Wake bell with ½ sound then, full sound 3X)
- 2) Before each statement ----- ½ sound (lg. bell)
- 3) After each statement ----- full sound (lg. bell)

GUIDED MEDITATION - GATHAS

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|---|------------------------------------|
| 1. Breathing in, I know I am breathing in. Breathing out, I know I am breathing out. | In Out |
| 2. Breathing in, my breath grows deep. Breathing out, my breath goes slowly. | Deep Slow |
| 3. Breathing in, I feel calm. Breathing out, I feel at ease. | Calm Ease |
| 4. Breathing in, I smile. Breathing out, I release any tension in my body. | Smile Release |
| 5. Breathing in, I am dwelling in the present moment. Breathing out, I know this is a wonderful moment. | Present Moment Wonderful Moment |
| 6. Breathing in, I am feeling joy. Breathing out, I am happy to be alive. | Joy Happy |
| 7. Breathing in, I am aware of my stable position Breathing out, I enjoy the stability of mind and body. | Aware Enjoying Stability |
| 8. Breathing in, I have arrived. Breathing out, I am home. | Arrived Home |

END 1ST PERIOD – Large Bell-----2X, Small Bell ----1X
(Wake large bell, then, 2X----Wake Small Bell, then, 1X)

WALKING MEDITATION-10-15 MINUTES

1. Small bell
To stand -----1X
To bow and turn-----1X
To begin walking-----1X
2. Halfway through last circuit
Small bell-----1X (Wake bell first)
3. Bow at end of walking
Small bell-----1X

SILENT MEDITATION-20 MINUTES

1. Begin (Wake large bell)
Large bell ----- 3X
2. End (Wake large bell)
Large bell -----2X
Small bell -----1X (Wake small bell)

LOVING SPEECH AND DEEP LISTENING

Explain loving speech and deep listening and how to take a turn (bow and say name and share if if you like.)

DEDICATING THE MERIT

1. Stand
Small bell -----1X

♪ May the merit of our practice benefit all beings and bring peace. ♪

2. Bow to Sangha
Small bell ----- 1X
3. Bow to altar
Small bell ----- 1X