



## Part 1

### Meditation skills

***“Meditation is to listen to others with open heart.”***

**We start daily by performing the Sungreeting to warm up the body.**

The Sungreeting (*Suryanamaskar*) is an age-old series of yoga-postures. It is considered to be the quintessence of yoga. By performing this every day, one exercises the body and mind. One can do it on the rhythm of the *breath*, inhale when going up, exhale when going down (see the arrows on the scheme). Only once you have to keep the breath, namely at number 5. See *scheme of Sungreeting*.

Sungreeting video: <https://www.youtube.com/watch?v=hPttZiz5pL0>

(Movie made by my friend artist Koen Van Loocke (spiritual name Vibhutam) at request of SEDOS, and performed by my twin sister Vera Baekelmans who is a physiotherapist and Yoga teacher).

**Then we learn how sit in meditation.**

How to sit in meditation? As such there is no real fixed posture for meditation. One can do it while sitting, walking, running, laying down. However, the sitting position might be best to start with to understand what meditation is about.

<https://www.youtube.com/watch?v=PNZLkdJSJnI>

(Swami Mukundananda is a renowned spiritual leader, philosopher, visionary, author, and humanitarian. He is the founder of the yogic system called “JKYog.” Swamiji is a unique sanyasi (in the renounced order of life), with distinguished degrees in Engineering and Management from two world famous Institutes in India, IIT and IIM. He is a senior disciple of Jagadguru Shree Kripaluji Maharaj.)

**When we know the basics, we do every day 15 minutes meditation after the Sungreeting.**

If one can sit steadily and comfortably for 15 minutes, one has mastered at least the form of meditation, but if it is a bit hard for you to concentrate, you can use some guided meditation.

Guided meditation: <https://www.youtube.com/watch?v=yM8vMBb1Ri4>

(Guided meditation is a form of meditation where an individual is verbally guided into a state of mind by a person's voice or by a recording of a voice. This process and practice of meditation requires an individual to follow verbal instructions that teach the individual how to relax the entire body.)

**We can prolong the time we sit in meditation as long as we feel the need to, till you feel joyfull.**

Prolonged meditation: <https://youtu.be/TlgLbFhiBQs>  
( 2 hours video, taken from the internet, “Sleep Sounds”)

**For those who have hard time to concentrate, or like to add something, can concentrate on the body through performing Yoga postures or Qi Gong.**

One hour Hatha Yoga: <https://www.youtube.com/watch?v=Oxo229b9vjw>

*(Hatha Yoga is a term used to describe any type of yoga that includes asanas or postures. This class includes sun salutations, standing poses such as triangle (trikonasana), half moon (ardha chandrasana), twisted triangle (parivrta trikonasana), and twisted half moon (parivrta ardha chandrasana). This class also includes some pranayama towards the end (nadi shodhana) and a short meditation for a complete yoga experience! By: Fightmaster Yoga Videos)*

10 Minutes Qi Gong: <https://www.youtube.com/watch?v=Ac08kMK-dyI>

*(The Morning Qi Ritual gives you a sense of deep inner peace, keeps you free throughout the day and gives you a boost of energy and vitality. By: Lee Holden, <http://www.leeholden.com/> )*

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