

# Start from Within Meditation Workshop

Esty Dinur

Thanks to all who participated in the workshop and I hope you've been able to practice some of the exercises and techniques we did during the workshop. Since there was a fairly similar level of interest in 1) learning many different methods and 2) practicing a few more deeply, I offered a somewhat lengthy first meditation that was made up of many smaller exercises, each of which can be done individually for any length of time. To recap, here's what we practiced. Each bullet is a practice:

- Sit comfortably, close your eyes, listen to your breath.
  - Point your inner eyes inward and upwards towards your third eye, located in-between your eyebrows within the skull. Keep listening to your breath.
  - Deepen the breath a second or two—or more—on both the inhale and the exhale. Keep deepening as you can, fill our lungs, diaphragm, stomach with air.
  - At the top of your deepest inhale, inhale another second or two. Repeat at the exhale so that your lungs are totally empty.
  - At the top of the inhale, stop breathing for a second or two (or longer if you can), then SLOWLY and intentionally exhale. Repeat at the end of the exhale. Your body and ego might freak out but continue breathing slowly. Do not panic. This breath can teach you how to not lose your nerve in difficult moments.
- 
- Light a candle and look at it while calmly breathing. Meditate on the notion that, like, a person, the candle has an outside (the body), an inside (the soul) which is mostly hidden but, when lit, it aspires upwards.
  - Meditate on light and its attributes.
  - Look at the flame (or other parts of the candle) then close your eyes and keep the sight of the flame in your third eye. When it dissipates, open your eyes again and repeat.
  - Fill your forehead with light. Then the rest of your head, your throat, heart, the rest of your body. Light up the room, the town, country, world.

## **Moving meditation:**

There are many ways to do a moving meditation and you probably practice some of them; silent walk in the woods, dancing, sports...

We had a choice of two: get out of the room and walk around with baby eyes and ears—you see or hear everything for the first time. Your eyes and ears are wide open and they take everything in without judgment. No need to stay away from people you know or anyone else who wants to strike a conversation but do keep that innocent, all-is-new stance.

Or stay in the room and work in a physical way on whatever issue you're tackling. Listening to music, move in a way that will help you break through something. If you're feeling heaviness, move like you're flying. If you're trying to overcome fear, become big and sure of yourself. Dealing with bitterness? Dance with joy.