

Sample Meditation Recipe

from: UNIVERSAL MEDITATIONS

by David Less

In Universal Meditations: Recipes for a Peaceful Mind, David Less, a global teacher of meditation, offers 12 weeks of meditation "recipes", guided step-by-step with supportive commentary. Here is a sample recipe:

WEEK FIVE: MEDITATIONS ON PEACE

TUESDAY

Mini-Meditation

Divine Desires are Birthed in the Ocean of Peace

MEDITATION

(7-9 minutes)

For each step, the out-breath is natural and relaxed.

1. With each in-breath, imagine you are filling your body with peace. Repeat for fifteen breaths.
2. With each in breath, imagine you are filling your mind with peace. Repeat for fifteen breaths.
3. With each in-breath, imagine you are filling your heart and feelings with peace. Repeat for fifteen breaths.

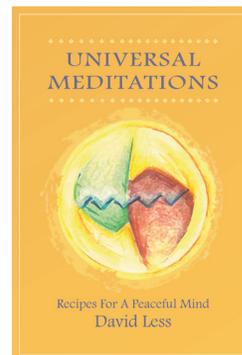
Commentary

This is a magical meditation for many of us who live harried lives. It is painfully simple. If you don't have the time for the fifteen breaths, do ten. If you don't have the time for ten, do five. In 45 breaths, the body and the mind are fooled into dropping the weights of the day, and the nectar of peace arises from the heart

This meditation is good to have in your daily repertoire, and can be done as often as you like, wherever you are. It is not usually suggested that one practice meditation while driving (certainly not with your eyes closed!), but the combination of peace and breath in this practice can be helpful while driving. This also works quite well for children.



“Meditation brings peace. Peace is not activity, but peace can occur within activity. First peace must be experienced, and then brought to activity.”



Universal Meditations
Recipes for a Peaceful Mind
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Category:

Meditation, Self Help, Spiritual

ISBN: 978-0-578-03727-1

Paperback hoo press, 2009,
203 pages. 6 ¼ x 8 ¾, \$15.95.
Now in its 4th printing and available in German, French and out soon in Chinese.

Distributor:

Ingram, New Leaf.

Retail:

Amazon.com (Kindle edition available),
Barnes & Noble or

www.UniversalMeditations.com