

Meditation with Alun Hoggett

This meditation group is not promoting a particular religious belief. I may quote a range of words from religious figures.

Why meditate?

Abandon harmfulness, cultivate goodness and subdue the mind. – Buddha

Meditation is the means to subdue the mind.

Practiced properly over a period of time, meditation changes our whole interpretation of reality. It helps us break free from the superstition that we need certain things and people to make us happy. It allows us to find our own true nature.

Learning what to do in meditation is simple. The hard part is putting it into practice.

Attitude

- Non Judging
- Patience
- Beginners mind
- Trust
- Non Striving
- Acceptance
- Letting go

5 Hindrances

- Sensual desire
- Anger
- Sloth/boredom
- Restlessness/worry
- Doubt

Technique

- Sitting comfortably upright
- Hands on thighs/knees or left inside thumbs together
- Back tall
- Mouth and jaw relaxed and tongue touches behind top teeth
- Head tilt slightly forward – not too far as you may fall asleep
- Eyes – half closed or gently closed
- Shoulders open back/arms relaxed away from the body

Meditation

- Count breath 1-4 or 1-10
- Start again at 1 if distracted
- Apply the attitudes