

MEDITATION METHOD

Welcome!

Everyone is worthy of peace, happiness, and calm. However in a fast-paced, results driven world, it's hard to fathom the thought of slowing down or taking a break.

Meditation can be that gateway and outlet. Not only to rest, yet to achieving more success, love, and success.

The goal of this training is to explore first as the student, then as the a meditation instructor and guide.

Look through this directory with an open mind and curious heart. Notice the exercise that speak to you right away and others that bring forth resistance. I encourage you to try them all out and note the effects to your own sense of self and also well being.

While of course there are even more methods and techniques out in the universe, this directory serves as a compilation of my favorites. The ones I've used over and over again for lasting results and impact.

Thank you for your dedication, devotion, and readiness to be of service.

I am here for your continued support and I look forward to your insight and shared wisdom.

I adore you!

Stay golden,
Danielle

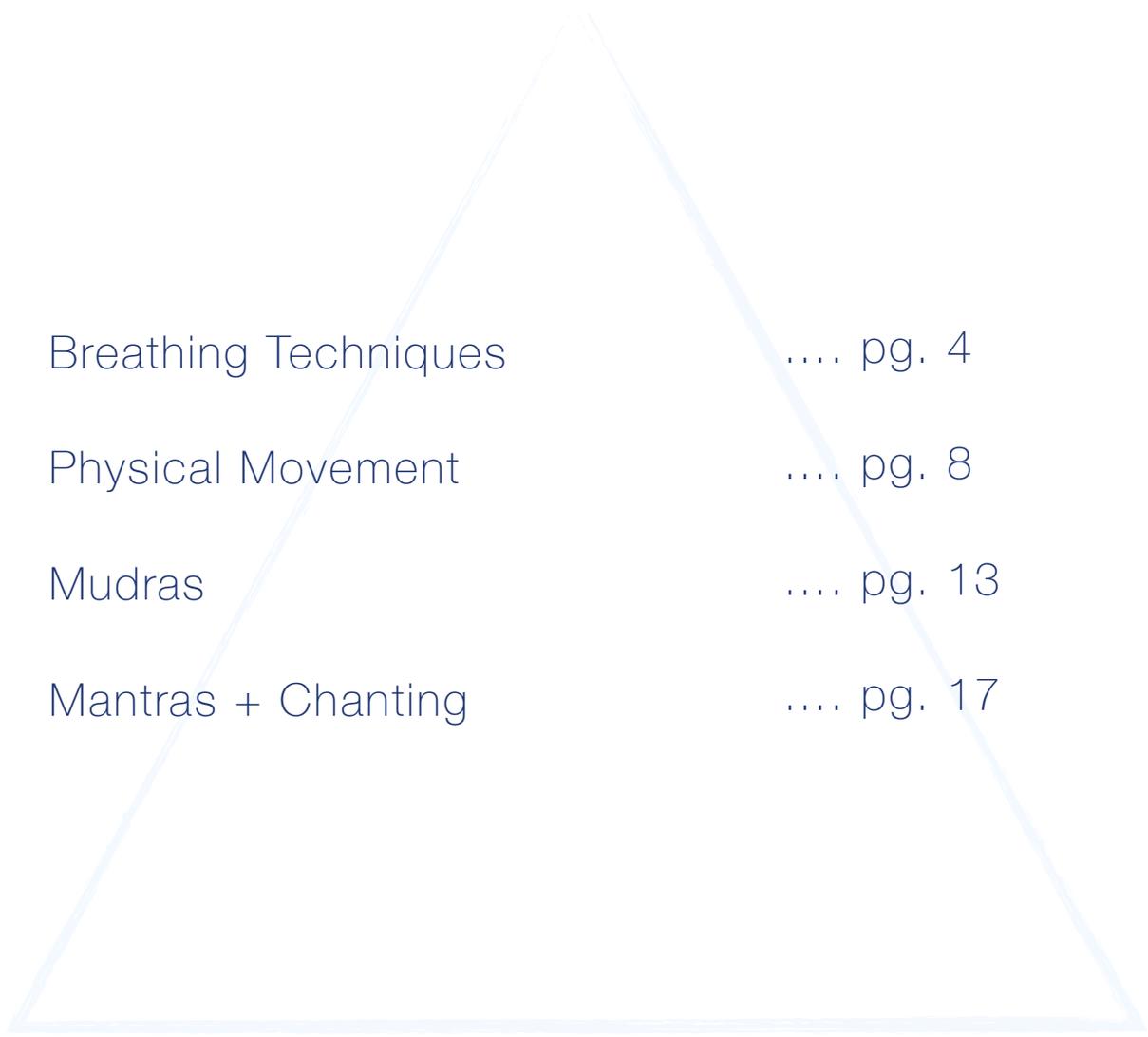
MEDITATION METHOD

Teacher Training

THE DIRECTORY

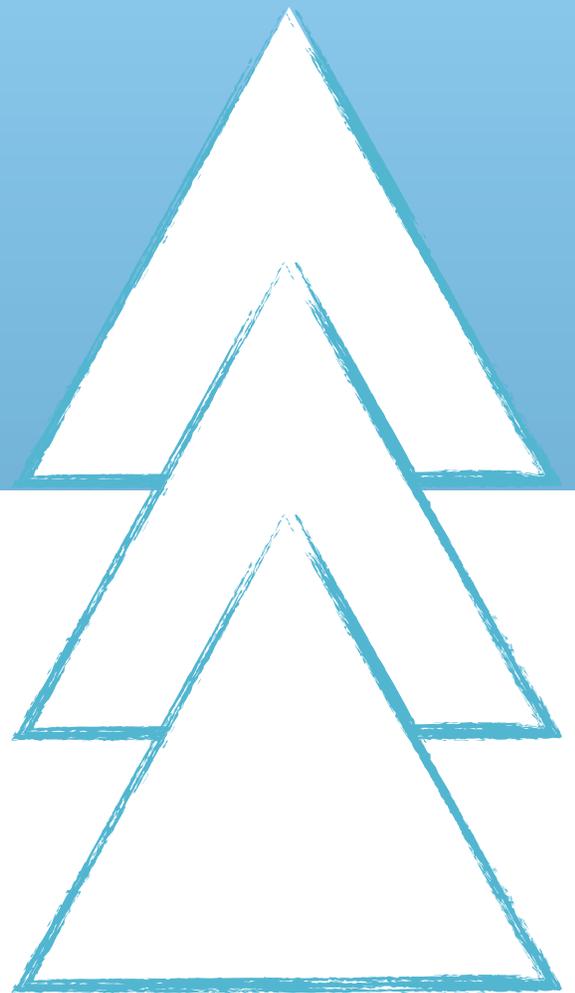


Table of Contents



Breathing Techniques pg. 4
Physical Movement pg. 8
Mudras pg. 13
Mantras + Chanting pg. 17

BREATHING TECHNIQUES



The Common Breath

Suggested 1 to 5 minutes

This can be done anytime, anywhere.

1. Take a slow deep breath in
2. Pause
3. Slowly let the breath out
4. Pause

You may also chose to expand upon this and add more descriptive words or guidance as the breath moves in and out.

This can also be built into a present moment meditation. If continuing,

1. Focus your attention on this moment.
2. Keep your observing your breath moving slowing in and out of your body.
3. Continue to bring your mind back to the breath. If your mind starts to wander, notice and simply bring yourself back.
4. Let go of any feelings or what you have to do later. All you have to do is be here now.
5. Continue for another 5 to 8 minutes. More advance groups can go up to 20 minutes.

Equal Breathing

Suggested 1 to 3 minutes

Helps equalize and calm the mind/body/soul.

1. Take a slow inhale through your nose for a count of four
2. Slowly exhale through your nose for a count of four

Expanded version:

1. Take a slow inhale through your nose for a count of four
2. Hold inhale for a count of four
3. Slowly exhale through your nose for a count of four
4. Hold exhale for a count of four

With practice this may be extended to a count of eight.

Belly Breath

Suggested 1 to 3 minutes

Amazing for beginners to get in touch with their breath and body.

1. Place one hand on your chest.
2. Place the other hand on your belly.
3. Take a deep breath in through the nose.
4. Feel your hand on your belly move as you inflate your diaphragm with air.
5. Slowly release your breath and feel your body move inward, letting everything go with it.

Alternate Nostril Breathing

Suggested 3 to 7 minutes

Calming and reenergizing. Good for intermediate level.

1. Plug your right nostril with your right thumb
2. Take a deep breath through the left nostril
3. Remove your thumb and plug your left nostril with your ring finger
4. Slow exhale
5. Repeat the cycle

Breath of Fire

Suggested 30 seconds to 3 minutes, build up to 7 and then 11 minutes

Breath of fire, a cleansing, rhythmic breath. Promotes vitality and power.

1. Start with hands in your lap, palms open or raise arms to a 60 degree angle and curl your fingers into your palms with thumbs extended out.
2. Equally inhale and exhale through the nostrils.
3. Notice a pumping motion around the naval.
4. Begin to pick up the pace. Breathing should be noisy and fast.
5. To finish, hold breath in for a count of 3 for 3 rounds and exhale deeply.
6. Pause for a few moments and take in the effects of the practice.

*Note, this should not be done if pregnant or on the first 2 days of menstrual cycle.

Lion's Breath

Suggested 1 to 3 minutes and up to 7 or 11 minutes

Relieves tension and stress, relaxes the face and the jaw. It may feel silly at first however that is part of the fun and loosening yourself up.

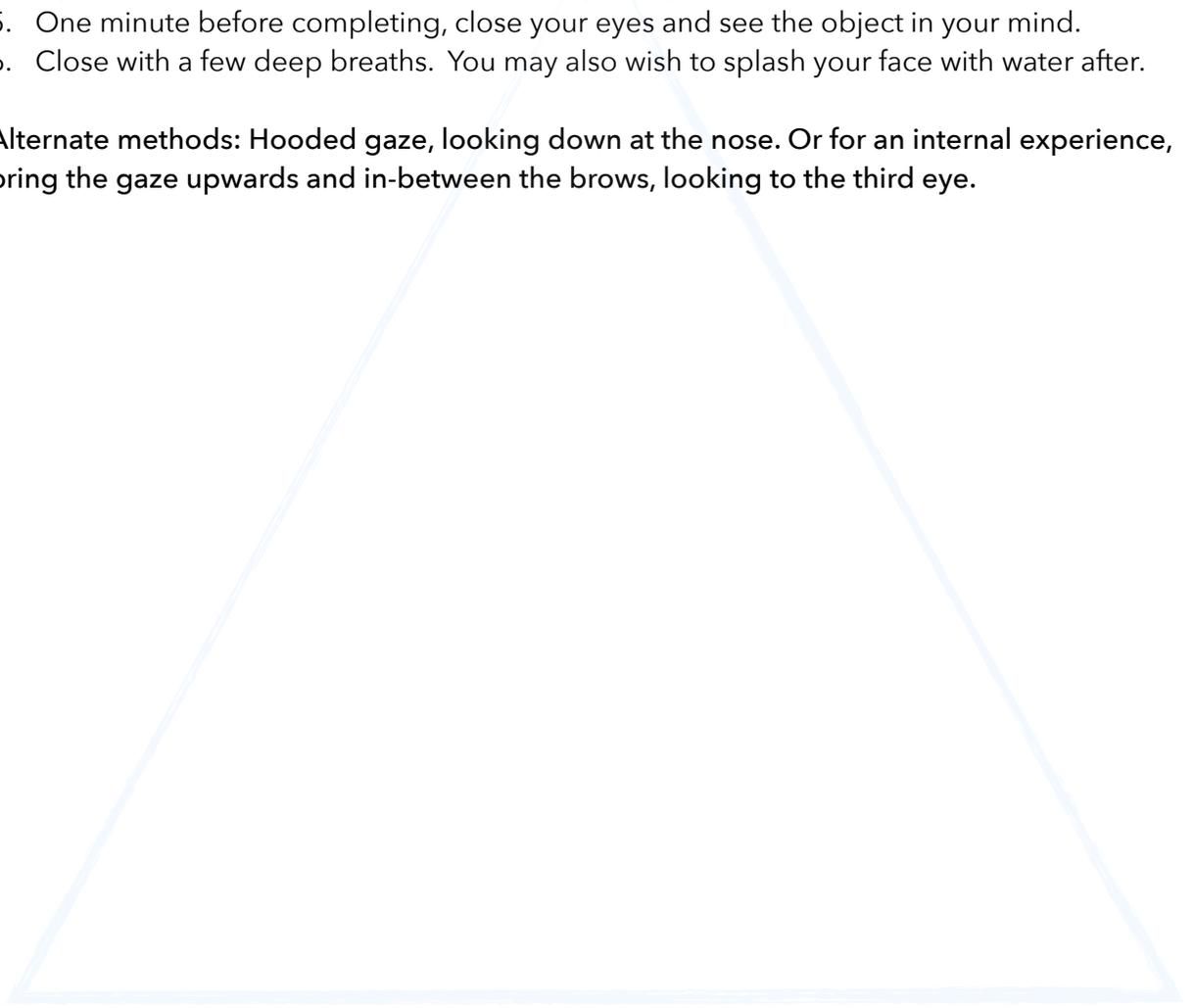
1. Come to kneel with your buttocks resting on your feet in rock pose.
2. Place your hands on your knees, palms down.
3. Straighten your arms and extend your fingers outward.
4. Inhale through your nose.
5. Exhale strongly through the mouth, making a "ha" sound. As you exhale, open your mouth wide as comfortably possible and stick your tongue as far out as possible towards your chin.
6. Bring your gaze to upward toward your third eye between the brows or downwards as if looking toward your chin.
7. Inhale, returning to a neutral face.
8. Repeat 4-6 times.

Relaxed Gazing/Trataka meditation
Suggested 3 minutes up to 20 minutes

Connects one to the present moment, intention to empty the mind

1. Sitting in a comfortable seat, find a focal point to draw your attention to. It can be an object such as a crystal, statue, or lit candle. It could also just be a spot on the floor.
2. Relax your focus and gaze at the intended spot.
3. Let your mind go and your eyes be fully immersed.
4. Try not to blink however do not overstrain your eyes.
5. One minute before completing, close your eyes and see the object in your mind.
6. Close with a few deep breaths. You may also wish to splash your face with water after.

Alternate methods: Hooded gaze, looking down at the nose. Or for an internal experience, bring the gaze upwards and in-between the brows, looking to the third eye.



PHYSICAL MOVEMENT



Use any of these exercises to allow the mind, body, and spirit to sync into practice. They also may be incorporated at the end of the meditation.

Neck Rolls

1. Start with head facing forward and straight
2. Roll your head very gently to the left
3. Slowly start to move the head back
4. Roll toward the right and back to the front with the chin down
5. Repeat in slow, fluid motions
6. End by bringing the head back to center and facing forward
7. Option to repeat with opposite direction.

Shoulder Shrugs

1. Start standing or in a seat with a aligned posture
2. Arms down at your sides
3. Lift your chest, inhale and shrug your shoulders straight up toward your ears as high as you can.
4. Hold for 1 to 2 seconds
5. Exhale and lower your shoulders back down but do not fully relax
6. Repeat 6 to 12 times

Spinal twists

1. Start standing or in a seat with a aligned posture
2. Lift the elbows up at the sides, bend the arms and grab the shoulders with the fingers in front and the thumbs in back. Forearms are parallel with the floor.
3. Inhale and twist the body to the left.
4. Exhale and twist to the right.
5. Rotate from the naval point. Keep the neck straight, head is relaxed and moving with the spine.
6. Go at a smooth pace, picking up momentum if it feels good. Suggested 3 minutes.

Forward Fold

1. Begin standing and exhale as you bend forward at the hips, lengthening the front of your torso.
2. Bend your elbows and hold on to each elbow with the opposite hand.
3. Let the crown of your head hang down.
4. Press your heels into the floor as you lift your sit bones toward the ceiling.

Hip Circles

1. Begin standing on one leg, holding to a vertical support.
2. Raise the unsupported knee to 90 degrees. This will be your starting position.
3. Open the hip as far as possible, attempting to make a big circle with your knee.
4. Perform this movement slowly for a number of repetitions, and repeat on the other side.

Butterfly Pose

1. Sit on floor with legs extended in front of you. You can place a cushion underneath for additional support.
2. Bend your knees and bring the soles of the feet together with the outer edges of both feet on the floor.
3. Grasp both feet and gently bring your heels in toward your pubic area.
4. Press your knees toward the floor and extend the spine upward.
5. Hold the stretch for 4 to 8 breaths.
6. Exhale as you release your feet and come out of the pose.

Cradle Stretch

1. Sit on the floor with your legs extended in front of you.
2. Bend one knee, rotate your thigh to the side, and cradle your lower leg in your arms. Keeping your hands clasped, hold your knee in the crook of one elbow and your foot in the crook of the other.
3. Keeping your spine extended and your head straight, gently rock your leg horizontally from side to side, rotating at your hip.
4. Continue this rocking motion for 4 to 8 breaths, breathing deeply and smoothly; then gently put your leg down the same way you picked it up and do the same stretch with the other leg.

Stretch Pose

1. Lie on your back.
2. Lengthen the back of neck and raise the chest and head off the ground and tuck the chin slightly downwards.
3. Raise heels 6 inches off the ground, tighten the buttock to create a better hold.
4. Focus the eyes on the toes and stretch the toes so they point away from you.
5. Place your arms either above your thighs with the palms facing down but not touching the legs, or along side your legs with the palms facing your body but not touching.
6. Begin Breath of Fire. Apply for 1 to 3 minutes.
7. Alternatively, you can raise one leg at a time if having difficulty keeping both up. You may also place your hands under your buttock for support.

Side Bend Stretch

1. Kneel on the floor with your legs together, back straight, and stomach tight.
2. Extend your left leg slightly out to the side.
3. Extend your right arm overhead, rest your left arm on your left leg, and gently bend your torso and right arm to the left side.
4. Keep your hips facing forward.
5. Repeat on the right side.

Sufi Grind

1. Sit in easy pose and hold the knees.
2. Begin rotating the spine in a big circle, keeping the head upright.
3. Inhale as you circle forward across the knees and exhale as you rotate back.
4. Move at a comfortable pace and eventually go in the opposite direction.
5. Repeat at least 8 rounds in each direction.

Cat Cow Pose

1. Begin with your hands and knees on the floor. Make sure your knees are under your hips, and your wrists are under your shoulders. Begin in a neutral spine position, with your back flat and your abs engaged.
2. Take a big deep inhale.
3. On the exhale, round your spine up towards the ceiling, and imagine you're pulling your belly button up towards your spine, really engaging your abs. Tuck your chin towards your chest, and let your neck release. This is your cat-like shape.
4. On your inhale, arch your back, let your belly relax and go loose. Lift your head and tailbone up towards the sky – without putting any unnecessary pressure on your neck. This is the Cow portion of the pose.
5. Continue flowing back and forth from Cat Pose to Cow Pose, and connect your breath to each movement – inhale for Cow Pose and exhale on Cat Pose.
6. Repeat for at least 10 rounds, or until your spine is warmed up.

Child's Pose

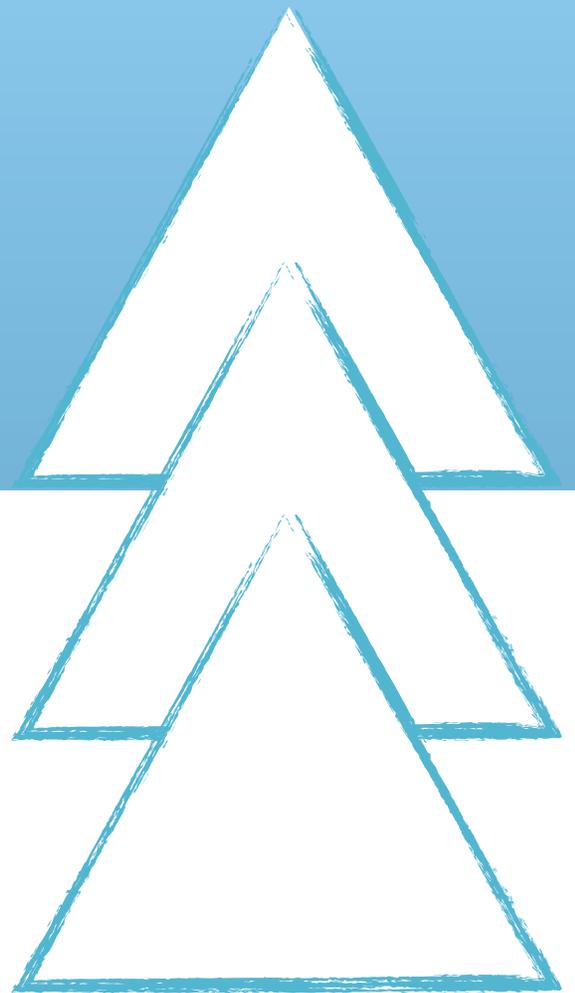
1. Begin on your hands and knees. Center your breath, and begin to inhale.
2. Spread your knees wide apart while keeping your big toes touching. Rest your buttocks on your heels. Those with very tight hips can keep their knees and thighs together.
3. Lengthen your spine up through the crown of your head.
4. On an exhalation, bow forward, draping your torso between your thighs. Your heart and chest should rest between or on top of your thighs. Allow your forehead to come to the floor.

5. Keep your arms long and extended, palms facing down. Press back slightly with your hands to keep your buttocks in contact with your heels. Lengthen from your hips to your armpits, and then extend even further through your fingertips.
6. For deeper relaxation, bring your arms back to rest alongside your thighs with your palms facing up. Completely relax your elbows.

Back Rolls

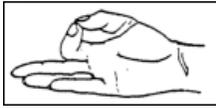
1. Do this exercise on a soft surface.
2. Lying flat on the back, bend the knees and pull them in towards the chest.
3. Wrap the arms around the legs, pulling the knees towards the chest.
4. Create a hold around the legs reaching as far across as is comfortable, either holding the knees, the opposite forearms, or the opposite elbows, however far the hands can reach. Alternatively, hold the back of the thighs, placing the hands between the calf and the thigh to help the lower spine reaching for the floor.
5. Round the spine, and then begin rolling back and forward on the spine, creating a rolling movement using the leverage of the arms around your knees.
6. Roll all the way forward with the hips on the ground, head in the air, then all the way back with the hips up off the floor and the neck pressed into the floor, gently massaging all muscles along the spine with the floor.
7. Repeat a few times and come up into sitting.

MUDRAS



Use any of these mudras to enhance and enrich the meditation experience.

Gyan Mudra



In Sanskrit, translates to consciousness, wisdom, and knowledge. It is the essence of “You are the Universe and the Universe is within You.” It is also known as having an expanding effect.

1. Sit mindfully.
2. Place the tip of the index finger to the tip of the thumb. Keep all other fingers relaxed and straight.
3. Place palms upwards to receive and downward to ground.
4. Start with 7 minutes and go upward to 22 minutes and 33 minutes.

Hakini Mudra



Helps with focus and concentration.

1. Let the tips of the corresponding fingers of each hand touch.
2. Hold in lap or in front of heart center.
3. Breath mindfully and close eyes for 2 to 3 minutes.

Buddhi Mudra



For clear and intuitive communication. Stimulates psychic development.

1. Tip of the little/pinky finger touches the thumb. The other 3 fingers are straight.
2. Breathe in and out through the mouth in an “o” shape
3. Close eyes and practice for 3 or 7 minutes.

Prayer Mudra

For centering, balancing the yin + yang, and promoting gratitude. Can be used to open and close the meditation.

1. Palms are completely pressed together.
2. Thumbs lightly pressed into the sternum.

Abhaya Mudra

Abhaya is a Sanskrit term that is translated as fearlessness. Used for protection, peace and a sense of strong, deep inner security.

1. Extend your right hand outward with the palm open at chest level or slightly higher.
2. Place the left hand on top of your lap, palm up.
3. Breath is relaxed yet intentional.
4. Gaze may be open and looking straight ahead or eyes closed.

Shuni Mudra

For patience and understanding. Fostering growth and taking responsibility.

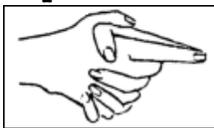
1. Tip of the middle finger touches the thumb.
2. The other 3 fingers are straight.
3. Relax the breath.
4. Close eyes and practice for 3 minutes or more

Ravi Mudra

For energy, health, and intuition. Revitalizes the nervous system.

1. Tip of the ring finger touches the thumb.
2. The other 3 fingers are straight.
3. Breath intentionally in and out through the nose.
4. Close eyes and practice for 3 minutes or more

Jupiter Mudra



For good luck and expansion. Helps you direct your focus and break through barriers.

1. Clasp the hands and extend out both index fingers.
2. If you identify as female, place the right thumb on top. For those identifying as male, place the left thumb on top.
3. Breath intentionally in and out through the nose.
4. Close eyes, gaze downward and aim for 7 minutes.

Apana Mudra

For eliminating toxins and accelerating elimination. Best done in the morning to aid with digestion for the day.

1. Thumb touches the tip of the middle and ring finger.
2. The index and pinky fingers are extended outward.
3. Relax the breath.
4. Close eyes and practice for 3 minutes or more.

Pran Mudra

Gives off good energy and promotes collective harmony.

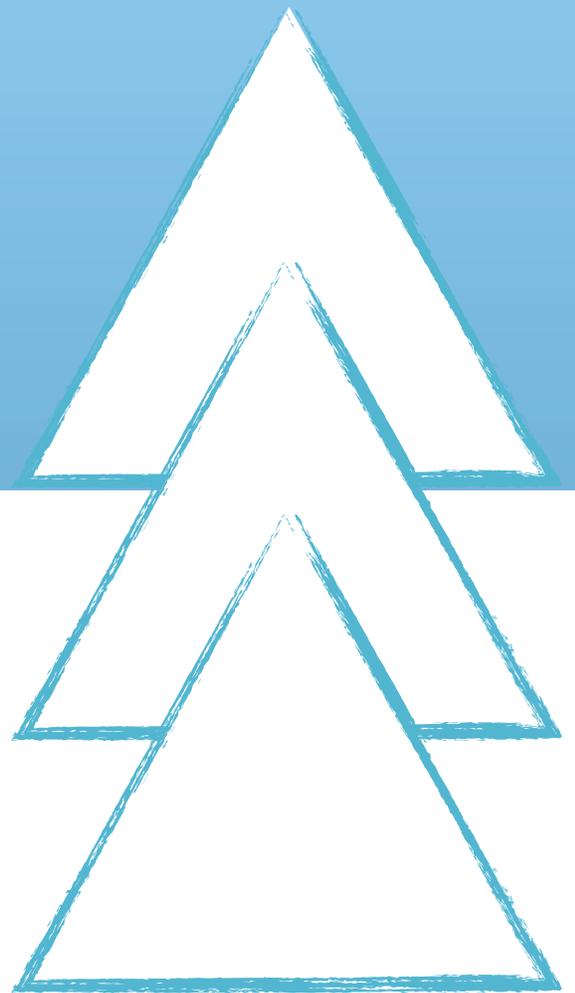
1. Bring the thumb to the tips of the pinky and ring finger.
2. The index and middle fingers are extend upward like a peace sign.
3. Bring hands up to chest height at the sides of the body, elbows resting near the rib cage. Hands are facing outward.
4. Close eyes and focus your energy on radiating out peace and happiness.

Vayu Mudra

Releases anxious feelings and restlessness. Calms the nervous system and over excitement.

1. Curl the index finger toward the palm.
2. Cross the thumb over the index finger, one inch above the tip.
3. The other 3 fingers extend straight and upwards.
4. Close eyes and breathe with an "o" mouth consistently.
5. Practice for 3 to 7 minutes.

MANTRAS + CHANTING



Use any of these mantras to open and close your meditations or to elevate and expand the experience.

OM Mantra

OM is the primordial sound or vibration, typically chanted at the beginning and end of classes. It carries high spiritual and creative power.

It is pronounced like "AUM"

- The first syllable is A, pronounced as a prolonged "awe." The sound starts at the back of your throat and you stretch it out. You will start feeling your solar plexus and chest vibrating.
- The second syllable is U, pronounced as a prolonged "oo," with the sound gradually rolling forward along your upper palate. You'll feel your throat vibrate.
- The third syllable is M, pronounced as a prolonged "mmmm" with your front teeth gently touching. You will now start to feel the top of your vibrate.

Ong Namō Guru Dev Namō - Adi Mantra

I bow to the Creative Wisdom, I bow to the teacher within.

This mantra is used for "tuning in" to the divine flow and self-knowledge within each of us, and linking us to Yogi Bajan and the Golden Chain of teachers. It is chanted at least three times at the start of each Kundalini Yoga class.

Sat Nam

Truth is my identity.

This mantra reinforces the divine consciousness in everyone. It is used as a greeting as well as the mantra for Kundalini exercises (such as spinal twists). When used as part of a movement or meditation, inhale Sat (truth), and exhale Nam (name, identity).

To close class with this mantra, inhale and chant a long Sat and a short Nam.

Ek Ong Kar Sat Gur Prasad

This mantra stops anything negative and removes all obstacles. Brings great intuition along with it.

The mantra pairs well with gyan mudra and should be chanted for at least 11 minutes and up to 22 minutes.

Om Shanti Shanti Shanti

To become or achieve peace of mind, body, speech. A wish for a state of wellbeing.

Repeat this phrase during meditation to ground yourself. Aim for 3 to 7 minutes.

I am That I am

Connecting to God source. Provides stability and fulfillment of wishes. I am is our creative force that we bring to life.

Exercise from Wayne Dyer:

Take the five words, "I am that I am" and in your mind, place a comma behind the word, that. Now let "that" represent whatever it is you desire to manifest or become as a person. Write down on paper specifically what "that" is. "That" could mean your perfect health, a specific job, abundance, etc. I suggest you write what you want out in detail with several fabulous adjectives. When you say your mantra, "I am that, I am" you imagine the word "that" is the desire you wrote down, instead of saying I am perfect health or I am compassionate and kind in all situations. Basically it's a short cut which helps get you into a mental reality and vibration of already having what you want by affirming that YOU ARE ALREADY THAT. Then allow the sacred sounds of your words which represent the name of God to permeate your being as you repeat your mantra, "I am that, I am."

I am bountiful, I am blissful, I am beautiful.

This is for self-esteem and confidence. Great for teenagers.

Can be sung along with the song by Siri Sadhana Kaur.

Mala Meditation

Use your mala as a tangible way to bring your mantras to life.

1. Hold your mala in your right hand, draped between your middle and index fingers.
2. Starting at the guru bead, use your thumb to count each smaller bead, pulling it toward you as you recite your mantra.
3. Do this 108 times, traveling around the mala, until you once again reach the guru bead.

Kirtan Kriya

One of the best mantra + mudra hybrids! This meditation brings a total mental balance to the individual psyche. Practicing this meditation is both a science and an art. It is an art in the way it molds consciousness and in the refinement of sensation and insight it produces. It is a science in the tested certainty of the results each technique produces.

1. The Mantra is “Sa Ta Na Ma”. It represents the cycle of life.
 - Sa = Infinity
 - Ta = Life, existence
 - Na = Death, change
 - Ma = Rebirth
2. Start in Gyan Mudra, the elbows are straight and the thumb will move to touch the tip of each finger, corresponding with the sound.
 - Sa = touch the index
 - Ta = touch the middle
 - Na = touch the ring
 - Ma = touch the pinky
3. In equal lengths, start with a normal voice for 3 minutes, then move to a whisper for 3 minutes, then go silently for 6 minutes. Move back to a whisper for 3 minutes, and then return to your normal voice for the final 3 minutes.
4. Finish with one minute of silence. Deeply inhale and hold, stretching the spine and the hands up wide, and deeply exhale.

Alternatively, you can replace the mantra for words that have meaning for you. Such as “Love Is In Me.” Stick to one mantra for the entire experience.

You don't always have to use Sanskrit or specific mantras if it doesn't feel right for you. Find the phrase that speaks to you and your specific audience and use as a way to incorporate into the practice.

Sometimes the mantra has to be said before it is believed or actualized. By staying with the mantra, we start to believe what we say and transform our lives.

Mantras for Stress Relief

- This too shall pass.
- I change my thoughts, I change the world
- I am stronger than my circumstances
- I trust the way life is unfolding
- I surrender to that of something greater

Mantras for Self Love

- I love myself
- I am beautiful, bountiful,
- I am worthy of good things
- I am deserving of love
- I am confident in who I am
- I appreciate my life
- I let my happiness shine for others
- I surround myself with positivity

Mantras for Prosperity and Success

- I am worthy of success
- I am capable of making my dreams come true
- I believe in my expansion
- I trust what is happening behind the scenes
- I deserve to have my needs met
- Let it be easy