

3 Body meditation instructions

Position (3 mins)

Hips pushing in the ground
Spine straight
Body steady, like a rock
Breath easy, natural, and effortless
Facial muscles relaxed
Eyes gently closed
Gentle smile on your lips
A feeling of wellbeing and peace throughout you

Setting goal (1 min)

Today you are ready to enter into 3 body meditation
Going to each body separately and finally connecting with the true self
It needs full concentration, acceptance and patience
Become a keen observer
Do not let your mind get distracted with any other thought

Beginning with physical body (5 min)

Take your attention to your physical body
Made up of 5 elements
Heavy
Strong
In touch with the earth
Bound with the roots of gravity
Sitting steady, like a rock
Complete stillness
Observe the shape of your body
Observe the weight of your body
Observe the pain, pleasure of your body
Observe the sensations throughout your body
Hot, cold
Pain, pleasure
Realize you can observe your body
Your body is your vehicle
You are free from the sensations of the body

Move to your astral body (2-3 min)

Become aware of your senses

Touch

Taste

Smell

Hear

See

1 min silence

Become aware of your mind (7 min)

Observe the thoughts

Observe how your thoughts get lost if you don't connect with them

1 min silence

Observe your feelings

What is the state of your mind

Happy

Sad

Angry

Observe

Observe the first layer of the emotion

1.5 min silence

Observe the second layer of emotion

The deeper layer

1,5 min silence

Do not connect with any thought or emotion

Keep observing

2 min silence

Bring your awareness to your Self (9 min)

The real you

The observer

Who is observing the physical body, astral body and rest of the world

Find out who is this observer

Where is he

From where is he observing

1 min silence

Concentrate on your 3rd eye

You will find the observer there

Behind your physical eyes

1 min silence

Realize how the observer is free from sensations of the physical body

How he is free from the mind and emotions

3.5 min silence

Slowly take a deep breath in

Feel the joy and peace

Rub your palms, place them on your eyes

And relax