

Rhythmic Meditation

From the teachings of Loo-ang por Tee-an, more info at www.awarenesswithmovement.org



1. Sit upright, the hands resting on the knees and the eyes open. You may move the eyes as is natural. It is not necessary to fix them on one point or to look down.



2. Slowly turn up the right hand and feel the sensations that arise in the arm and the hands as you do so. When the movement is completed, be aware that you stop.



3. Raise the arm half-way up the body; be aware of the feeling. Pause for a second before moving on and know the point where the arm comes to a halt. Relax.



4. Move the hand in a straight line to the abdomen, experiencing the movement with awareness, but don't concentrate; just acknowledge the feeling.



5. Turn up the left hand. While moving the hand, you know that it is moving. When stopping, you know that it is stopping. Don't verbalize this in your mind.



6. Raise the left arm half-way up, contacting the sensation of it. Do not count the movements or recite any mantras or words internally. Just feel it. It is very simple.



7. Put the left hand on top of the right hand. Do you feel the movement? Also notice the hands touching each other and the coming to standstill of the move.



8. Re-establish awareness as you're moving the right hand to the chest. Every movement and pause is an opportunity to renew your awareness. Touch the chest.



9. Move the right hand out to the side and let it be there for a moment, knowing the movement as well as the stopping. Do the movements feeling at ease.



10. Lower the right arm to the knee with the hand upright. Just be aware of one movement at a time, one moment at a time, from moment to moment to moment.



11. Turn down the palm of the hand. Keep the eyes open all the time. Don't fix or focus on one particular part of the body; just know what's happening with it.



12. If stray thoughts make you lose awareness, just come back to this movement of rubbing the left hand up to the chest and stopping there before moving on.



13. Move the left hand over to the side, experiencing the beginning, middle and end of the movement clearly. Fully aware, without the mind labeling or fabricating.



14. If sensations arise in other parts of the body, such as breathing, eyes blinking, etc., be aware of that also as you're lowering the left arm to the knee.



15. When you turn down the hand, you are again in the same position that you started from, and from there you continue with a new cycle, continuously.