

The Avanti PRE Curriculum

Exercise Sheet 7.5.4a

“Personal Meditation Exercise”

The sheet may be displayed by the teacher (for all students to see) or copied and handed out to students individually.

Please choose just one of the three following exercises and start it when instructed by the teacher. Before starting, make sure you are sitting comfortably and are relaxed (if you want, you can sit on the ‘lotus position’ and breathe deeply for a few seconds). You can also close your eyes if you want.

1. Chant the Hare Krishna mantra on beads (in your head, silently, or very quietly – as your teacher tells you). Make sure you listen to the mantra.
 2. Say a prayer or mantra from your own religious tradition
 3. Simply relax and watch your breathing. Also watch your thoughts.
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