

# Meditation

Metta Class: March 31, 2019

Sureka Hapuararchchi



## What is meditation?

Meditation is practicing mindfulness. In meditation, you focus and clear your mind. It calms down your mind and cleans out all bad thoughts. When you practice meditation, you try to focus on something with all your attention and not let your mind get distracted or get mixed up in bad thoughts or feelings.

## Why practice meditation?

1. It makes you happy when your mind is clear and focused. You can forget about all your problems and just be yourself. You will stop thinking about the past, future and be happy with what you have here and now.
2. Meditation teaches you many things. It teaches you about yourself and the other things around you. It teaches you how your mind works.
3. Meditation makes you a better person because it makes your mind clear and clean. It will make you less angry, greedy, and confused.

## How to practice meditation?

- Find a quiet place
- Sit or stand comfortably

## Types of Meditation:

- 1) Breathing meditation
- 2) Loving kindness meditation (Metta meditation)
- 3) Body focus meditation

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## Meditation Postures:

### Sitting meditation:



Full Lotus

Half Lotus

Burmese



On a stool



Sciza



On a Chair

### Walking meditation:

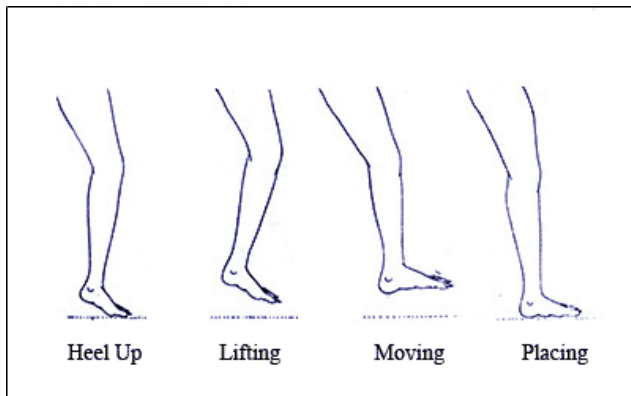


Figure 17



Figure 18

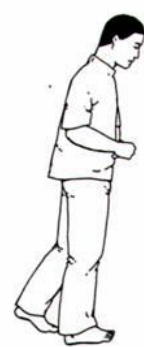


Figure 19