

02 Body of Light Meditation #1

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As the booklet states -

“ This meditation lays the foundation ...

Think how come this meditation "lays the foundation for meditating on the mind" Hint - remeber most people have a problem with the idea of clarity - that the mind has no physical properties

Since it is alway true when meditating - during your teaching try to emphasize the need to memorize the instructions. In what way does memorizing the instructions helps us during our meditation?

And do not forget to point out the experience of peace that comes with this meditation

Revision #4

Created 8 September 2026 09:42:39 by sherab

Updated 11 September 2026 12:43:15 by sherab