

04 Root mind Meditation #3

The Root Mind Meditation #3

Remember all the previous points - motivation, ways of conducting our self during the meditation and anything else you shared with your students

This now brings it all together with a gentle focus at the centre of the heart.

Learning:

- meditate from the heart
- feeling as if the natural 'home' of the mind is the heart
- thoughts are like waves arising from and returning to the root mind

We perceive clarity(remember rough generic image - don't strive for too much clear perception as it will distract)

Revision #3

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