

## Meditation and Tai Chi

### 1. Warm up exercises, Tai chi -

*gentle circulation of chi energy leads to  
vitality of body*

*concentration on movements leads to  
clarity of mind*

*co-ordination of body and mind leads to  
awareness of spirit*

### 2. Grounding exercises, Meditation -

•Focus on Breathing in and out.

Let all thoughts subside like mud in a glass of water. *Relaxing.*

Let go of expectations of what you think should happen. *Just be here, now.*

Each moment is perfect just as it is. *Full and complete.*

Focusing exercise -

*In, out*

*Slow, deep*

*Calm, ease*

*Smile, release*

*Present moment, wonderful moment.*

•Walking slowly with total awareness of every step

*Smiling,*

*I relax my body*

*With calmness,*

*I clear my mind*

*With peace,*

*Awareness arises*

*And I feel better in myself.*

### 3. Closing verse -

*May we be well,*

*May we be happy,*

*May we all live in peace.*

*Attention:*

*Awareness of your body movements., once your posture is comfortable.  
Awareness of sensations like tingling, heat, cold,  
Awareness of moods and motions.  
Awareness of our thoughts.  
Focus fully on the present moment – no past or future. This is the only reality.  
All else are thoughts and ideas. You can do later when you are not meditating.*

*Distractions during meditation:*

*They are perfect as they are. Let them go. Drifting by like clouds.  
Monitor your thoughts. Try to detach from them. Notice what kind of thoughts they are. Then return to your breath. If you had busy mind meditation, accept that at it was. Don't be disappointed.  
Learning to quieten mental chatter is difficult.*

*Mindfulness:*

*Mindfulness in every day.  
Let the phone ring a couple of extra times for you to breath and focus.  
In traffic .accept that you can't control it, so just breath in, out, calm ease.*

*Non-judgemental attitude:*

*Each being is different, not better, not worse.*

*Cultivate compassion:*

*Each being is on their own karmic path. Not your responsibility.*

*Colour exercises:*

*use Colour Meditations book to focus on certain qualities in guided meditation. No need to explain significance. Just experience and note the experience.*