

# The Mind Sublime: Functional Elements of Yin Meditation

## Worksheet: Yang Meditation

In this segment of the Yang Meditation Module, you will practice three guided meditations. I consider guided meditations to be “yang” in nature because they direct the meditator’s attention in a particular way. In these three meditations, you’ll practice three aspects of conventional mindfulness practice: 1) focused presence; 2) sensory clarity; and 3) balanced equanimity.

**Instructions:** When you’re ready to practice a session, bring yourself into a comfortable meditation posture, press play on one of the guided meditations, and follow along. Each guided meditation lasts approximately 30 minutes.

After each session, I’d like you to spend about 15 minutes reflecting and journaling about your experience (in a notebook for your meditation practice), considering some of these questions:

- Describe your overall experience during the meditation.
- What did you like and/or dislike about the particular guided meditation?
- What, in the guidance, felt helpful or unhelpful?
- Did your mind wander very much during the session?
- What kinds of experiences were predominant during the session?
- How did you feel at the end of the meditation?

**Please Note:** It is not recommended to practice these guided meditation consecutively. At minimum, try to spread them out over three days. I’m asking that you experience each session once, but feel free to practice along with these meditations as many times as you’d like.

**Time to Complete:** Approximately 45 minutes per meditation session.