

The Mind Sublime: Functional Elements of Yin Meditation

Worksheet: Yin Meditation

In this segment of the Yin Meditation Module, I'd like you to practice 2 sessions (at minimum) of Yin Meditation. 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 the questions on the next page.

Basic Yin Meditation Instructions:

1. Read through these instructions a few times to have a sense of the practice and then put them aside before beginning the session.
2. Sit in a relaxed posture, either cross-legged, or kneel on a few cushions between your heels, or even sit in a favorite chair. Set a timer on your watch or phone for 20 minutes and begin.
3. Start by letting your attention rest gently in your body, feeling your body in contact with the cushion or chair. Or rest your attention on the sensations of your hands touching your lap. Or let your attention come to your breath. This will be a physical touch point that you can return to whenever you'd like.
4. From this initial touch point in the body, let your mind be receptive to any thoughts, feelings, memories, or plans that may arise.
5. In general, try to let your attention be led by whatever experiences arise during the 20 minutes of Yin Meditation.
6. If, at any time, something comes up that is too charged or intense, you can always decide to bring your attention to the touch point in the body, or to open your eyes, or to listen to sounds for a while.
7. If you experience any physical discomfort, it's fine to shift or readjust to a more comfortable position.
8. In Yin Meditation, you can use any previous meditation practice you've done before, engaging that practice for a while and then, at times, consider letting your mind move more freely into topics that may be coming up.

After each session, spend about 15 minutes reflecting and journaling about your experience. Consider some of these questions as a guide:

- What do you remember from your meditation session?
- Did anything feel pleasant or interesting?
- Was there any conflict in your experience, and if so – what did you do in the meditation to navigate that conflict?
- Did you spend much time thinking about something? If so, what was the topic and where did it lead you?
- Is there any part of the meditation that feels difficult to remember? If so, try to pick out a few details around this vague experience.
- How did you feel at the end of the meditation?
- Did any questions about the meditation process come up for you?

Please Note: I'd like you to practice a minimum of two Yin Meditation sessions prior to the live training. But feel free to add extra sessions if you'd like.

Time to Complete: Approximately 35 minutes per meditation session.