

BASHFUL ALLEY CENTRE

AUDIO SUMMARIES

1 : Attention and Awareness

- *The only bad meditation is the one you failed to turned up for!*
- *Entering the present moment is about: arriving and new beginning.*
- *It always feels good to arrive.*
- *The interplay of breath and support*
- *Maintaining and sustaining attention on the point of entry of the breath.*
- *The subtle difference between attention and awareness*

2. The incense of the Earth

- *Settling down. Entering into the moment. The torrent of sensations.*
- *Alignment of the backbone: It makes gravity 'user-friendly'.*
- *The spine: coming into a dignity of length*
- *The Earth is a jewel. The atmosphere as incense of the Earth*
- *Breath when it enters the body touches everywhere in the inner environment*
- *Widening the "aperture" of attention in order to sink more deeply into the field of awareness*
- *Releasing the hold or grip of Thinking Mind*
- *Bringing care and kindness to inner areas of distress*
- *A deep wish for the relief of all suffering*

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3. *Ends and Beginnings*

- *Arrival: with an intention to settle and still mind and body*
- *Immersion: sensations like the stars in the night sky*
- *The Clockface: from Intention to Good Endings: 12.15: generate intention/idea; 12.15 getting started; 12.30 finishing off projects; **12.45 acknowledging the ending**: make a space before the next action.*
- *Attention: given free rein to wonder like a butterfly among flowers*
- *Interplay between inside and outside: breath and support*
- *"User-friendly" gravity and alignment in the backbone*
- *Attention: controlling attention to the most vivid sensations*
- *Attention: directing attention to nostrils and breath*
- *Allowing attention to immerse and spread deeper into the field of awareness.*
- *A guided 18 breath sequence. Maintain attention to the start of the in-breath and the start of the out-breath*
- *Observe: what captures and pulls away the attention away from the stated object of the meditation: the start of the in breath and the start of the outbreath.*

4. *Breathe*

- ***Guided 27 breath centred exercises***