

Subtle Energy Yoga

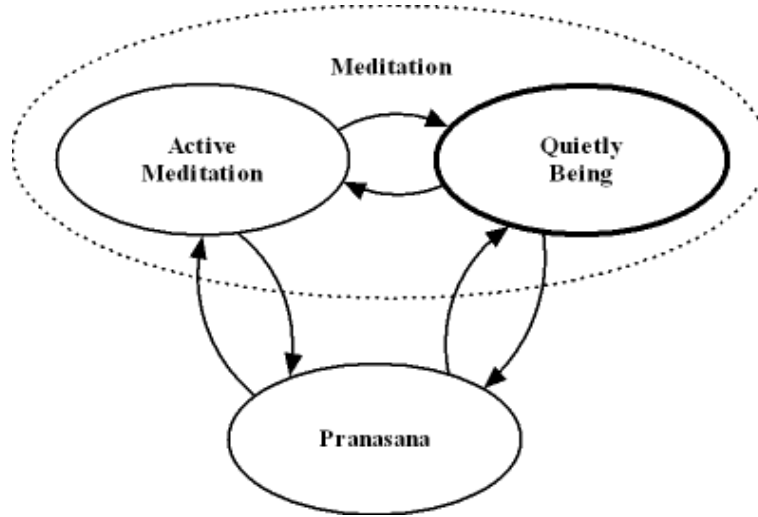
The Flow of Meditation

Meditation is not static. It is a *process*. The diagrams below illustrate the states the practitioner moves through when sitting for meditation. They represent the flow of meditation. The diagrams come from:

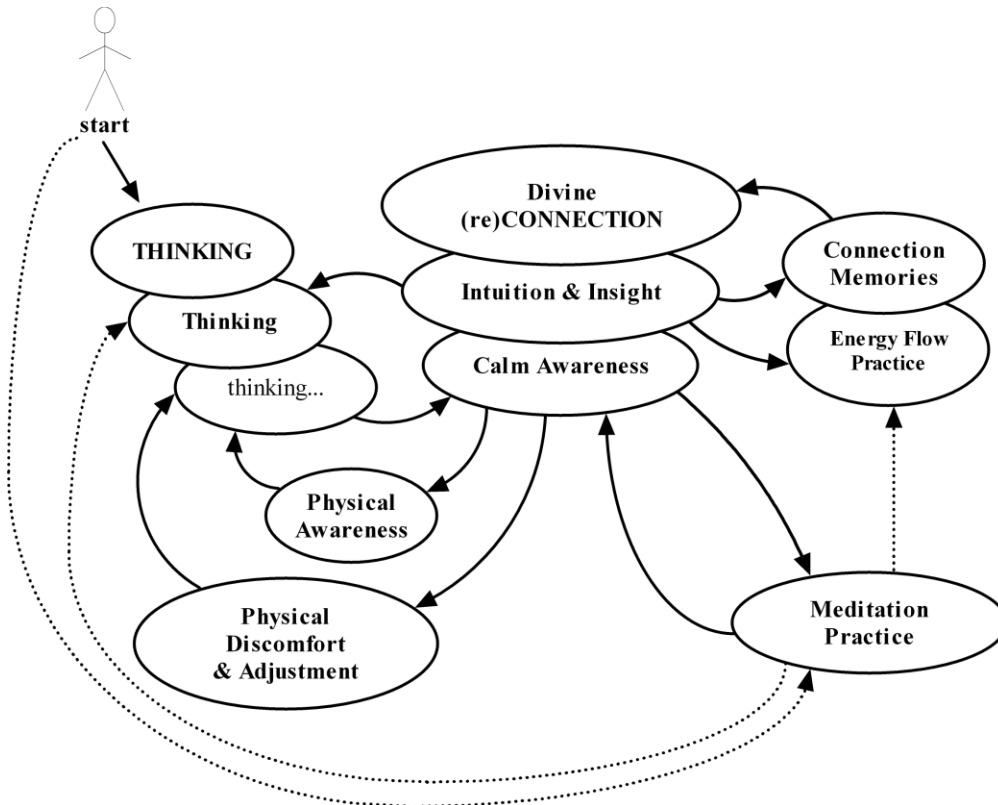
Subtle Energy Yoga Volume 2, Awakening: The Yoga of Meditation

Meditation Cycles

There are active meditations where you are doing something—for example guided meditations. And there is the state of simply sitting, quietly being. There are also *pranasana* techniques—a term I coined to encompass both pranayama (breath work) and subtle internal-energy activation techniques like bandhas.



The Flow of Meditation



Physical Awareness

External

- Sounds
- Floor vibration
- Wind

Internal Sensations

- Pressure on seat
- Feel of clothing
- Position of body

Physical Discomfort & Adjust.

Sore Back

- breath into position

Stiff Neck

- small movements

Cold/Warm Body

- Adjust clothing/blanket
- breathing practices