

AMERICAN MEDITATION INSTITUTE TOOL BAG



As a graduate of AMI's "Comprehensive Heart and Science of Yoga Meditation" course,
you will possess the following tools. If you choose and employ the right tool in the appropriate situation,
all your relationships will become rewarding.

With love and respect, Leonard (Ram Lev)

- 1. Ahimsa:** Align every thought, word and action with *Ahimsa* (non-injury, non-harming).
- 2. Sankalpa Shakti Resolve:** Before you meditate state this resolution:
"I want to do it. I can do it. I have to do it. I am going to do it—no matter what!"
- 3. Buddhi:** Align every thought, word and deed with your *Buddhi* (your discrimination/conscience).
- 4. Shreya:** Align every thought, word and deed with the *Shreya* (that which leads you for your highest and greatest good).
- 5. Preya:** Surrender each short-term ego or sense gratification (that conflicts with Inner Wisdom) back to its Origin, then engage in a selfless act of love, giving away the fruit of your action. In the process you'll gain Energy, Will Power and Creativity.
- 6. "Who am I?"** Contemplate this question every day. It can bring you to the awareness that you are essentially spirit (*Sat, Chit, Ananda*: Eternal, Consciousness, Wisdom and Bliss) having a human experience.
While centered in that awareness, act skillfully.
- 7. Mantra Japa:** Listen to the *mantra* throughout the day and gain love, fearlessness and strength from it.
- 8. Mantra Walk:** Take a 15 or 20 minute brisk walk while listening to your *mantra*.
- 9. Seated Silent Meditation:** Meditate both morning and evening with your *mantra*— even if only for a few minutes.
- 10. One Minute Meditation:** To relax the mind, bring your attention to the breath at the bridge between the two nostrils (where the nose meets the upper lip) and listen to the *so-hum mantra*.
- 11. Meditation in Action:** Base all your outer actions on your Inner Wisdom.
- 12. Diaphragmatic Breathing:** Inhale: the belly swells, the rib cage and collarbones rise; exhale: the belly gently contracts.
- 13. "Alternate Nostril Breathing" (Nadi Shodhana):** Practice before each meditation and before lunch and/or dinner.
- 14. Crocodile Posture:** Use this posture to cultivate diaphragmatic breathing.
- 15. Corpse Posture:** Lie on the floor in this posture, using a Breath Weight on the belly to strengthen your diaphragm.
- 16. Easy-Gentle Yoga I:** This program stimulates and massages the lymph system, joints, glands and muscles.
- 17. Easy-Gentle Yoga II:** Practice the *Seven Standing Postures* and receive the physiological benefits of 25 yoga postures.
- 18. Coordinate the Four Functions of the mind:** *Senses (Manas), Ego (Ahankara), Unconscious (Chitta), Conscience (Buddhi)*.
- 19. Balance the Four Primitive Fountains:** Food, Sex, Sleep and Self Preservation.
- 20. "Are you Dancing?"** Remember always to ask this question whenever the personality experiences dis-ease.
- 21. Slow Down:** Remember, without a space between the notes there's only noise.
- 22. One-Pointed Attention:** Multitasking is impossible. Do one thing at a time and experience greater health and creativity.
- 23. Survey of the Body:** As you mindfully scan the body before meditation, vital energy (*prana*) can heal damaged cells.
- 24. Ayurvedic body type/dosha (Vata, Pitta, Kapha):** Respect your *dosha* when determining which foods to eat and when.
- 25. Contemplation:** Do this practice at a time separate from your seated meditation.
- 26. Repentance:** "I will not repeat my previous unskillful action which has served the *preya* and avoided the *shreya*."
- 27. God Centered Prayer:** According to your tradition, pray for strength to choose the *Shreya* over the *Preya* in thought, word and deed.
- 28. Vairagya (Detachment/Non-attachment):** Detach from old habits that conflict with your Inner Wisdom before acting.
- 29. Abhyasa:** Continuous Practice. You have to do the practice. You have to do the practice. *You have to do the practice!*
- 30. Read a portion of The Heart and Science of Yoga daily** (or a scripture, or an inspiring book recommended by your teacher).
- 31. Satsang:** Keep the company of like-minded seekers. The company you keep is stronger than the personality's will.
- 32. (518) 674-8714:** If you need clarification on your practice, call your teacher (the teacher *is* you—only in a different form).