

AMERICAN MEDITATION INSTITUTE TOOLBAG



**Choose and employ the right tool in the appropriate situation,
and make every personal and professional relationships more rewarding.**

FIRST RESPONDER'S KIT

Ahimsa: Align every thought, word and action with *Ahimsa* (non-injury, non-harming).

Bridge of Yoga Science: Base all thoughts, words and deeds on your own Inner Wisdom.

Buddhi: Align every thought, word and deed with your Buddhi (your discrimination/conscience).

Coordinate the Four Functions of the Mind: Senses (*Manas*), Ego (*Ahamkara*), Unconscious (*Chitta*), Conscience (*Buddhi*).

Mantra: Change your perspective by listening to your mantra, and become grounded in your Essential Nature (*Sat, Chit, Ananda*).

One-Minute AMI 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.

One-Pointed Attention: Multitasking is impossible. Do one thing at a time and experience greater health and creativity.

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.

Shreya: Align every thought, word and deed with the Shreya (that which leads you for your highest and greatest good).

"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 as you further contemplate: From where have I come? Why am I here? What's to be done? Where will I go when the body is no more?

PSYCHOLOGICAL TOOLS

"Are you Dancing?" Remember always to ask this question whenever the personality experiences dis-ease.

Balance the Four Primitive Fountains: Food, Sex, Sleep and Self Preservation.

Gunas: Respect and regulate your internal weather patterns – *tamas* (lethargy), *rajas* (restless activity), *sattva* (equanimity).

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!"

Slow Down: Remember, without a space between the notes there's only noise.

WELLNESS TOOLS

Alternate Nostril Breathing: (*Nadi Shodhana*): Practice before each meditation and before lunch and/or dinner.

Ayurvedic Body Type/Dosha (*Vata, Pitta, Kapha*): Respect your dosha when determining which foods to eat and when.

Corpse Posture: Lie on the floor in this posture, using a Breath Weight on the belly to strengthen your diaphragm.

Crocodile Posture: Use this posture to cultivate diaphragmatic breathing.

Diaphragmatic Breathing: Inhale as the belly swells, the rib cage and collarbones rise. Exhale as the belly gently contracts.

Easy-Gentle Yoga I: This program stimulates and massages the lymph system, joints, glands and muscles. (8 minutes)

Easy-Gentle Yoga II: Practice the Seven Standing Postures and receive the physiological benefits of 25 yoga postures. (12 minutes)

Survey of the Body: As you mindfully scan the body before meditation, vital energy (prana) can heal damaged cells.

PRACTICE TOOLS

Abhyasa: Continuous Practice. You have to do the practice. You have to do the practice. You have to do the practice!

Contemplation: Do this practice at a time separate from your seated meditation.

God-Centered Prayer: According to your tradition, pray for strength to choose the Shreya over the Preya in thought, word & deed.

Mantra Japa: Listen to the mantra throughout the day and gain love, fearlessness and strength from it.

Mantra Walk: Take a 15 or 20 minute brisk walk while listening to your mantra.

Meditation-in-Action: Base all your outer actions on your Inner Wisdom.

Niyamas: purity (*saucha*), contentment (*santosha*) austerity (*tapas*), self-study (*swadhyaya*) and surrender to Truth (*Isvara pranidhana*)

Read a Portion of *The Heart and Science of Yoga Daily*: (or a scripture, or an inspiring book recommended by your teacher).

Repentance: "I will not repeat my previous unskillful action which has served the *preya* and avoided the *shreya*."

Satsang: Keep the company of like-minded seekers. The company you keep is stronger than the personality's will.

Seated Silent Meditation: Meditate both morning and evening with your mantra— even if only for a few minutes.

Vairagya (Detachment/Non-attachment): Detach from old habits that conflict with your Inner Wisdom before acting.

Yamas: non-injury (*ahimsa*), truthfulness (*satya*), non-stealing (*asteya*), moderation of energy (*brahmacharya*), non-possessiveness (*aparigraha*)

(518) 674-8714: If you need clarification on your practice, call your teacher (the teacher is you—only in a different form).