

MtM Session – Visual/Touring

- Q&A from last week's experiences.
- Eckhart Tolle, "The knower who dwells behind the thinker."
This week we will cover a couple of short TOURING/VISUAL meditations, but first
A brief 8 minute YouTube video **Get Rid of Fear and Anxiety** by Eckhart Tolle
<https://www.youtube.com/watch?v=Ze0-vGa-MQ8> (8:09 minutes)
- This meditation visually takes you on a walk in the woods and onto a meadow.

Happiness Meditation to Deeply Relax, Geoffrey Favaloro (Insight Timer 5:16 minutes) – Q&A

- Water is elemental. We, ourselves, are composed mostly of water. Water easily separates to allow passage of anything. Visualize a body of water held in a basin by earth itself. The depths of the lake are reservoirs of your thoughts and feelings holding (accepting) all the qualities of mind and body. See the colors, the movements on the surface...ripples and waves.

The following meditation starts by asking you to lie down. You can do this short meditation sitting. Also the Meditation ends without saying it is over.

Healing Lake Meditation, Jon Kabot-Zinn (Insight Timer 6:45 minutes) – One of the meditations Jon uses in his Mindful-base Stress Reduction (MBSR) program. – Q&A

- The next meditation uses sounds of ocean waves and buoy bells – may I be safe, peaceful, be kind and compassionate to myself, accept myself as I am.

Another Good Day, Andrew Reeves (Insight Timer 5:20 minutes) – Q&A

- Let's do a basic breathing meditation for 10 minutes without any recorded guidance. Be present. Let's start...
- Q&A

CLOSING

- Do you have any preferential sittings styles?