

Here Now Meditations Anytime Anywhere

Sat Mindo



1. Freedom Here Now

1. Acknowledge what you See Externally
2. Acknowledge what you See Inside you (emotion, feeling, thought, energy)
3. Acknowledge that you are Aware of emotion, feeling, thought or energy - is that a yes? - Pause
4. Who is Aware? - Pause, don't answer, don't move
5. Awareness is Already Always Aware
6. Practice Awareness Anytime Anywhere as Freedom from all that is externally and internally

2. Get Lost in Bliss

1. Notice your Attention or your Focus
2. Focus Externally or Internally on anything
3. Expand the boundary of Attention or your Focus
4. Drop your Attention into Boundless Present Space
5. You are that Boundless Present Aware Open Space Here Now
6. It is Warm and Shining Aware Self Illuminating Light as Bliss
7. Practice Awareness Anytime Anywhere as Boundless Shining Seeing Awareness

3. Melt in Love

1. What are you Focusing on Now?
2. Soften your Focus or Attention
3. Relax your Heart
4. Drop your Attention into the Heart Space
5. Love is Softness in your Heart, Love is surrounding your Heart
6. Breathe into the Heart from behind and soften
7. Melt in Love Anytime Anywhere