



Listening to the Sounds of the Cosmos with Goddess Saraswati

Listen, listen, listen
to my heart's song. (2x)

I will never forget thee;
I will never forsake thee. (2x)

Paramahansa Yogananda

Expanding what is Meditation: Practices to Shift and Soften Awareness so You Can Hear the Whispers of Eternity

Note: This list is not exhaustive ~ it is a beginning only. The possibilities are endless.

Notice the sensations in your body.
Engage in Yoga poses with conscious awareness.
Hold a posture for an extended time, and watch the flow that arises in the stillness.
Allow spontaneous posture to arise in your body.
Go for a walk with awareness on body sensation.
Slow, meditative walking.
Ecstatic dance.
Sacred circle dance.

Give yourself a warm oil massage (abhyanga).

Notice feelings and emotions in the heart.

Practice mindfulness on the breath.
Count the length of each inhalation and exhalation.
Practice Yogic breathing practices (pranayama)
Repeat a simple awareness prayer or poem with the breath.

Sit on a mountain, and feel the power and quiet of the earth.
Dig a hole in the earth, and sit with the surface of the earth at your waist.
Sit by a river or other body of water, and watch the water flow.
Sit with a tree, and allow its presence to quiet your mind.
Green the sun, and receive its generosity into your being.
Gaze at the Moon, and receive its beauty.
Gaze at the flame of a candle.
Star gaze.
Watch a sunset or sunrise.
Go on a spiritual pilgrimage, walking through or around a sacred landscape.

Listen to the sound of a bell or gong.
Chant "om" or another seed sound aloud.
Use a mala or rosary to consciously repeat a mantra.
Sit quietly and simply allow a seed mantra "bija mantra" to arise in the mind.
Notice the creative arising in the mind in a relaxed way.
Let the mind rest on the energetic center of the heart.
Let the mind rest on the energetic center of the third eye.

Engage in your favorite creative endeavor.
Put on your favorite music -- Mozart -- and cook or clean.

Draw, color, or paint mandalas.
Ditto with the Yantras (sacred shape figures) of the Goddess.
Create a rangoli (sacred drawing) in chalk or rice powder outside your home.
Internally visualize a yantra or Goddess.

Gaze into the eyes of someone you love.
Watch the presence of a newborn.
Spend time with a pet, stroking and connecting.
Watch a child sleep.
Spend quiet time with someone who is close to death.

Open your body sexually and feel the totality of your body and heart.

Take a break from your busy day, and simply sit to let your mind relax.
Try a "one-minute" meditation.
Practice loving kindness (metta) meditation (sending blessings to a specific person or all beings)
Sit quietly in a sacred circle (*sangha*) dedicated to spiritual practice.