

CONCENTRATION MEDITATION TRAINING

- Concentrate awareness for a deeper, richer knowing
- Awaken and connect to the center of being
- Open to wisdom and peace for true meaning and understanding
- Focus and direct energy for health and communication
- Understand the use of will for change and direction
- Direct the power of intention for ongoing development
- Practice relaxing and letting go of old patterns
- Bring forth soul resources for guidance, strength and well being
- Overcome the resistance to meditation and create a meditation practice

Concentration Meditation Training was developed from the Psychology of Yoga. Concentrate awareness, contemplation and self-reflection for inner growth and development. Bring forward an array of inner resources for skill and ease in living. Bring the fruits of meditation: knowledge, love, service and integration into practice. This course is for the beginner and non-beginner. Meditations are done sitting in chairs

Student Learning Outcomes

Students will be able to:

Focus concentration and awareness for contemplation and self-reflection

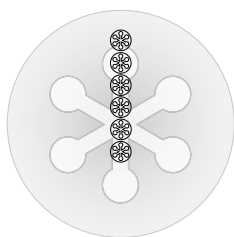
Evaluate stress levels before and after meditation

Exercise will for challenges and opportunities

Practice clarity for problem solving

Write meditation and dream journal entries

Design a meditation practice to fit their lifestyles



MEDITATION OF THE SOUL

Yoga or (union) means the union of the soul and the transcendent. The word yoga is often associated with yoga postures, although there are many kinds of yoga. Integral yoga or the complete yoga, is lesser known. It is a fourfold path of yoga: knowledge for the mind, devotion for the heart, works for the will, and transformation of the whole nature.

In Integral Yoga, Concentration Meditation increases contemplation, self-reflection and observation to direct consciousness inward for deepening and widening. Concentration trains the will to fade outer distractions. The connection to higher and inner forces brings an infilling of peace and light. Concentrating awareness above the head awakens a universal connection of oneness.

Concentration Meditation also focuses inward to the soul. Deep within the heart center a flame or spark of being is revealed: an eternal or universal Shakti (energy). This twofold experience brings a union with this eternal part of self and its source. As you connect with your soul, guidance and ongoing inspiration is given. Continuous soul reflection aids transformation and a realization of true potential. Part of our nature is willing to awaken to this new soul alignment, while other parts need a process of refinement to reveal their true nature.

Concentration Meditation brings light and peace to uplift the nature and the soul guides, inspires, and transforms the life. The surface life gives way to an inner life as a deeper, truer understanding comes forward. This truer self and consciousness begins to shape the quality of our life and the fulfillment of our life purpose.

Class 1

Definitions
Meditation and Concentration
Consciousness
Awareness, Will/Force

Preparation
Descent
Intention

METHOD
Inner guidance/soul opening
Detachment/ what is not oneself
Witness Observer/ Inner Being

Summary
Concentration
Descent of Consciousness
Awareness of Being

Class 2

Soul Consciousness
Transcendent Awareness

Conditions
Calm Mind, Transformation
Intention for Presence

METHOD
Concentration in the Heart
Opening up to the Influence
Invoking Presence

The Power Within
Sincerity
Realization of the True Self

Class 3

Self-integration
Awakening to inner self and inner growth

METHOD
Awareness of parts of self
Process of transformation

Inner Guidance
Resistance

Review
Awareness of Being
Descent of Consciousness
Soul Awareness
Transcendent Presence

CONCENTRATION • CLARITY

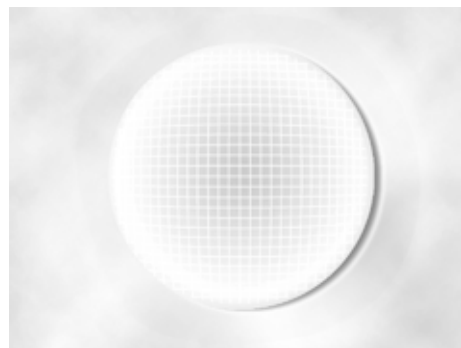
• **CENTERING • ENERGY • INSPIRATION •**

SPIRIT • MIND • EMOTIONS • BODY

• **INTENSION • TRANSFORMATION • SOUL**

• **BEING • SILENCE • WISDOM • STRENGTH**

• **HARMONY • PEACE**



BIO

Margaret Astrid Phanes, M.A., MFT: visionary and trainer has taught meditation for 25 years. She has created books and art on meditation. She is a facilitator for the University of Tomorrow, India.