



2.1.3

Multidimensional Meditation - Reflection

Dot and Void

Reflect on theory and practice of the first step of Multidimensional Meditation.

Theory

- Why are you here?
- Why do meditation?
- How to identify your progress or assess the direction of movement?

Practice

- Relaxation, finding space
- Do it on the go?
- Is it hard to direct the mind? Or is it a relaxing moment for you?