

# Meditations on rising and falling

University of Wisconsin Press - Meditation on the Goddess



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-Meditations on rising and falling

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Brittingham prize in poetry, 2008Meditations on rising and falling

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## How to Meditate

So that the mist goes out from you directed like a beam of light that surrounds a suffering being with light, with presence, with peace. Bring the awareness back to the basic primary object of meditation.

## Beginning Vipassana Meditation

A sensation in the body.

## Vipassana or Insight Meditation

But sometimes you might want to open your eyes, such as when changing posture. Focusing on the breath or other phenomena as they are becomes a means by which we begin to understand reality and life in a wider sense. Observe and concentrate on the expansion and contraction of the abdomen from the start until the end of the process.

## An Introduction to Meditation • Ram Dass

And then once again, return the awareness to the breathing in, breathing out, or to the rising and falling.

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