

~ MEDITATION GUIDE ~

Compassion



Copyright 2020 © by Tergar International. All rights reserved.

This text is published as part of the Tergar Meditation Community Joy of Living meditation training program, created by Yongey Mingyur Rinpoche.

For more information, please contact: Tergar Meditation Community
tlcsupport@tergar.org
study@tergar.org



Index

Introduction to the Guide	4
The Key Point of Meditation	4
The Basics	5
Formal Meditation	8
Daily Life Practice	10
Track Your Practice	11



Introduction to the Guide

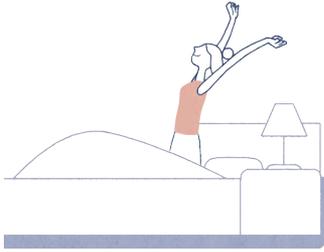
This guide is meant to give you a brief overview of the basics of meditation practice as presented by Mingyur Rinpoche and Tergar. Detailed instructions are found in the course itself.

The Key Points of Meditation

Meditation is the process of bringing awareness to everything we encounter. When we embrace the unfolding of experience with mindful awareness, we are not trying to change or become “better” people. Rather, we are learning to see that awareness itself is a source of contentment and joy and one that we can learn to connect with anytime, anywhere, even in the midst of challenging situations. There are no “wrong” experiences when we meditate; whatever arises in the present moment can be embraced with awareness, whether in daily life or in a formal meditation session.



The Basics



WHEN

The ideal time to meditate depends on the individual. For some, it may work to wake up a few minutes early each day and meditate first thing in the morning. Others prefer to meditate before going to bed or before dinner. Whatever the case, it is helpful to pick a time and place in which you can practice every day. Make it a part of your daily routine.



WHERE

Find a spot that feels inspiring and conducive to practice. It does not need to be a quiet spot, but it is helpful if you can remain uninterrupted for the duration of your meditation session. We recommend placing your phone in airplane mode during your formal meditation sessions.



HOW LONG

We recommended that you meditate for periods that feel doable to you. As a general rule, always meditate less than you know you can. For example: if you know you can meditate for 10 minutes, sit for 8 minutes. Ending



the session on a good note leaves a positive imprint in your mind, inspiring you to come back to your cushion again and again. The goal is not to sit as long as possible, but to make meditation a daily habit. Once you have established a habit of meditating, you can gradually lengthen your sessions.

To meet the meditation requirements for any given section, you must fulfill three components:



daily practice



minimum streak



total time for the section (suggested 7 days)



Below are the minimum requirements of formal meditation for completing each section of the course:

	 daily practice	 minimum streak	 total time (per section)
Section 1: Meditating on Basic Goodness and Compassion	15 min	5 days	75 min
Section 2: Meditating on Compassion for Oneself	15 min	5 days	75 min
Section 3: Meditating on Compassion for a Loved One	20 min	6 days	120 min
Section 4: Meditating on Compassion for a Neutral Person	20 min	6 days	120 min
Section 5: Meditating on Compassion for a Difficult Person	25 min	7 days	175 min
Section 6: Meditating on Compassion for All Beings	25 min	7 days	175 min



Formal Meditation

POSTURE

In terms of posture, keep your spine upright, while letting your muscles remain loose and relaxed. You may sit on a cushion on the floor or in a chair. If you choose the latter, make sure your feet are on the ground when you meditate. If possible, keep your eyes gently open, letting your gaze be natural and relaxed. If you find this difficult, however, it is perfectly fine to close your eyes.

MEDITATION

Having found a comfortable posture, begin by simply relaxing for a few moments. Take a few deep breaths, exhaling completely as after a long day at work or after exercising. There is no need to do anything, simply be.

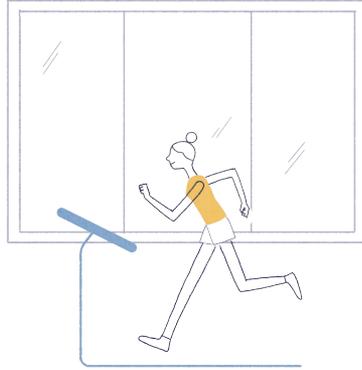
After a few moments, bring your awareness to whatever support you are using for that session. If you are meditating on the body, for example, you can either scan the body slowly from top to bottom or simply direct your awareness to whatever physical sensation is dominant at any given moment. Periodically, drop what you are doing and rest in open awareness – just be – bringing your awareness back to the body (or whatever support you are meditating on) whenever it feels natural to do so. In any given session, alternate between the support and open awareness.



Conclude your session by resting in open awareness. Make the aspiration that the practice you have just engaged in will help you connect with the true and lasting happiness within.



Daily Life Practice



Just as formal meditation sessions are a critical component of the path of meditation, it is equally important to bring awareness into your day-to-day life. Connecting with awareness can be done anytime, anywhere, under any circumstances – it is always available to you. Apply awareness for short times, many times throughout your day, starting with a few times a day, and then slowly increase the number as you progress in your practice. You can choose a specific area of your life, like relationships, to practice with for some time, before switching to a new area. You will be offered detailed instructions on how to practice in daily life for any given section in the course.



Track your Practice



The easiest way to keep track of your practice is to download the Tergar app onto your phone. You will find detailed instructions on how to use it in the app itself.

DOWNLOAD THE APP

You can download Tergar Meditation Tracker or sign up online at <https://app.tergar.org/>



