



THE PROCESS of MIND PURIFICATION

1/- Step 1: observe objectively your normal, natural breath

** to cultivate inward observation, to be mindful of your own body & recognize the bridge which connects your mind & body together

- Sit cross legs (full or half lotus) or on chair comfortably
- Keep your back straight, upright naturally
- Your head & neck are straight naturally, balancing your shoulders
- Let your arms rest along your sides relaxingly, palm on top the other
- Close your eyes, lips & have a half smile on your face
- Start with an awake, alert, quite and balancing mind
- Put all your attention at the entrance of your nostrils (area below the nostrils & above the upper lip)
- Observe your natural breath/respiration when it comes in or goes out
- Just observe your natural breath, DO NOT imagine any image, light, or color. DO NOT recite any name, number, word, etc...
- Fully aware of your respiration as it comes in or goes out. DO NOT confuse between them.
- Distinguish clearly between a fully conscious breath with a unmindful breath which you usually have in your daily life
- After a few breaths your mind may wonder away. As soon as you realize that, just bring it back to the area at the entrance of your nostrils with full attention, awake and alert
- If your mind wonders so often, you may breath a little harder with full intension and attention until you can maintain the continuity for more than a minute. Then, come back to your normal natural gentle breath with full awareness.

2/- Step 2: observe your normal, natural breath & feel the touch of it

** practice the same like step 1 above, but if you practiced correctly and seriously, your mind should be with your breaths longer for a few minutes. You can distinguish the incoming and the outgoing breaths very clearly as well as very gentle, natural breaths.

- Now when you pay more attention at the outer rings or the inner walls of your nostrils, you will feel the touch of your breaths/respirations when it comes in or goes out.
- If you cannot feel the touch of your breath when it is so gentle, you may breath a little harder, by this way you definitely can feel the touch of it. Mark the spots of touching and return to your normal, natural, gentle breath. You will find out that the touch of your normal, natural, gentle breaths will touch at the same spots

3/- Step 3: observe your normal, natural breath & the sensation around the nose area

** practice as the same like the step 2 above, but with the correct and concentrated practice, now you can feel the sensation appear/manifest on this area of your body.

- Sensation always manifest throughout your body at all time, but just pay attention to this area only.
- Sensation could be anything which you can feel by your physical body. It could be cold, heat, moisture, tingling, insect bite, insect scrolling, cold, hot, spasm, palpating, throbbing, itching, stretching, heaviness, lightness, ect...
- If you cannot feel any sensation, you may hold your breath for about ½ of a minute. This will help to sharp your mind and then you can feel sensation manifested on this part of your body. So, you can feel the touch of the respiration or sensations.
- You cannot create sensation. Therefore, you should not look for any special sensation and do not expect you will experience the same sensation as before or with other people.
- All sensations have the same characteristic, the characteristic of arising & passing away. It can come from any reason, any direction, any kind, good or bad, like or dislike, agreeable or disagreeable, all has the same characteristic.
- EVERYTHING IS CHANGING CONTINUOUSLY, IMPERMANENT.
- NO I, NO MY, NO MINE, no ego, no self.

4/- Step 4: observe the sensation throughout your body (surface) from head to feet

5/- Step 5: observe the sensation on your body from head to feet & feet to head

6/- Step 6: observe the sensation on your body symmetrically from head to feet

7/- Step 7: observe the sensation on your body symmetrically from both directions

8/- Step 8: observe the sensation throughout your body include the internal organs

9/- Step 9: penetrating, melting, throughout body & organs gentle vibrations