



五行冥想

Wu Xing Ming Xiang, Meditation

Wood Fire Earth Metal Water
木 火 土 金 水

Welcome

The following has been written to provide a basic introduction to the Meditation classes held by Wu Xing He Qi Dao.

Wu Xing Meditation as a practice and its outcomes are totally reliant on you, your effort, time and your commitment. Meditation techniques become your tools for your Life. Instructors are guides for you to become the Teacher.

Attending class:

Our classes are open to all over the age of 18 years. There is no advanced or beginners class in this meditation as we are all practicing and learning together. Hall practice is normally in the winter months as weather inhibits our normal class practice of being out in the Environment in Nature.

When you enter the hall please be respectful to the environment and practitioners. If the class has already started sit towards the back on the

cushions or in a chair as to not disrupt the class, and there is no need to look for permission to join in.

Before Meditation

It is Best not to eat food at least half an hour before Meditation, Avoid Coffee Alcohol and Smoking when Meditating as it will affect your progress and learning. The consumption of water during Meditation and Chanting is advisable.

Meditation Practice

Try to wear loose comfortable clothing, remove sharp objects from your pockets and place your shoes next to your cushion. Turn off your Mobile devices. Being physically inflexible, harbouring personal injuries or wearing tight clothing will make it more difficult to be comfortable in a seated floor position, therefore will affect your meditation practice and ability to relax, so choosing to be in a chair will be a better option.

When sitting choose a position that is comfortable for you and one that suits your body would be the best some common postures are lotus, half lotus, seiza or legs crossed. Try keeping your back straight and at the same time align your hips and spine so that gravity rests at the centre of your body meeting the point between your lower lumbar spinal vertebrae and pelvis.

Your hands can be cupped with the left hand supporting the right hand or relaxed hands and fingers facing up or down on your knees.

Your eyes can be open, half open or closed. Depending on meditation instruction different positions may be more beneficial to certain lessons. When first beginning Meditation it may be easier to have your eyes closed.

Breathing.

When Meditating allow your breath to remain natural and relaxed inhaling and exhaling through your nose. Relax your shoulders as this will allow a deeper, broader breath.

Where to Practice.

Having distractions around you is great meditation training, noisy sounds, smells, visual disturbance, good or bad are teaching you the tools to be calm, tranquil and have a present mind in many real-life situations. Meditation with others is good for collective energy and learning.

Class and Intensive Meditation Times.

For Wu Xing He Qi Dao times and locations please follow us on Facebook or on the Earthworks Centre website for events and times.

Personal Meditation Times

Consistency and effort in Meditation Practice is the Key, So it is important to set your meditation practice at the same time of the day. For beginners it is recommended to start with five Minutes in the Evening in Winter and reversed times in Summer, extending duration and intervals with experience.

Cost of meditation Class

Wu Xing He Qi Dao classes are free and you are welcome and invited to attend as many times as you wish.

Amitufo

Dedication of Merit

May the merits and virtues
accrued from this work
adorn the Buddha's Pure Land,
repay the Four Kindnesses above, and
relieve the sufferings of those
in the Three Paths below.

May those who see or hear of this
bring forth the heart
of understanding and compassion and,
at the end of this life,
be born together
in the Land of Ultimate Bliss

Namo Amitabha