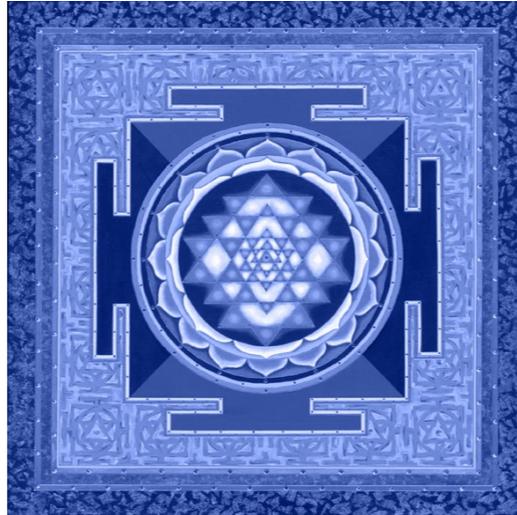


Mindfulness Techniques for Older Elementary

Sri Yantra/Geometrically Designed Picture



Direct Aim: To quiet the mind; to bring the mind to one point of focus; to take the mind from activity to stillness.

Indirect Aim: To respond with reflectiveness, openness, and calmness in all situations; to achieve, maintain, and preserve health and prevent disease in both mind and body.

Procedure:

1. Sit quietly, out of sunlight, in a comfortable seated position.
2. Prop the picture of the Sri Yantra up against something, or put it in a standing picture frame; it should be about one to two feet away from where you are sitting.
3. Allow your focus to settle on the dot in the center of the Sri Yantra and then allow your eyes to focus on the triangle surrounding the center dot and then all the triangles that surround it.
4. Expand your view further to include the concentric circles around the triangles.
5. Now bring your attention to the lotus petals surrounding the circles and notice that the petals are facing outwards as if they are opening.

6. Lastly gaze on the square surrounding all the geometric shapes and notice the four T-shaped gateways pointing towards the interior of the Sri Yantra.
7. Next gaze at the entire Sri Yantra and then without moving your head or your eyes focus back into the center of the Sri Yantra.
8. Now expand your focus, again without moving your head or your eyes.
9. Continue to gently expand your vision further and further outwards.
10. Then gently reverse the process and bring your attention back inwards to the center of the Sri Yantra.
11. Then gently reverse this pattern again by bringing your attention back outwards to the 'gates.'
12. Continue this process for about 5 minutes.
13. If your mind wanders, without judgment, bring your focus/awareness back to the Sri Yantra.
14. Once you have finished gazing at the Sri Yantra, sit quietly for a couple of minutes with your eyes closed just visualizing the process you have just completed.
15. After practicing this Mindfulness Technique for a week, try and increase the number of minutes in your Mindfulness practice; you may want to add one minute at a time until you can sit for 10 minutes.
16. Mindfulness practice is best done daily.

Notes:

In Vedic science, the Sri Yantra is created using the Fibonacci sequence and depicts the process of evolution (growing away from Source) and involution (moving from multiple layers back to Source) in the form of a visual meditation.

Extensions:

Students, once they have practiced using the Sri Yantra as a mindfulness technique, may create their own mandalas and use these in a similar way to create a visual Mindfulness guide.

Older Elementary Students:

Make sure that there is space in the day to be able to practice Mindfulness techniques. The coloring of mandalas is often a process that can help a student focus when listening