

Hello. So what I'm going to show you is the three-point meditation.

The history behind this meditation is very much in the Buddhist practice for the first part which is focusing on where the body is in space, which will be the first point of focus.

The second point of focus or well where we invite our students to listen to sound and the third part is really bringing the attention to the breath. Well that third part is common to just about any meditation practice or a lot of meditation practice that you will run into.

What I like to do when I'm sharing this with the students is in like all contemplative practice is to really let them know that this is an invitation and I repeat that word invitation a lot.

They could choose not to do it at all. I don't know what the nervous system of all those students in front of me is all about.

If anything could be triggering for them so to really create that space where they feel that they could even step out of the room. They could be doodling. My only requirement when I'm doing this with the students is that they turn off their phone or they close their computer to respect the space in within which we're doing this.

So we're inviting the students to first bring the attention to where the body is in space. I have I'm I'm sure I will be showing it to you while I'm sitting but again some people might want to do this while standing so it's that freedom is also really important.

You can take this practice and decide I'll just do the first part. I'll just do the part where I'm bringing them into where are you in space and that can become a practice and you can choose to do it like I will be showing you from the ground up. I like the sense of grounding.

I think nowadays it's very important but you might choose to do it somewhat differently. What's important is that you add a bit of a system and you can focus on the different body part.

You can choose to take out of this three-point meditation just focusing on sound.

What I have done I have taught a class called interviewing and as you understand when you're interviewing or wearing your communication with people listening is awfully important. So I'll invite the students and I'll just take that one part sometimes and invite them to listen to the classroom and it creates this great big space of silence and it typically brings the attention very much to the here and now which is what we want. Or you can choose to take only the third part which is focusing on the breath but again be mindful that focusing on the breath for some students can be triggering so the students might choose not to do that part. At the same time for a lot of students it brings a lot.

We always breathe and what matters is to focus on natural breath and invite them to stay with their natural breath. So a quick recap, the three-point meditation, make it an invitation.

You can choose to do the whole thing and you will do it your own way. You will use the words that are yours and it's always been I find quite welcome, very welcome by the students as it gives them tools to calm the mind and calm the body and just step away which is the nature of our contemplative practice from a lot of the intellectual work that we're doing even if it's very exciting and super interesting just to take that cause makes a huge difference. Thank you.