

Meditations to Get You Through, Sickness, Ageing and Death

Recommended teachers on Insight Timer

Bodhipaksa (ordained meditation teacher from the Triratna tradition). Has a very useful website – Wildmind.com with lots of information about how to meditate and guided meditations.

Stephan Pende Wormland (formerly a monk in the Tibetan tradition, now a psychologist practising in Denmark and leading meditation groups.)

Michael Stone, Canadian yoga and Dharma teacher who struggled with mental health and died just a few years ago at age 40. His meditations are in Insight Timer and at Michaelstoneteaching.com

Hugh Byrne, lay meditation teacher from the UK now living in the US. Often uses poetry in his meditations.

Vidyamala Burch, originally from NZ, now a member of the Triratna Order in the UK. Vidyamala uses a wheelchair much of the time following a spinal injury in adolescence. She is the founder of the Breathworks Foundation for the use of mindfulness in pain management. She presented for AABCAP.

Meditations

Body Scan – there are countless versions. Stephan Pende Wormland has a nice one on Insight Timer - *Compassionate Body Scan*.

Whole body breathing. Bodhipaksa has free guided versions of this meditation on his own site, Wildmind.com, on Youtube and on Insight Timer. Michael Stone has Mindfulness of the Breathing Body on his website michaelstoneteaching.com

Healing Practice - A very simple healing practice which I developed for myself based on the body scan. Breathing into each part of the body in turn and repeating to yourself, Breathing into (this part of the body), cleansing (this part of the body), nourishing (this part of the body), strengthening (this part of the body), healing (this part of the body). You can repeat the process any number of times for any part of the body that is particularly in need of healing.

Pain – Vidyamala Burch's pain meditation

1. the pain, it's like this
2. and this is also happening at the same time and its pleasant (eg the breeze on my cheek, the warmth of the sunlight, the bird singing)
3. and there are also all these other people in the world, many of them I know & care about, many suffering – may all of us one day be well and happy.

Loving Kindness (Metta) practice – because pain and illness are isolating and we need to reconnect with others, remind ourselves that we are all going through this, and cultivate gratitude for all the people who love and care for us.

6 Elements (earth, water, fire, air, space and consciousness)

Bodhipaksa has versions on Wildmind and Insight Timer. The version I used today is on Youtube In a Talk titled 'The Shape-Shifting Self' - <https://www.youtube.com/watch?v=gD95OiQqsNA>
The meditation starts at approximately 30 minutes in.