

Instructions for Final Meditation Project

The topic for the final Meditation project is what you got out of this class, which can mean what you are taking from the class, what you learned during the class, what you experienced during the class, or what you experienced during meditation, etc..... to name a few possibilities. I am hoping that you will take the topic and run with it; be creative. It can be a poem, a work of art, a dance, whatever you feel is creative. If you choose to write a paper, it should be no longer than two pages and to the point. It can be as little as a paragraph, a sentence, or a single word. What I'm looking for is quality and not quantity, along with a great deal of creativity.

Here's the heart of the project; I want you to complete your assignment using your right brain! How do you do that? Remember the exercise we did by breathing through our nostrils onto a mirror. If the left nostril fog pattern was larger than the right that indicates that your right brain is dominate at that time. It's during this right brain dominance period that I want you to complete the assignment. If both nostrils are equal that's okay to. What if the right nostril is dominate when you check? Well remember our alternate nostril breathing exercise. If you practice it you should be able balance out both nostrils. If you cover only the right nostril, you should be able to dilate the left nostril. If it doesn't happen, don't force it. In that case just complete your assignment no matter what nostril is dominate, and let me know what was happening with your nostrils when you tried.

Just do your best and give it a try!

Good Luck, Warren Garstecki

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