

Statements

A. L. This is one thing I took with me from the course. I have control over my reactions and can decide how I want to respond.

A. P. Z. The silence gives the body time to recover. It's another situation where meditation helps – as is often the case.

C. B. Wonderful! It was very quick to enter into meditation. I was also able to easily “let go” of thoughts and ignore other sounds.

How was it? – It was easy! I was even able to completely forget and tune out the other people. I was completely with myself.

C. M. After waking up I did a sitting meditation for 10 minutes. It helped me greatly to put my thoughts in order and to start the day with a clear head.

F. E. I really like the practice of loving kindness. I think a lot more people should do this kind of exercise.

F. S. The wind got stronger and weaker – just as my thoughts did.

J. Z. When I went for a walk on the weekend, I walked mindfully, perceiving intensively the movements of my body and the different surfaces and concentrating only on walking. I was able to sort out my thoughts and afterwards I felt clear in my head.

Bit by bit the meditation exercises are exhibiting positive effects in my life.

I was very aware of my breath between the two exercises. He led the way and I followed him. I was totally content.

M. B.

I find it difficult not to pay attention to noises (construction noise, dog, voices).

I immediately start to evaluate everything that happens while meditating.

I was only able to keep a state of concentration for a very short time (my head rather planned this entry ...)

M. K.

During the body scan I partly drifted off towards sleep ...

Nature is a great “location for meditation”.

In my everyday life my thoughts often jump from one topic to the next. I then feel stressed and often put myself under pressure. The peace and quiet inside me is missing. Therefore I am happy that I have had the opportunity to participate in the “Meditation” seminar “as part of my studies. To experience different things concerning meditation and to let go of my fears, to some extent, through meditation exercises in order to be more “centered” again.

M. M.

For me, the mantra is like a wheel, on which I can ride without getting off. Internally it allows me to feel free. Completely undisturbed by thoughts. The mantra hinders any thoughts or distractions.

N. H.

Today’s meditation was like arriving, coming home, feeling content.

I did a sitting meditation for about 20 minutes in which I concentrated only on my breathing.

N. S.



Meditation im Hochschulkontext am Beispiel des Münchner Modells



The film *Shanti* (Bachelor thesis, see p. 70) is available at www.hm.edu/meditationsmodell.