



THE URBAN MONK INNER STILLNESS TRAINING PROGRAM

How to Open Up and Awaken to the Infinite River of Life

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SESSION 1: DRINKING FROM INFINITY

1. Introduction to Session One
2. Finding your inner space
3. General lifestyle practices
4. Honing the attention, calming the mind
5. Guided Practice: Upper Lip Awareness
6. Guided Practice: Tip of Nose Focused Breathing
7. Guided Practice: Progressive Relaxation
8. Guided Practice: Checking In

SESSION 2: CONNECTING WITH THE ROOT OF LIFE

9. Introduction to Session Two
10. Accessing the lower dantien
11. Defining the parameters of the lower dantien
12. Guided Practice: Wu Qi Posture
13. Guided Practice: Circling the Dantien
14. Guided Practice: Tapping
15. Guided Practice: The Earth Meditation
16. Guided Practice: The Big Draw (Part I)

SESSION 3: MOVING WITH QI

17. Introduction to Session Three
18. The fundamentals of keeping the body active
19. Being vibrantly alive
20. Guided Practice: The Microcosmic Orbit
21. Guided Practice: Reverse Microcosmic Orbit
22. Guided Practice: Active Scanning
23. Guided Meditation: Lightbulb Meditation
24. Guided Practice: Shaking Qi Gong

SESSION 4: THE JOURNEY UPWARDS

25. Introduction to Session Four
26. Activating the light of awareness
27. Moving energy up the spine
28. Understanding elements of wood and water to explore the spectrum of anger
29. Appropriately balancing uneven elements of earth, metal, and fire
30. Guided Practice: Moving Difficult Emotions Toward the Light of Awareness
31. Guided Practice: The Big Draw (Part II)
32. Guided Practice: Kidney Breathing
33. Guided Practice: Moon Gazing Meditation

SESSION 5: OPENING THE HEART

34. Introduction to Session Five
35. Accessing the heart: our most potent spiritual organ
36. Aligning to the energy of the heart, heaven, and earth
37. Guided Practice: Returning to the Big Draw
38. Guided Practice: Cycling the Central Channel
39. Guided Meditation: The Sky Meditation
40. Guided Practice: Freeze Frame Forgiveness

SESSION 6: OPENING TO THE GOLDEN FLOWER

41. Introduction to Session Six
42. Reviewing the fundamentals
43. Shifting the light of awareness
44. Dying to the immortal self
45. Building your proficiency in practice
46. Guided Practice: Bridging the Heart to the Brain Using the Tongue
47. Guided Meditation: Tip of the Nose Meditation
48. Guided Practice: Focusing on the Third Eye
49. Guided Practice: Taoist Steam Exercise
50. Guided Practice: Seeing the Golden Flower
51. Final thoughts on the great work