



# THE TEACHINGS

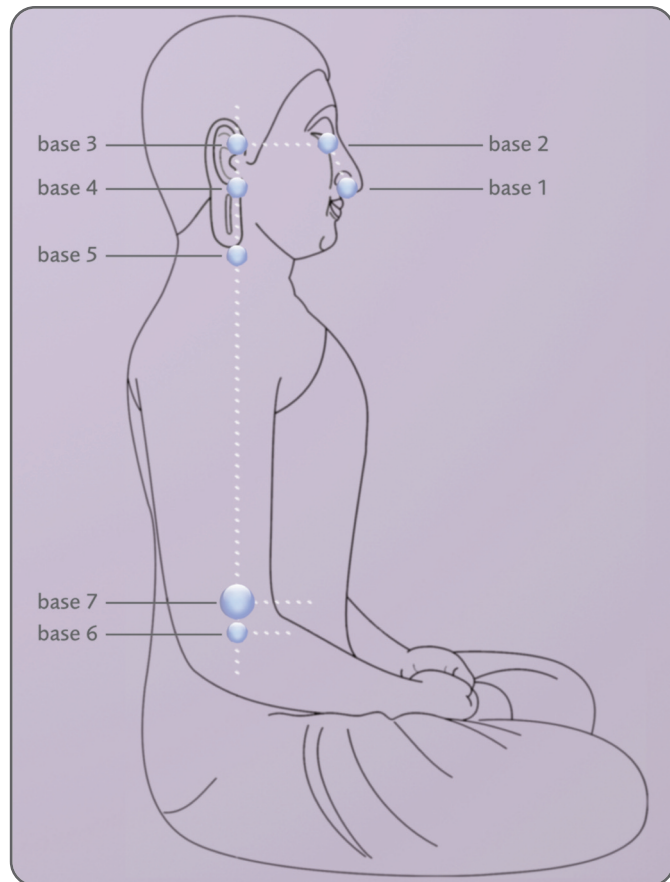
Seven Bases of the Mind

VIJJA DHAMMAKAYA  
MEDITATION SOCIETY

## Experience Vijja Dhammakaya Now

The Vijja Dhammakaya Meditation Society wishes to share the profound wisdom of Vijja Dhammakaya Meditation and invites you to read the following Teaching.

You will gain insights into how Vijja Dhammakaya Meditation can help you reduce stress and become more self-aware.



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SEVEN  
BASES OF THE  
MIND

**Meditation Posture:**

1. Start by finding a comfortable position for yourself in meditation. Sit in an upright position and place your right leg on your left leg, position your hands palm upwards in your lap with the right index finger touching your left thumb. Or you can adopt any other looser variation of this position, such as sitting on a sofa, or in your favourite chair, lying down on your bed, taking a walk in the garden or sitting in a secluded corner. It is important that you feel relaxed in order to maintain a comfortable posture; as this will help you attain a feeling as if you are one with the ground that you are sat upon.

2. Close your eyes very gently and relax every part of your body beginning with the muscles in your face, neck, shoulders and arms, relax them all completely. Relax the chest, the lower body and your legs. Never forget the importance to release all the tension and stress from your body.

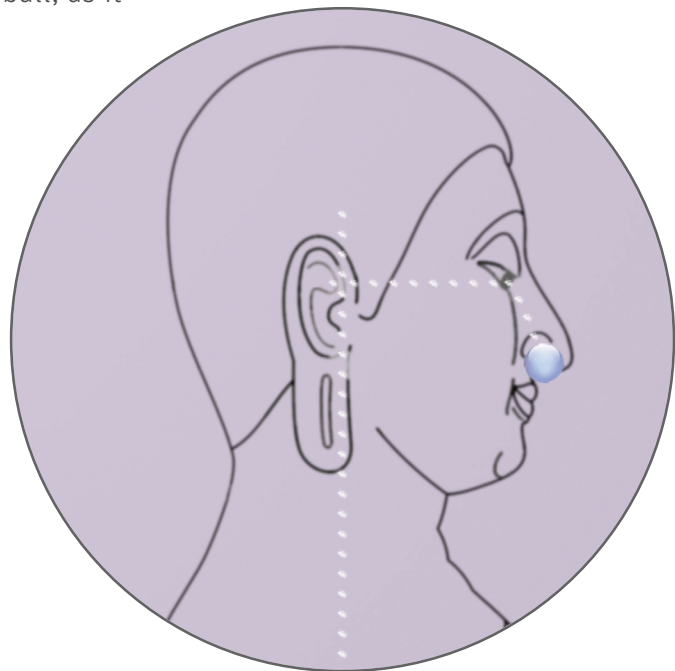
3. Put aside for a few moments all anxieties concerning everyday life, responsibilities, work, friends and family. It is important to experience a sense of sitting all alone and around you there appears a vast emptiness with nothing in it.





**Base 1:**

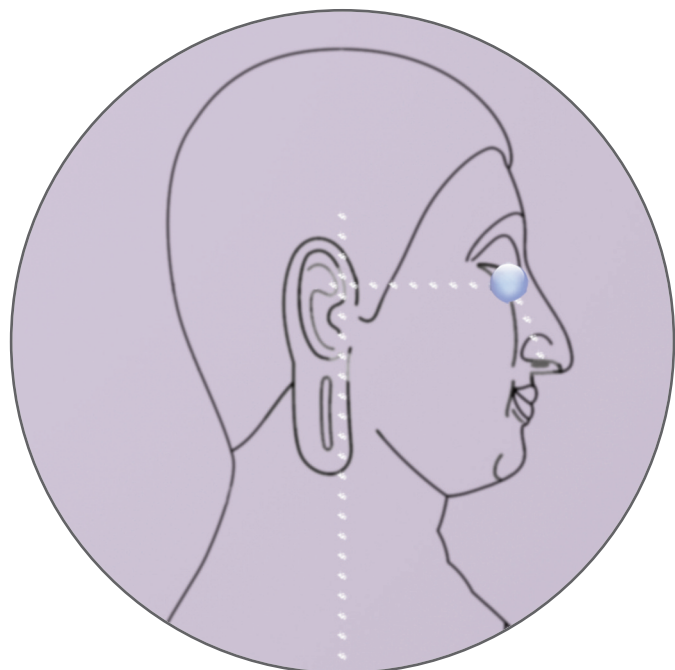
Visualise a clear crystal ball roughly the size of your little fingertip. Position the crystal ball at the edge of your nostril (the first base), left side for women, and right side for men. Allow your mind to come to a standstill at the centre of the crystal ball, and recite the mantra to yourself, Samma-Arahang (3 times), retain your mind at the centre of the crystal ball, as it grows brighter and clearer.





**Base 2:**

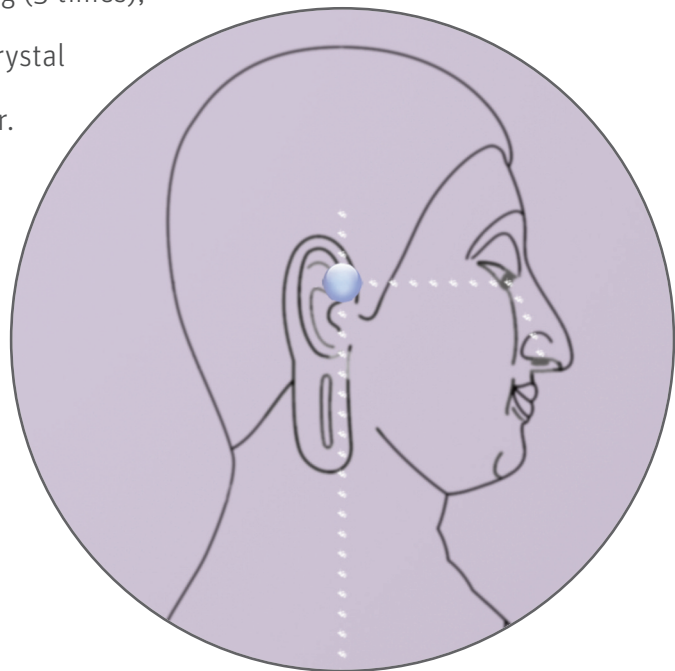
Move the crystal ball to the second base at the corner of the eye socket, just below the tear duct, left side for women, and right side for men. Maintain your mind at a standstill, at the centre of the crystal ball, and recite the mantra to yourself, Samma-Arahang (3 times), retain your mind at the centre of the crystal ball, as it grows brighter and clearer.



# 3

## Base 3:

Move the crystal ball to the third base at the centre of the skull inside your head. Roll your eyes upwards inside your head, a technique which allows you to send your mind inwards similar to falling asleep, the crystal ball will rest there automatically. Maintain your mind at a standstill, at the centre of the crystal ball, and recite the mantra to yourself, Samma-Arahang (3 times), retain your mind at the centre of the crystal ball, as it grows brighter and clearer.



# 4

## Base 4:

Move the crystal ball to the forth base at the opening of the pharynx (part of the throat situated immediately behind the mouth and nasal cavity) and make a wish in your mind at a point where the crystal ball will automatically rest. Maintain your mind at a standstill, at the centre of the crystal ball, and recite the mantra to yourself, Samma-Arahang (3 times), retain your mind at the centre of the crystal ball, as it grows brighter and clearer.







**Base 5:**

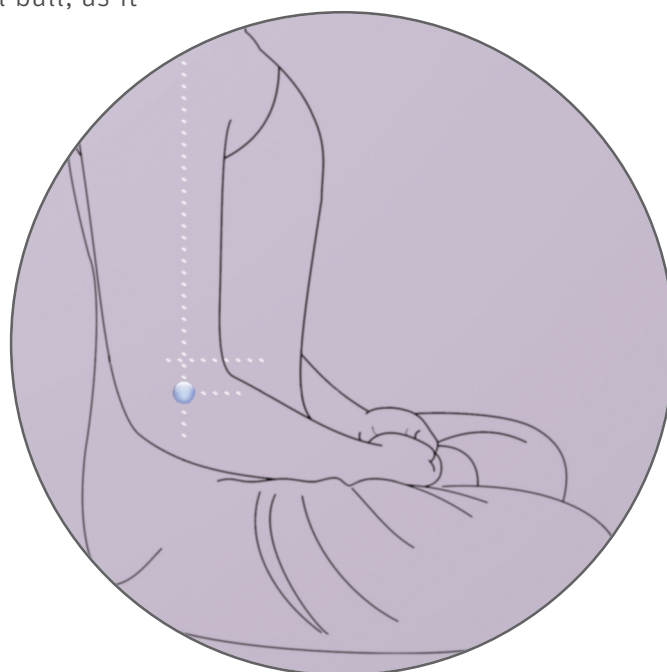
Move the crystal ball to the fifth base at the opening of the throat, a little above the Laryngeal prominence (commonly known as the Adam's apple). Maintain your mind at a standstill, at the centre of the crystal ball, and recite the mantra to yourself, Samma-Arahang (3 times), retain your mind at the centre of the crystal ball, as it grows brighter and clearer.



# 6

## Base 6:

Move the crystal ball to the sixth base at the centre of your stomach at a position level with your navel. Visualise two lines, the first line goes from your navel to your back and the second goes from the right to the left side of your body, move the crystal ball to the point where the lines intersect. Maintain your mind at a standstill, at the centre of the crystal ball, and recite the mantra to yourself, Samma-Arahang (3 times), retain your mind at the centre of the crystal ball, as it grows brighter and clearer.

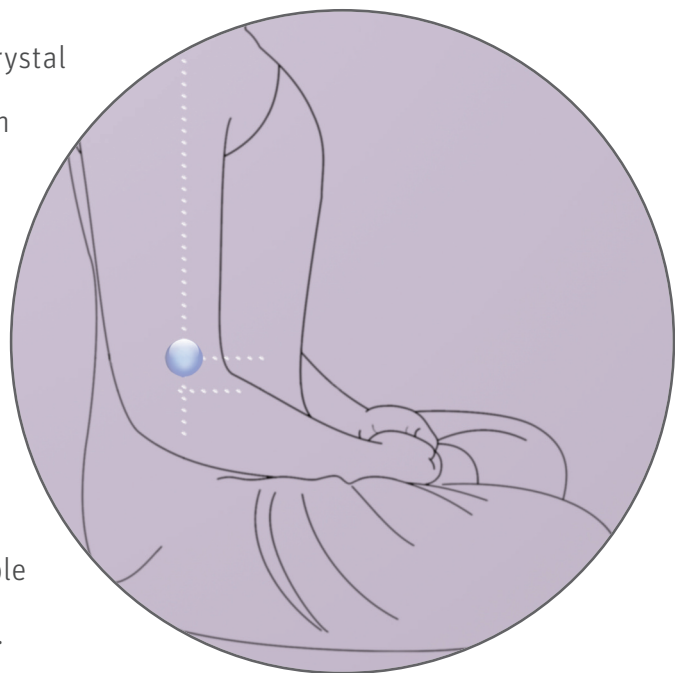




### Base 7:

Move the crystal ball to the seventh base, commonly referred to as the centre of the body and is located two finger widths above the sixth base. Maintain your mind at a standstill at the centre of the crystal ball and recite the mantra to yourself; Samma-Arahang. Continue reciting the mantra while at the same time positioning your mind at the centre of the crystal ball as it grows brighter and becomes more and more translucent.

We conclude this session when the crystal ball becomes the Thamma sphere. On seeing the Thamma sphere your mind will feel completely relaxed and filled with thoughts of happiness and joy enabling you to forget all concerns with your everyday life. Continue to focus your attention on the Seventh Base for as long as possible until you reach the appropriate time.



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