

~ **GUIDE CARDS** ~

for use in *A Course in Meditation*

Use the full set, 1-11, only once  
for the first meditation in Lesson Three.

Use the subset 1,2,4,5,8,9 (marked, ☺)  
for guided meditations in Lessons Four and Five  
and occasionally for a refresher after the course.

*Do not use cards or other devices for daily sittings.*

Copyright © 2001 by Theodore Koushun Phelps  
Published by Natural Meditation Initiatives, PO Box 479, Valatie, NY 12184  
[www.natural-meditation.org](http://www.natural-meditation.org)

1

For about one minute,  
with eyes closed,  
let your thoughts flow as they will.

Recall the room you are in  
a few times.  
Then open your eyes.



2

For about one minute,  
with eyes closed,  
let your thoughts flow as they will,

Recall the room a few times  
**thinking the word "Room"**.  
Then open your eyes.



3

In the same easy way,  
recall **yourself**,  
thinking **your name**.

After a minute or so,  
open your eyes.

**4**

This time, recall yourself,  
thinking **the phrase "I am"**.

After a minute or so,  
open your eyes.



**5**

Go **two** minutes  
in the same easy way,  
recalling the phrase "I am",  
letting thoughts flow easily.

Open your eyes after **two** minutes.



**6**

This time, go about **five** minutes  
recalling the phrase "I am"  
every few moments,  
without reciting the phrase  
precisely.

Just recall the phrase as you  
recalled the room and yourself.

**7**

If you feel gentle and easy, go on.  
Otherwise, return one time to card  
#4 and proceed from there.

Take is easy.

Recalling is not a mental drill.  
It happens naturally each time you  
remember that you are meditating.

**8**

Now meditate for **15 minutes** recalling the phrase "I am" every few moments, letting thoughts flow easily.

Time this at 15 minutes, but do not worry about the time.



**9**

~ after 15-minutes of meditation ~

Close your eyes again **for a couple of minutes.**

Come out gradually.  
Think about whatever you like.



**10**

If you feel easy and refreshed, you have correctly meditated.

Return to the steps in the *Guide*. Make notes in your journal, but do not spend more than 15 minutes doing that today.

**11**

Meditate for 20 minutes twice a day during the course.

Schedule it so that it is: not right after a meal and not just before sleeping

Do Lesson Four tomorrow.