

CaraMayan as meditation

- ✚ CM is peaceful and calming.
- ✚ The movement is slow, rhythmical and repeated together with a pattern of deep breathing along with the movements.
- ✚ The music has been chosen or composed to have the same effect.
- ✚ The movements mirror the meaning of the words from scripture and so help participants to remember and think about the scripture as the movement pattern for group of words is repeated four times – once with the words spoken and 3 times without the words.
- ✚ The scripture is taken mostly from the Old Testament, often from the psalms, but also from the New Testament.
- ✚ The Floor exercises are based on 7 images – Tree, Tent, Diamond, Wave, V for Vision and Victor, Trinity Triangle and Arise and Shine with scriptures using these images.
- ✚ The exercises reflect the image in their shapes and movements.

