

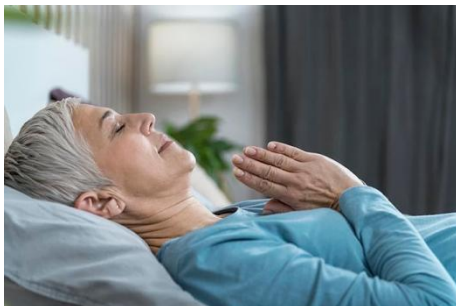
A GUIDE TO MEDITATION

This is a guide to help you better understand and practice the five forms of meditation that I mentioned in ‘6 Keys to Caring for Yourself’.

Meditation is not only about sitting for extended periods of time, looking within. The practice of meditation should lead to an ongoing state of Mindfulness, where you are able to effectively tune into yourself and your environment at any time, even in the midst of activity, as a process of maintaining a state of Conscious-Awareness. Meditation is a very important part of learning to get into the drivers seat of your mind and consistently stay there.

There are many good books and CDs about meditation available today and so much on the internet, such as meditation/mindfulness Apps. There are also many good meditation teachers who offer courses and ongoing groups. However, be wary of any teachers or meditation doctrines that claim that their meditation technique is the best and only way. There is no one type of meditation that suits everyone. It is better to learn from various techniques and philosophies and develop your own meditation “tool kit” based on, but not necessarily limited to, the five forms of meditation that I have already mentioned. Your meditation style must also adapt to your ongoing needs and stage of growth.

1. Relaxation Meditation



- Relaxation meditation is about letting go.
- Letting go is about Acceptance; letting everything be; not being in conflict with anything.

- Letting go helps you to step away from your mind’s tendency to project its conditioning/fear-based imagination onto reality (catastrophizing), which is a major cause of stress and anxiety.
- Relaxation meditation is like stepping off the world, but without rejecting it, and into a sanctuary of Loving Kindness/Universal Love, where you are One with Life.
- Here you are Accepting and getting used to being in the truth that your worthiness is without question; that it is simply a fundamental factor of your existence; that the world does not own your Love or your Worthiness.
- Relaxation meditation is creating a sanctuary for yourself where you are totally free to be yourself, including Accepting your body as it is.
- Remember, Acceptance does not mean putting up with a set of circumstances and conditions that don’t honour you or match your potential. Acceptance means learning, growing and changing because you Accept, Love and Care for yourself, not because you dislike yourself and don’t think you are good enough. Accepting your body is a good example. Fitness and body weight becomes about finding a natural healthy balance according to your body type, leading to a peaceful mind. It is not about seeking approval from others, according to disempowering arbitrary social fashions, leading to suffering such as stress and low self-worth.
- Relaxation meditation can take the form of lying down or sitting comfortably. Let your in-breath align you to your inner-sanctuary and your out-breath being about letting go/surrendering yourself into your sanctuary — Peace, Love, Worthiness, Freedom.
- You can also follow a recorded guided meditation that may also include calming visualisations.
- This inner-sanctum, that you are creating for yourself, also represents the true state of being of your Conscious-Awareness, on its own dimension and within its own power. You are learning to run your life from this open, relaxed state.
- Therefore, the inner-sanctum, that you are creating, actually *is* your Conscious-Awareness.
- Relaxation meditation is preparing the ground for your Concentration and also Awareness/Insight Meditation.

2. Concentration Meditation



- During this meditation, it helps to sit up in an alert, but comfortable position, in a chair, or on the floor while sitting on a firm cushion. Crossing the legs is not essential, but if you can without trouble, this can also be useful. Support your back if you need to.
- An unhelpful assumption about concentration meditation is thinking that you have to still the mind, in order to achieve meditation.
- The first thing most of us discover when we try to do this is that the mind refuses to be still. We

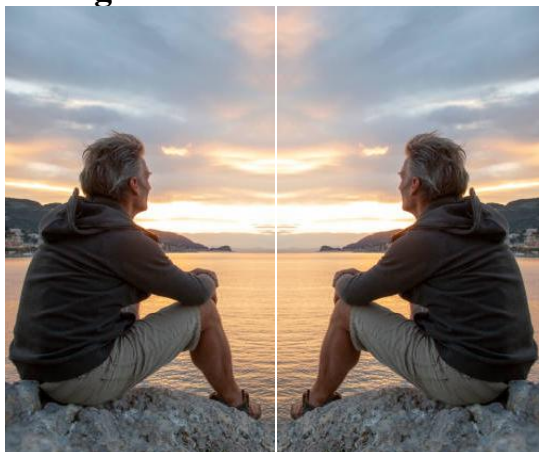
discover how little control we have over the mind.

- Because of the expectation that we "should" be able to still the mind, we all too often assume that we are no good at meditation, or that it is too hard. These are misconceptions. I am a natural thinker. It took me 20 years before I could still my mind, but that didn't stop me from meditating and transforming my mind and therefore my life, including making a big difference to the health and wellbeing of my body.
- The real objective of Concentration Meditation is shifting your identity from thinking/assuming that you are a limited mind/body, to being unlimited Awareness.
- As Awareness, you are learning that if you can observe your mind, with its thoughts and emotions, and your body, then you are more than your mind and body. It is about learning to observe thoughts, emotions, body sensations without reacting to them or being pulled into them.
- This is a practice. There is no standard to this practice. Consistent practice is always the key.
- It is recognising that your mind is driven by conditioning/habits/instincts; that it is not an independent consciousness, free to choose in each moment, according to the actual needs of that moment. You come to understand that only present moment Awareness is the true independent power of consciousness within us.
- Concentration Meditation is about creating space between habitual thoughts and body sensations and yourself as Conscious-Awareness. When in meditation, you seek to focus in the now and only on your slow, deep, mindful breath, for example, and let everything else go. The focus on the breath makes it harder for the mind to push thoughts into your Awareness. Therefore, space between mind and Awareness is created. We then have more time to identify a thought as a thought, regardless of the nature of the thought, and let it go. The same for bodily sensations. In the process, you observe how seductive habitual thoughts are and how they capture you and take you away. "I am important. You must pay attention to me," the thought says. You also observe how caught up in your body you are, reacting to any ache or itch. With practice, during the meditation, you learn to no longer give any thought or bodily sensation any meaning or importance. Being centered in your Awareness/observing-self is what is important.
- The point is to break free of the habitual mind/body's control over yourself as Conscious-Awareness, so that you can be in the driver's seat of your mind instead. This is not about rejecting or neglecting mind and body. It is rather about learning to be in the position to take command of mind and body; to have mind/body within yourself as Conscious-Awareness, rather than be trapped in your blind conditioning and be a reactive victim to bodily conditions. The more space you can create between mind/body and yourself as Conscious-Awareness, the more you are able to be aware of mental confusion and process it before it has the chance to control your emotions and behaviour and cause you suffering.
- It does not matter how many times, during your meditation, your mind or body distracts you and captures your Awareness. Each time you realise that you have lost your focus, Accept your humanness, give your mind/body and inward smile and re-center yourself into your deep, slow breath. Strengthening your Awareness and your ability to re-center is the most important thing. This also helps with your practice of ongoing Mindfulness.
- Therefore, you are reducing the power your body/mind has over your Awareness, by creating space between Awareness and mind/body and also no longer identifying with mind/body. During

meditation, you can be literally saying to yourself, “I am not this thought, I am not this sensation,” as thoughts and sensations push into your Awareness.

- In the process of dis-identifying yourself from mind and body, you must shift your identity to being a representative of Universal Consciousness, the real source of potential and power of Awareness. You learn that for yourself as Conscious-Awareness, to gain the power and wisdom required to take positive command of your mind and also be a force of good in the world, you must align yourself to the laws of consciousness — Acceptance/Unconditional Love and full Personal Responsibility.
- This is where you connect back with your relaxation meditation — learning to be centered in Universal Consciousness/Love.
- When observing your mind/body, you are also regarding it with Acceptance and Compassion, as its loving guardian/forever parent. You come to see that there is nothing wrong with your mind and body. It is just doing what a mind/body does, just like a child is just being a child. It is up to yourself as Conscious-Awareness to be the Patient, Loving parent to your human-self; to become its Sanctuary, Healer and Guide. You can’t do this if your child/human-self is running the show. Also, you can’t do this if you are in conflict with your mind/body.
- Therefore, we discover another important key to meditation and self-mastery. Our human-self wants to be Loved. Love is the fundamental requirement of our human consciousness. We, as Conscious-Awareness, are the Unconditional Love that our human-self has always been looking for. Learning to be this for myself is what has ultimately transformed my life. I don’t have to wait around hoping that the world will love me. I am already in Love. During Concentration meditation, you are pulling yourself free of your mind/body so that you can more effectively *be* with yourself as your own conscious source of Acceptance and Love. This internal Love, more than anything else, calms the mind, and also brings healing and vitality to the body. You are becoming your own sanctuary, regardless of what is going on in the world around you.
- Some people find achieving focus in Concentration Meditation comes quite naturally. The temptation here is thinking that you have mastered meditation and achieved a high state of consciousness by being able to do this, but this is not necessarily the case. Concentration Meditation, on its own, can have many benefits, but it is also limited. You are learning to detach from your mind and deepen your Awareness, but you are not learning to fully master your mind in the world, where you need to be engaging in a direct relationship with your mind/body. Concentration Meditation is preparation for Insight/Awareness Meditation, which is where you truly learn to master your mind, and also where you learn to enhance your relationships with others.

3. Insight/Awareness Meditation

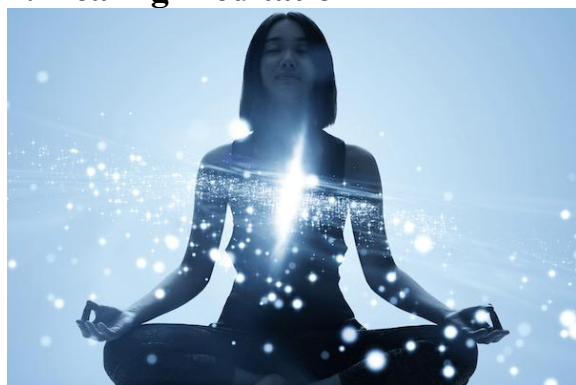


- Concentration Meditation enables you to transcend (rise above) your mind. It places you in an increasingly powerful perspective from where you can observe your mind, without your Awareness being distorted/captured by your mind’s confusions.
- As always, as part of your new powerful perspective, you, as Conscious-Awareness, are observing yourself with Self-Acceptance, Compassion and Self-Care, which makes it easier to detect any signs of self-rejection. You become Aware that the moment you, as Conscious-Awareness, start judging yourself for being human, your Heart/Awareness shuts down and your perspective is lost.
- During the Insight/Awareness Meditation, you will likely be observing your mind judging yourself or the world around you, but you are not identifying with your judging mind. You are instead observing what it feels like to judge, the fear and vulnerability that is triggering the judging, and what the judging/self-rejecting is doing to you.
- Insight/Awareness Meditation is more of a contemplative meditation. From the more detached and enlightened perspective, that you achieve in your Concentration meditation, including your alignment with the Laws of Consciousness/Steps 1 and 2, you are able to gain greater insight into your confusions and suffering and actively parent yourself. Here, reading and journaling can be a part of your Insight/Awareness Meditation.
- From this higher perspective, using Insight/Awareness Meditation, you turn your detached, non-judging Awareness back toward your mind and body and observe it more deeply, by paying attention to emotions/feelings, that lead you to your mind’s thought-structures and conditioning. You are paying particular attention to the way your mind is reacting to the world around you and also to its own self. You are observing how the mind projects its imagination onto the world, distorting its perception of reality. You are paying attention to how those reactions disempower you and cause you to suffer.
- As Awareness, you are learning not to react with the mind, but instead you are watching the mind’s reactions from a detached vantage point. In this way, you can stay with the various mind-states and see/feel/perceive them more deeply and clearly. It is like being able to hold a mind-state in your hand, while turning it over this way and that, so you can see it thoroughly from all sides, inside and out.
- Concentration and Insight/Awareness Meditation further empowers your Mindfulness practice, which is basically taking your Insight/Awareness Meditation with you wherever you go.
- Therefore, the passages, ‘Breathe..., Awareness is Now — Parts A and B, are instructing you about

Insight/Awareness Meditation, and not just Mindfulness. In fact, this whole book is part of your Insight/Awareness Meditation.

- As Conscious-Awareness, you are learning to *be* the forever sanctuary, home and parent of your human-self, holding it by the hand, Caring for it and Mentoring it on a daily basis, as a process of learning to be Compassionately tuned into your mind and body. You are learning to identify yourself as Conscious-Awareness, the one who cares for and who is in charge of, your human-self.

4. Healing Meditation



- Healing Meditation is similar to the Relaxation Meditation, but here you are more pro-actively merging yourself with the energy of Love/Oneness to heal your mind and or your body.
- Concentration Meditation is also good training, that helps you to focus on and also powerfully identify with and align to Universal Consciousness/Love.
- What you are aiming for is generating increasingly deeper meaning and feeling when contemplating and focusing on Universal Consciousness/Love. You are knowing that you are within this power and this power is within you — you are One. It is essential to understand that nothing in this world comes between you and this power. There is nothing that holds you back from this power, other than your own disempowering misbeliefs about yourself.
- Therefore, Healing Meditation is a practice of letting go of disempowering misbeliefs, and increasingly strengthening your conviction of your Unconditional Worthiness of Universal Love/Oneness, *because that is what you already are*.
- Visualisation is also a powerful tool in Healing Meditation. Visualisation can come more naturally for some. For me, I am stronger in conceptualisation, hence my ability to write, but I use visualisation as a powerful tool when guiding others in meditation, as well when guiding my meditation groups, which also helps me to visualise at the same time. Visualisation has the ability to harness concepts and feeling and direct that energy, such as to specific memories and parts of the body. So much can be done with Healing Meditation, that it is too much to go into in this book. A useful source of learning in this field is the ‘Silva Method’ developed by José Silva.
- Like any meditation practice, it is essential to not limit yourself with expectations of what the experience ‘should’ be like. It is a practice. Every bit of learning and practice makes a difference. You are unique, so your meditation practice will be unique.
- I reached a point in my emotional healing journey where I was experiencing deep emotional pain. It was like a deep depressed feeling, being always on the edge of tears, that I was not able to trace back to any actual experience. Often, when we experience trauma before the age of five, the

memory is more emotional than a recall of events. I don't think I had trauma at that age, however. Sometimes the source of the pain can't be fathomed. What I learned to do with this pain was like a combination of Relaxation and Healing Meditation.

- I would light a candle, put on some soft, soothing music and lie down on my bed. Within my open Heart/Awareness and deep slow breath, I would Lovingly hold my hurting human-self. I would Accept the pain, with the intention of just being there for my hurting self forever, while surrendering myself to Universal Consciousness, in the form of being embraced in Love and Compassion by some divine spiritual presence. In the process of letting go in this way, I would tend to fall asleep and when I woke up, the pain would have cleared. I could let go in this way, because I was not in conflict with the pain. I was holding it like it was my own child, like I was its loving mother. In that way, my fear-based defensive or grasping human mind and its attachments were not getting in the way. My open Heart became a doorway where the Light of Universal Love could access and heal that pain.
- The mind healing process laid out in Step 3 is like a combination of Insight/Awareness Meditation and Healing Meditation. All the exercises in this book are designed to step you up to this Step 3 mind-healing process.

5. Meta Meditation



- Meta means ‘beyond self’. Meta meditation is about sending out Loving Kindness to the world around you.
- Meta meditation stems from all the other meditation practices, and indicates a connection/feeling of Oneness with the world around you. It is an understanding that we are all interconnected and on a common journey. Therefore, if I am aligning myself as a representative of Universal / Unconditional Love to my own humanness, I can also be that for all beings.
- This does not mean you are taking responsibility for everyone's path, but it does mean that you can be conscious of and pro-active about the energy and attitude that you give to the world. Just as you are learning to not only cease being in conflict with yourself by being your own sanctuary of Acceptance and Compassion to yourself, you can also be that to the world.
- This more Accepting and Loving attitude toward the world around you also challenges you to see the world from a higher perspective. Just as doing this for yourself improves your wellbeing and enables you to evolve, so Meta Meditation furthers your wellbeing and evolution by enabling you to be a force of positive energy in the world.
- Whilst in meditation and doing your best to identify with and align yourself to Universal Consciousness/Love, first embrace your own humanness within your Heart of Compassion. You

can say from your Heart, “I wish for myself (or whoever you are directing this to) to be freed from suffering and to know myself (or whoever you are directing this to) as One with Universal Love.” Now do the same for your loved ones (this can be individually or in group form), then to the rest of your family of origin (even the ones you don’t like), to your local community, your country and to the whole world. You can also add our planet and her nature in this meditation as well.

- Note that you are not depleting yourself by doing this meditation. You are being a channel for infinite Universal Love. You are filling yourself up at the same time.