



My Three - Step MEDITATION PROCESS

Every once in a while, it is a good idea to train your brain to stop thinking. To get in touch with a higher reality- to come out of the physical world with all of it's stresses and pressures and move into a state of being, peace and happiness.

Step One - Think about what you're thinking about

First, seek the quiet. Actually create quiet in your environment so that you can become quiet. After being quiet for a while, you will notice that your thinking at least slows down a bit. It simmers down just enough so that you can start noticing it. Now, start thinking about what you're thinking about. Think about where your thoughts are going. Notice your thoughts. Observe them.

In the early days it can be helpful to use a piece of paper and a pen and list the thoughts as they come along. Just one word for each thought. For example, if you're thinking about the food shopping, write 'shopping'. (tip- keep your eyes at a soft gaze if you need to open them to write these words down and close your eyes again once you've written the thought down to resume observing your thoughts). Don't follow the thoughts, just observe that they're there and observe the next thought that comes along.

By not following the thoughts, you begin to leave the mind behind. You've stopped analysing all of the incoming data. You've stopped thinking about it. Instead, you're just thinking about what you're thinking about. You're beginning to focus your thoughts. This is the first stage before you step down into the next stage.

Step Two - Focussing on one thing

Meditation is about focussing on nothing. How can you focus on nothing? First, focus on something in particular.

You can't focus on nothing until you first focus on something. Part of the problem here is that the mind is almost always focussed on many things - your thoughts. It is receiving data constantly, faster than the speed of light. To focus on nothing, you have to stop all of this mental noise. You have to control it, limit it, and ultimately, eliminate it. You want to focus on nothing, but first, you have to focus on something in particular, rather than everything at once.

Now, put your pen and paper down and transfer your awareness from your thoughts onto your breath. Begin to listen to your breathing. Focus on your breath. Especially listen to your breathing in. Listening to your self stops you from listening to everything else. This is the part of meditation when great ideas and 'in-spiration' come.

Listen to your breathing until your mind feels much calmer and quieter - a few minutes at least.



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Step three - Focussing on nothing

Now, move your focus from listening to your breathing, to focus on your inner vision instead. Focus on the space in the middle of your forehead, just above your eyes. In the third eye space. Look deeply into that space, but don't strain. Don't expect to see something. Look at the nothing, at the no-thing. Be with the darkness. Don't strive to see anything. Relax and be content with the peace of emptiness. Empty is good. Just allow yourself to enjoy the emptiness. Don't expect anything more. Don't want for anything more. Needing to see nothing, but ready to see anything.

Step Three - Thoughts keep popping in!

If your mind keeps filling with your thoughts. Just watch that and make that okay. As the thoughts pop in, just step back and observe that this is happening. Do not think about it, just notice it. Do not think about what you're thinking about, just step back and notice it. Don't judge it. Don't get frustrated by it. Don't start talking to yourself about it, like "well, here we go again!", "All I get is thoughts! When do I get the nothingness?!"

You can't get to the 'nothingness' by continually complaining that you are not there. When a thought pops in - some extraneous thought about nothing in particular, having nothing to do with the moment - just notice that. Notice it and bless it and make it part of the experience. Don't dwell on it. It's part of the passing parade. Let it pass.

Do the same thing with sounds or feelings. You may notice that you never hear as many sounds as when you are trying to experience total stillness. You may notice that you never have as much trouble feeling comfortable as when you're trying to sit totally comfortably. Just notice this. Step back one level and watch yourself noting this. Include all of this as part of your experience. But don't dwell on it. It's part of the passing parade. Let it pass.

You'll find great peace in this meditation. Nothing to want, nothing to do, nothing to be, except exactly what you're being right now.