

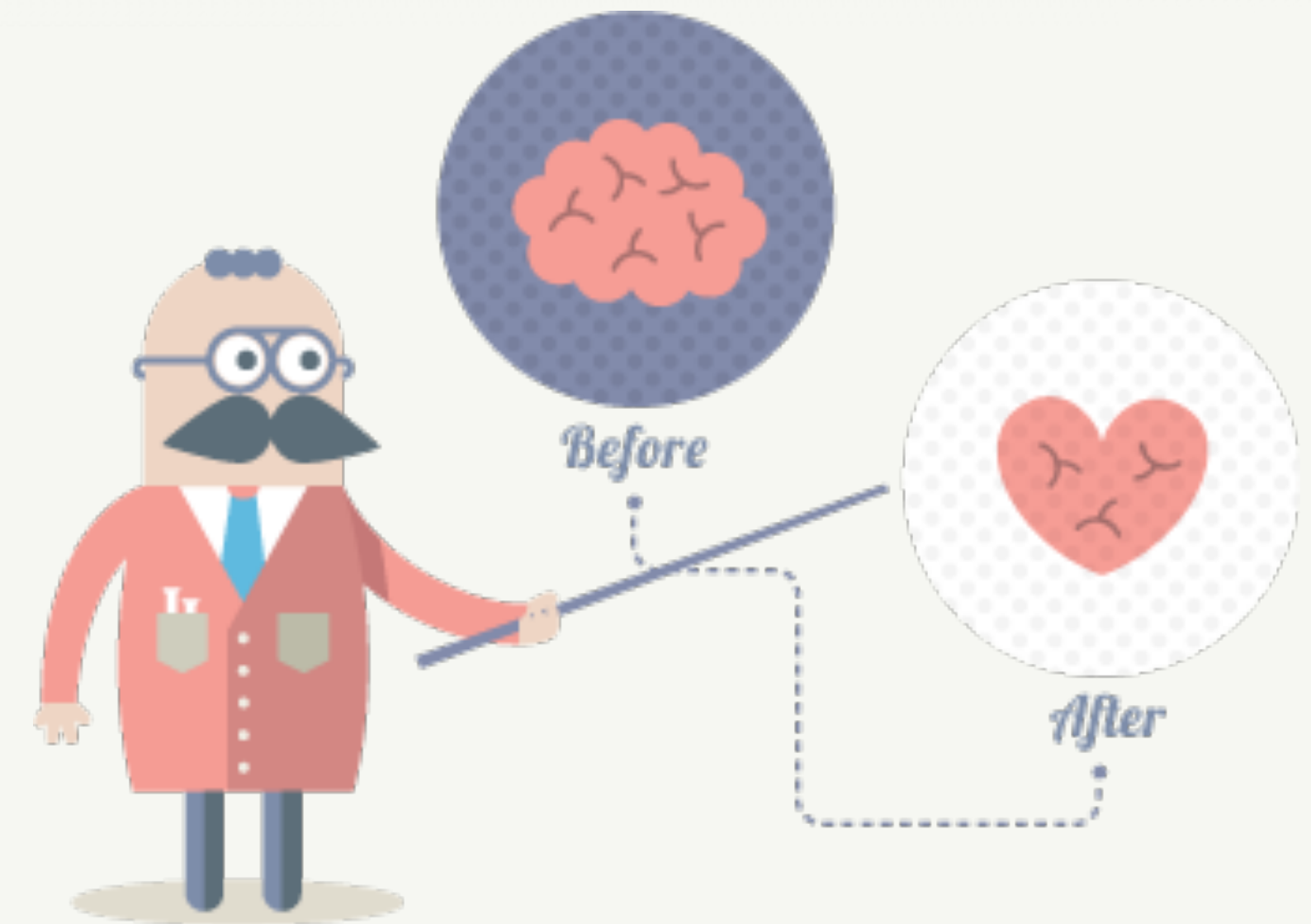
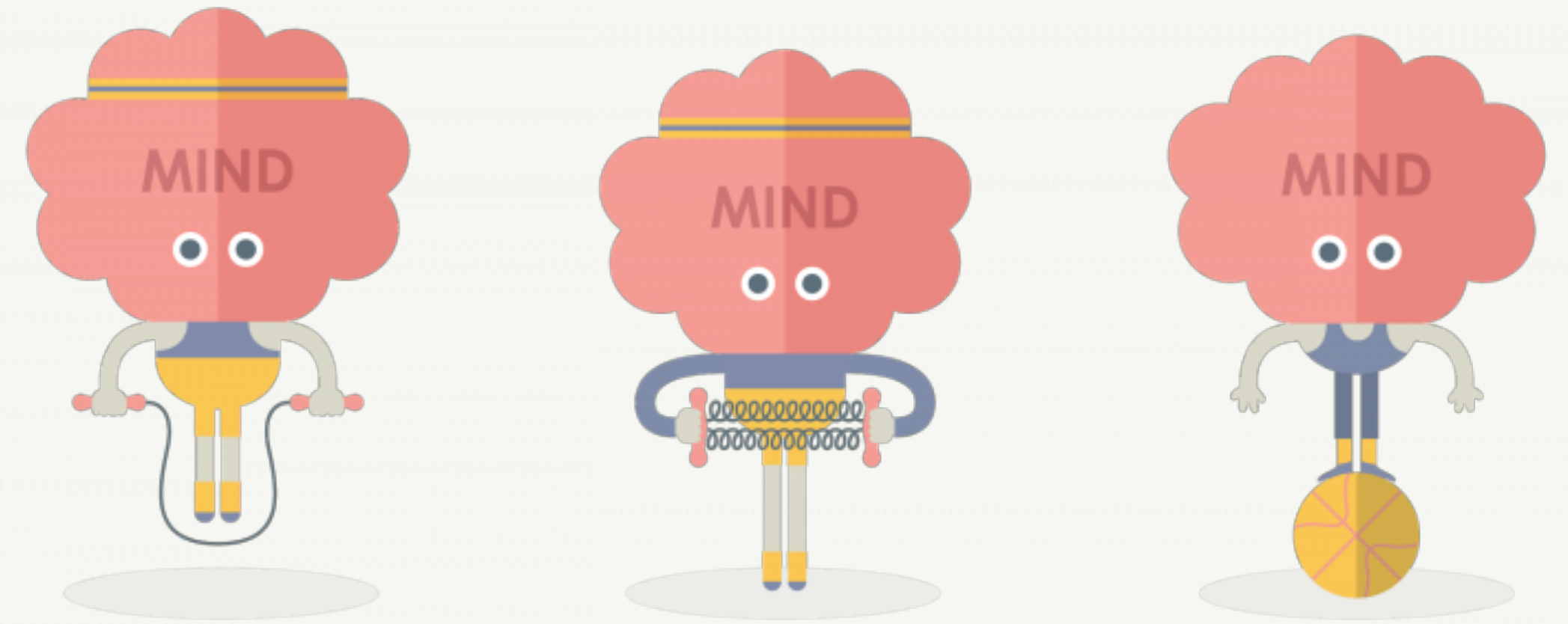
# **Meditation Essentials**

**BY BASIA NOWACKI**

Recap

**meditation is training  
and ultimately  
transforming the mind**

**definition of meditation**



# Looking at the human experience

## Why meditate?

- Life contains inevitable, unavoidable suffering - on 3 levels from gross to subtle
- Dissatisfaction - Part of the human experience
- Seeing how suffering is caused from either grasping/clinging to something we don't have or having an aversion, pushing away, resisting what is... creating a story that is "if only..."
- Liberation from suffering is linked to how we relate to everything inside us and around us



# Examine the mind

- We are usually fused in, absorbed, enmeshed, blended, with our thoughts
- We believe every thought to be true
- We see and experience life through those lenses and see ourselves as separate



# What meditation is

“If the brain is the cause of suffering, it can also be it’s cure”

- Coming out of the fusion with your thoughts, with your mind
- First step - Separation from being enmeshed with our thoughts - moving thoughts from foreground to background
- Seeing how we relate to them
- And changing your relationship to your thoughts and sensations bringing compassion and love



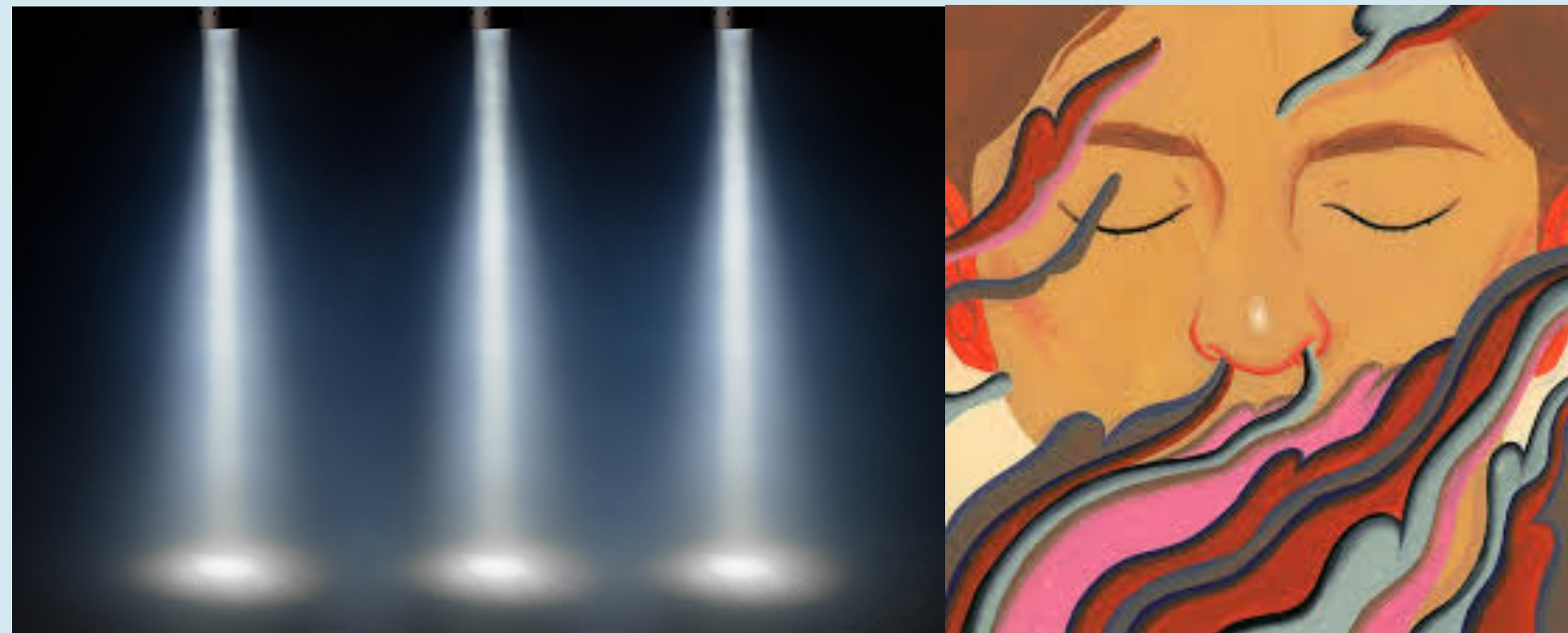
# Meditation practice

## Concentration - Calm Abiding

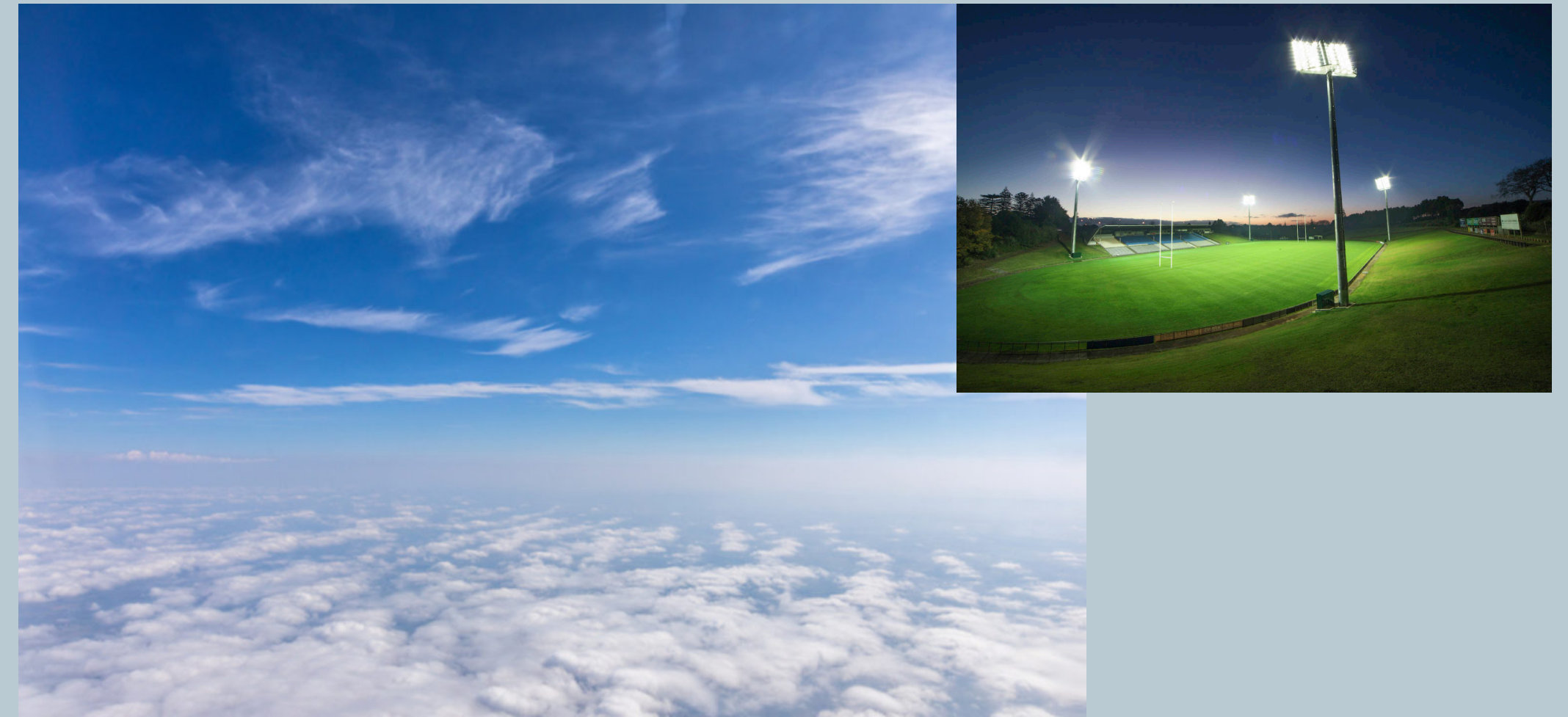
- Concentration of the breath
- Bringing about a sense of calm, to our minds and body
- Difference of attention and awareness



## attention



## awareness





# What meditation is not

## Misconceptions about meditation

- “I’m not good at meditation because I have too many thoughts”
- It’s not about having no thoughts
- Its about firstly noticing your distracted, enmeshed and by doing so you break out of that fusion - break the pattern
- It’s then how you relate to your thoughts



# Right attitude

## Points to remember

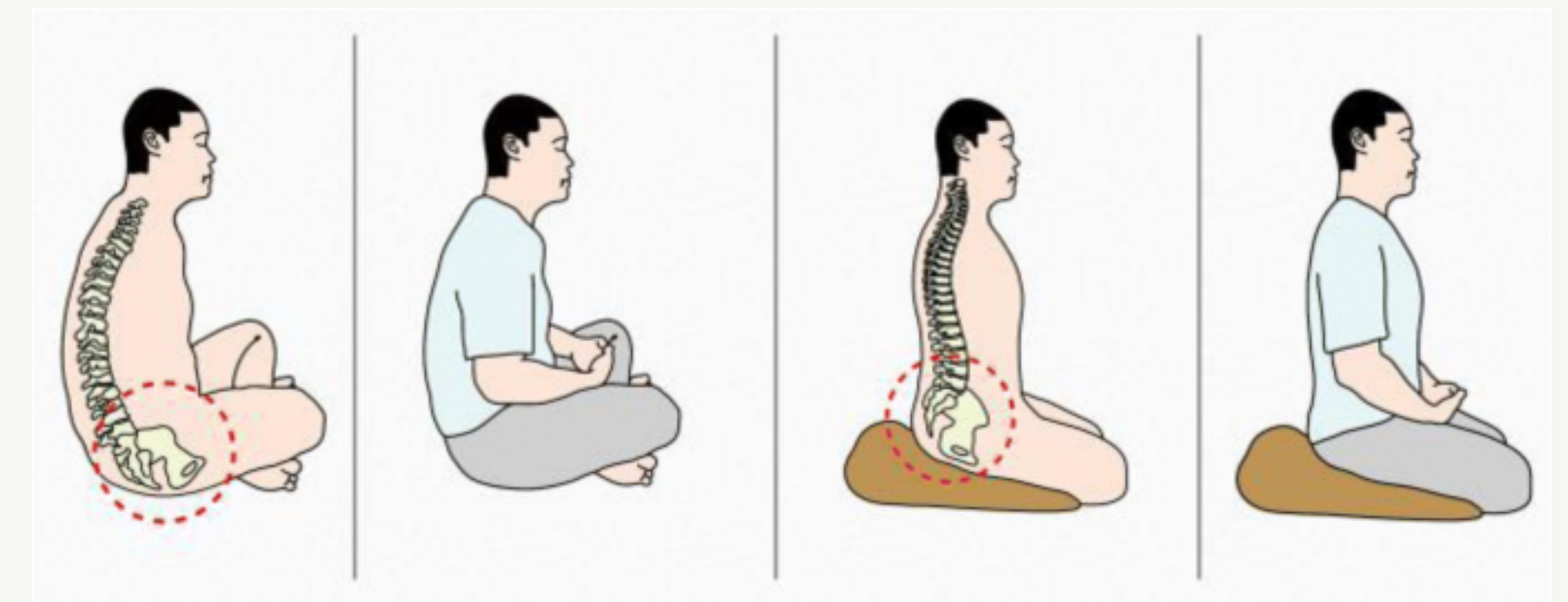
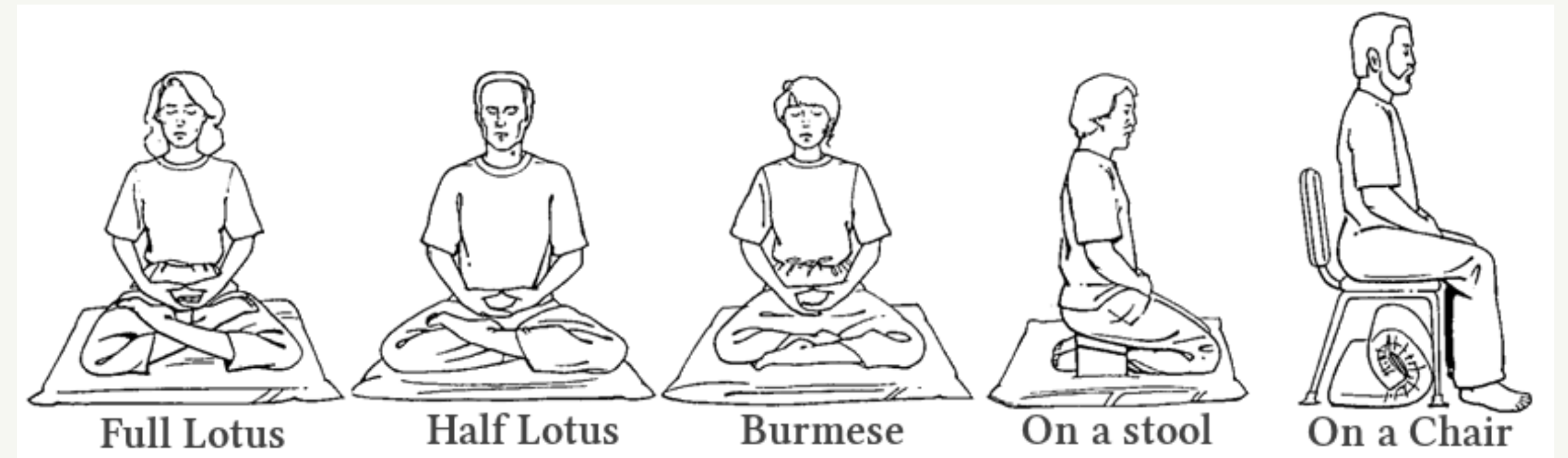
- Don't expect anything
- Be gentle with yourself
- Don't cling nor reject anything
- Be and welcome what arises



# Right Posture

## What to do with the body

- Right support for your body
- Spectrum - Dullness ————Excitation
- Comfortable and relaxed but focused and awake at the same time



# Practice



inhale - 10

exhale 9

inhale 8

exhale 7

inhale 6

.....

**SHAMATHA**



**Q**

**Questions?**

# Moving from concentration to awareness

## What to do with your mind?

- “One must begin by focusing the attention on the breathing & then to note all other physical & mental phenomena which arise”
- Reasons why we focus on the breath & not just awareness straight away is that thoughts can be very tricky. There is a subtle difference between observing thought and being sucked in.



# Moving from concentration to awareness

What to do with your mind?

- Awareness of thought = light in texture (distance between you & thought)
- Normal conscious thought = heavy, commending, compulsive, obsessional, no gap, no distance- tension in the body, slight contraction
- It is extremely subtle & difficult to see



# Moving from concentration to awareness

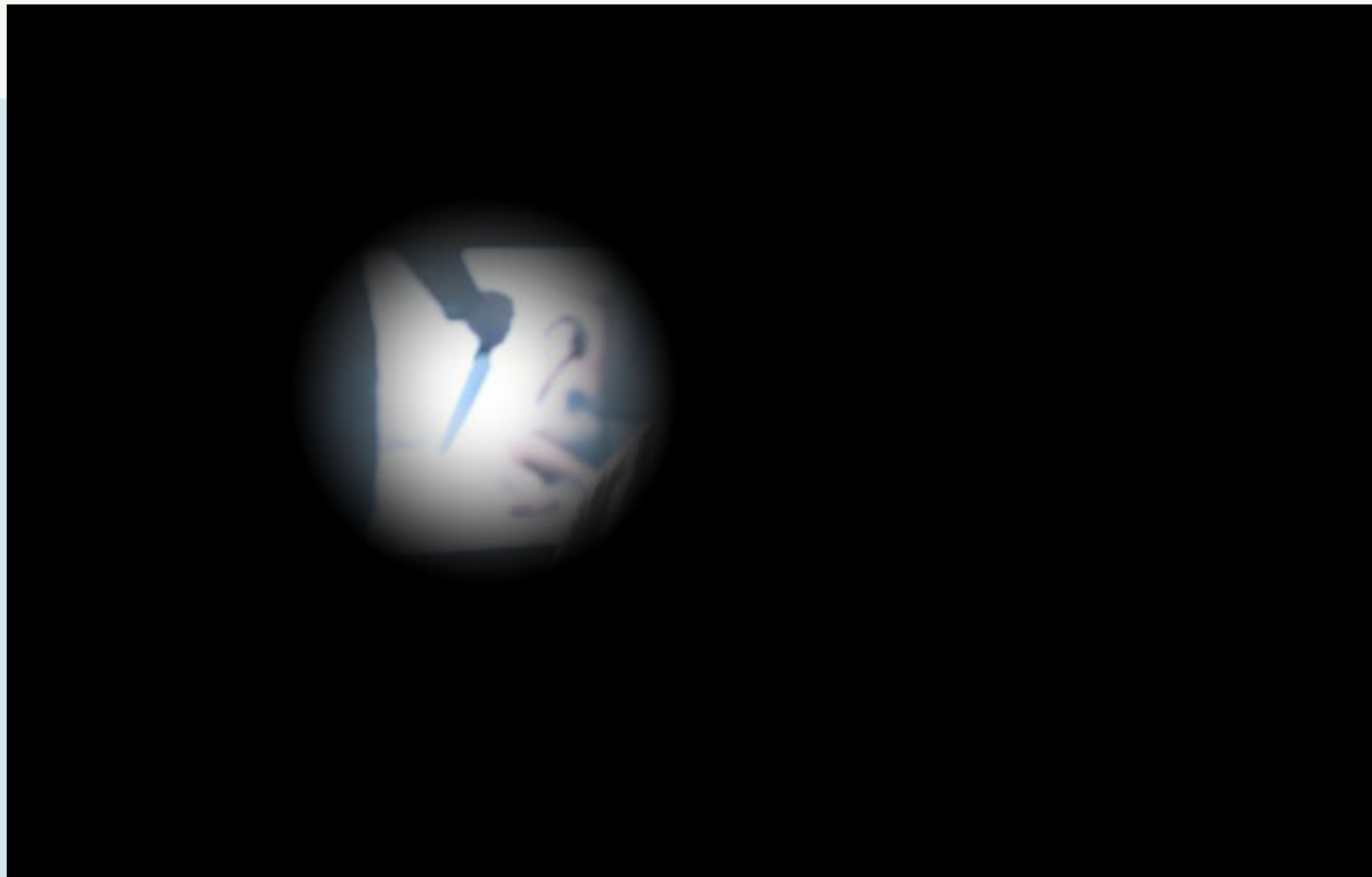
## What to do with your mind?

- Deep concentration has the effect of slowing down the thought process and speeding up the awareness viewing it
- The breath gives us a frame of reference, so we can see we've been distracted
- The Beauty of the breath - portable, easily available, reflects the nature of life, inherent interconnectedness





## attention



- Imagine watching a horror movie alone, at home, with the lights off. The movie owns you. It's terrifying. It's all you're aware of and so it has complete control over your emotions.

## awareness



- Same movie; you're still alone. But with the lights on, you have more context. You can see that the movie is playing on a TV. You can see other things in the room that remind you you're at home watching a movie. It's still scary, but it's not as bad as it is with the lights off because you have a bit more perspective.

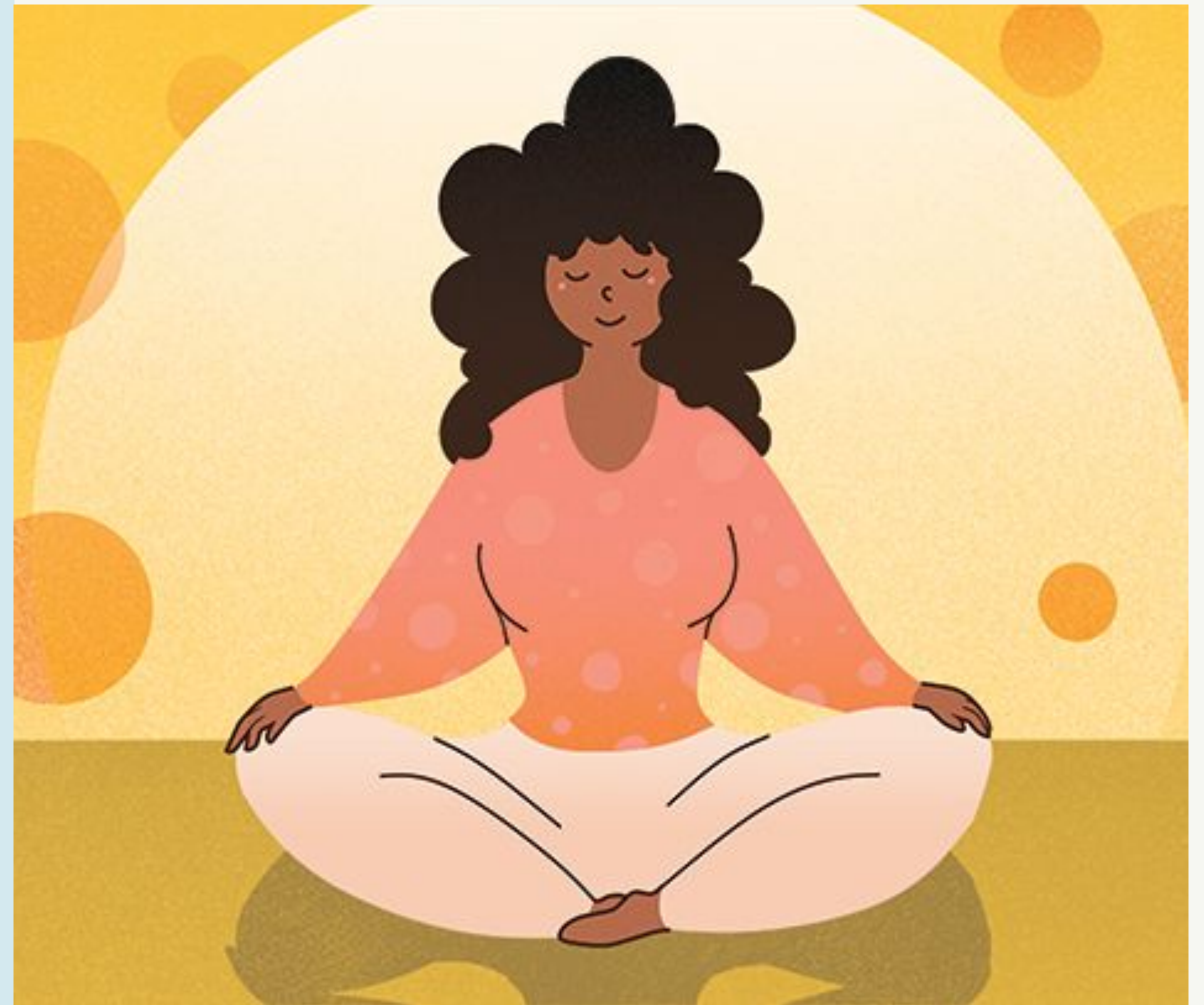
# Awareness vs attention

- So awareness of our thoughts is like having the lights on while we think
- We're still having the same thoughts, but with a continuous awareness of them.
- We're not totally owned by them because we can see them for what they are.
- We have more perspective. They come, they go. They're just thoughts.



# Awareness vs attention

- When the lights are off, it's very easy to get sucked into believing that our thoughts represent the absolute truth.
- Something happens and we think, "This is bad, we need to worry," and it has the corresponding emotional and psychological impact.
- But with the lights on, we see the thought for what it is, just a thought, and not necessary the truth.



**Step 1**

**Spot light Consciousness  
(Left Brain)  
attention**



**Flood light Consciousness  
(Right Brain)  
awareness**



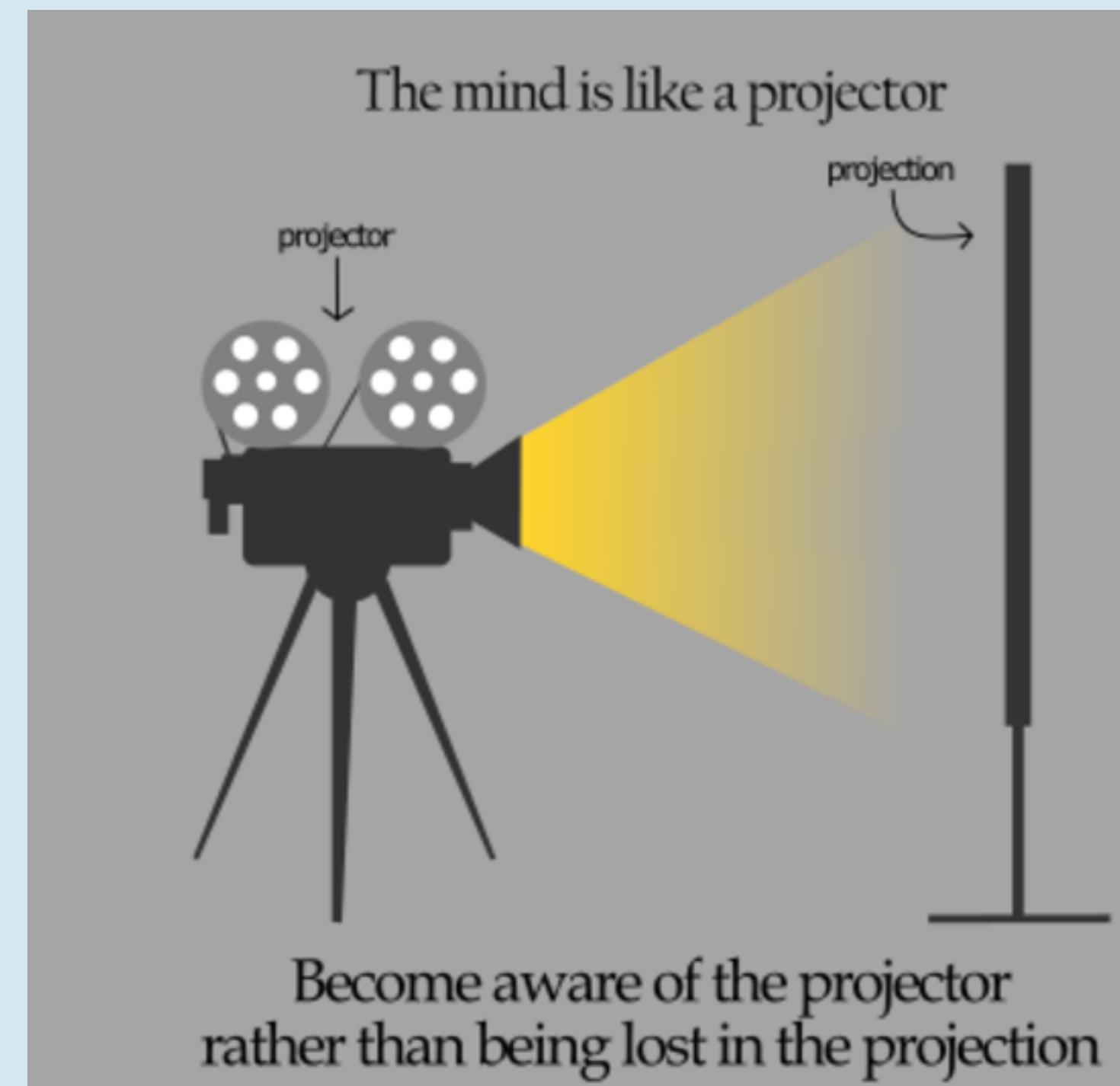
**Step 2**



**flood light conscious**

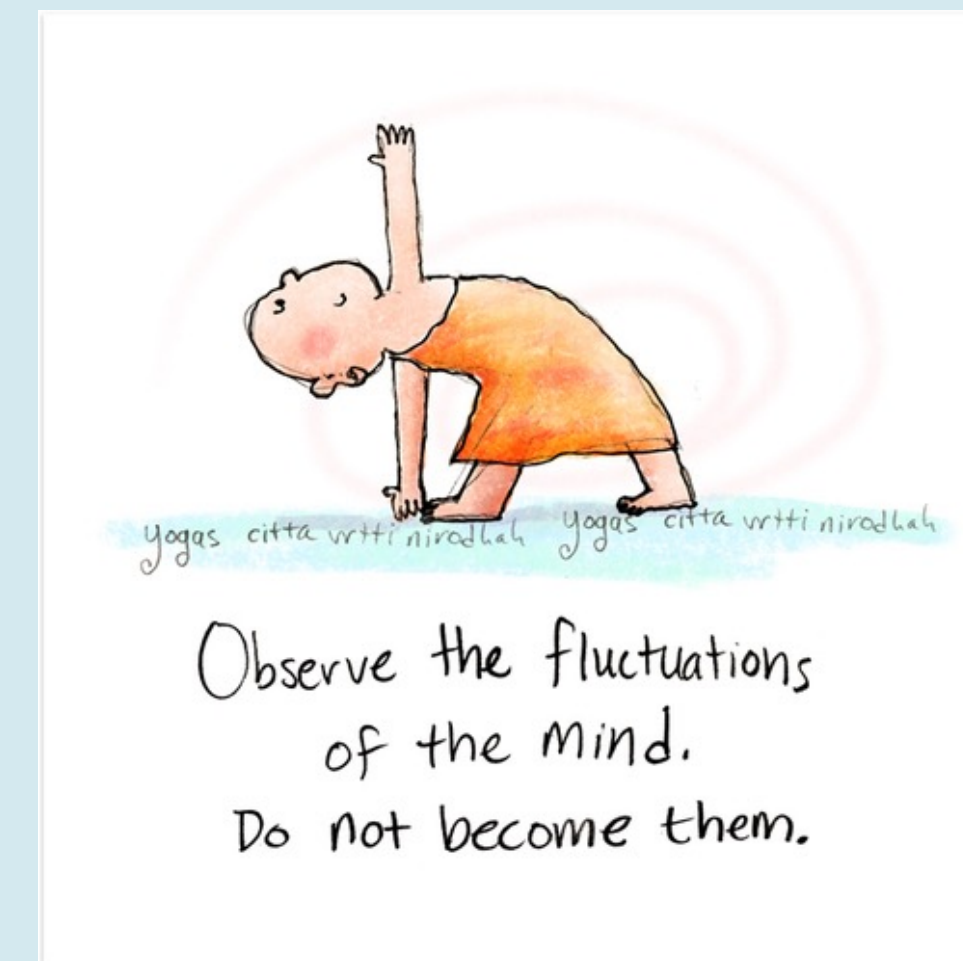
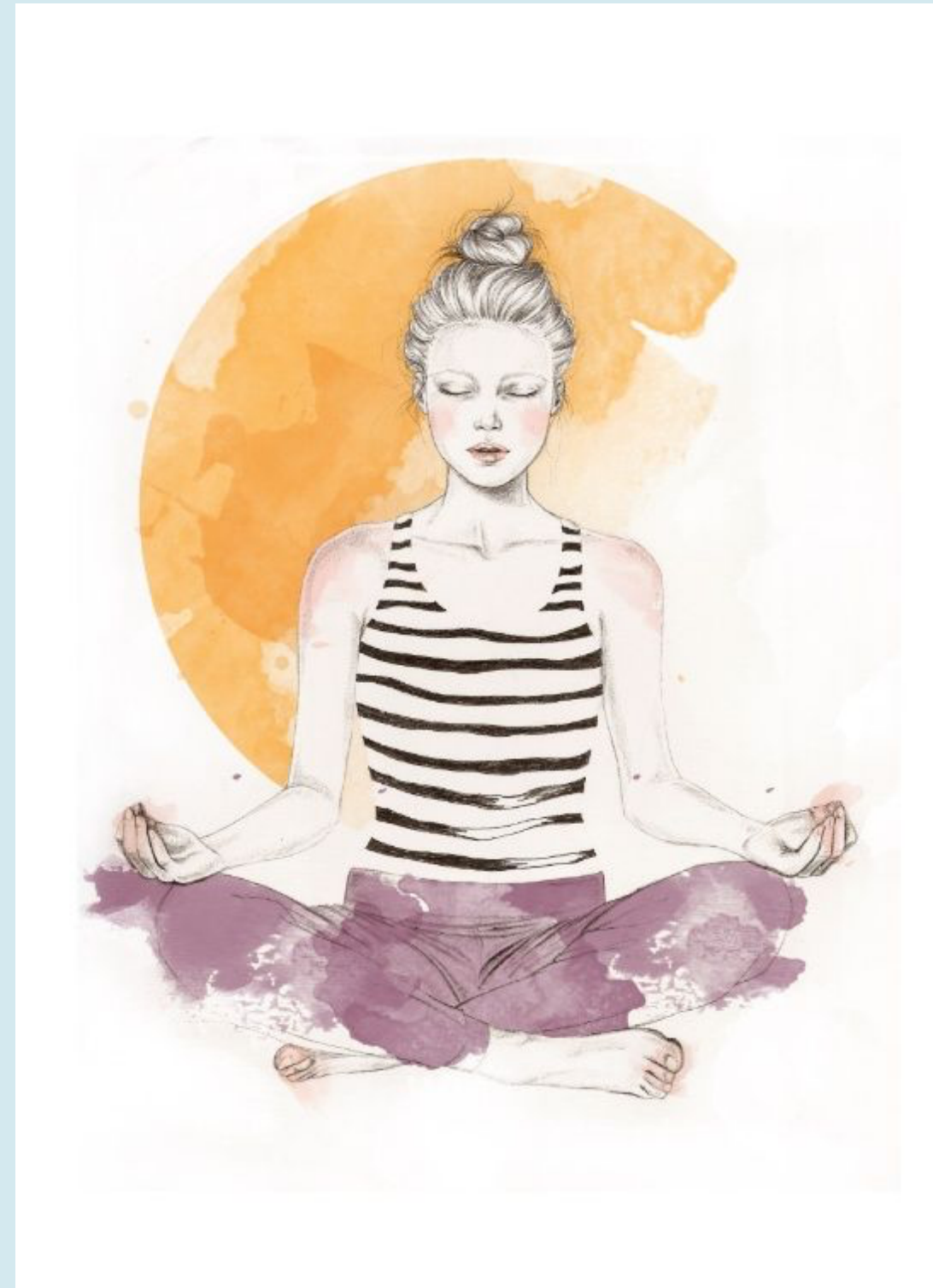
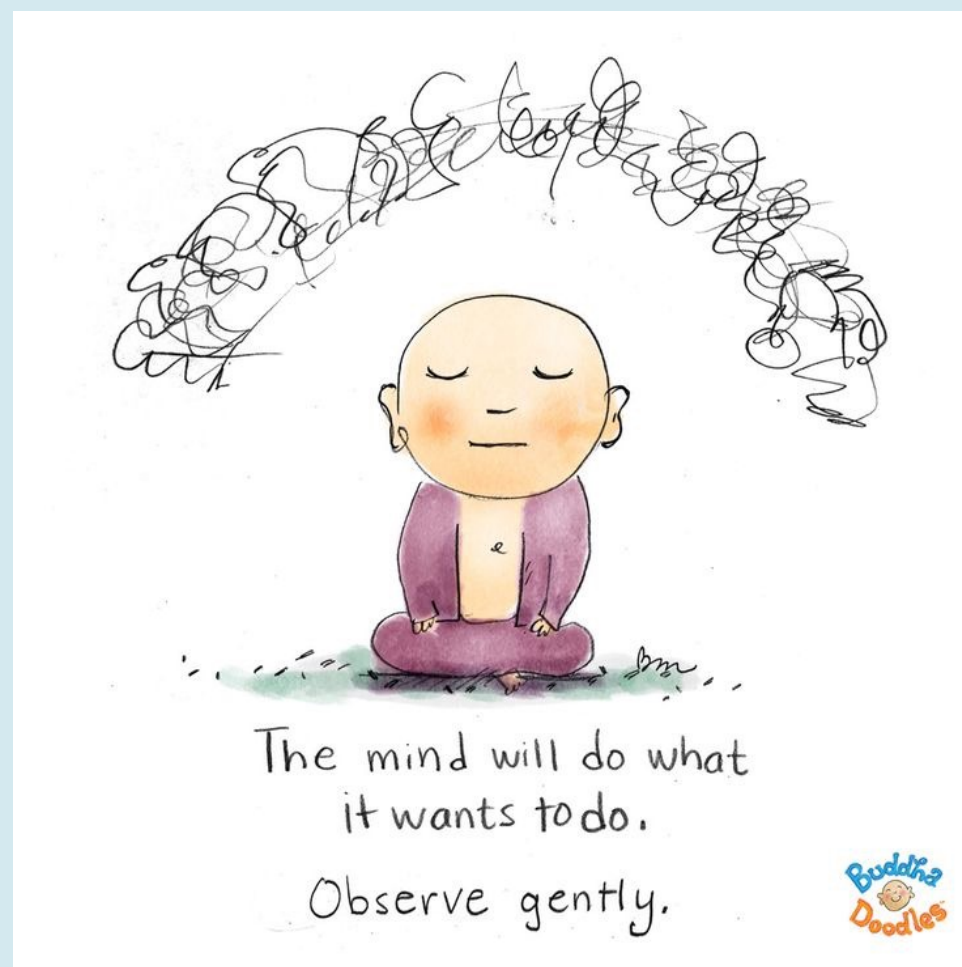
**What does awareness feel like?**

Connecting to that part of yourself which  
is like the backdrop to all that is occurring



“The mind is like a projector, become aware of the projector rather than being lost in the projection”

Author unknown



**Observe, just like the weather**

The background of the slide is a high-angle aerial photograph of a sky. The upper portion shows a deep blue sky with scattered, wispy white clouds. Below this, there is a distinct, dense layer of white, puffy clouds that stretches across the horizon, creating a sea of clouds effect. The overall scene is bright and clear.

# Lets Practice...

**Observing all the different sounds, sensations, thoughts without judgement**

**Just observing**



# Dealing with problems

## Strategies

- Physical Pain
- Disturbing thoughts, Intense Emotions
- Many ways to practice with them



“ When any mental state arises strongly enough to distract you from the object of meditation, switch your attention to the distraction briefly. Make the distraction a temporary object of meditation. Just to notice certain specific things about it:

How strong is it?,

How long does it last..

watch it fade away return to your breath....

Wordlessly answer these questions, it's more like a knowing rather than more thinking...

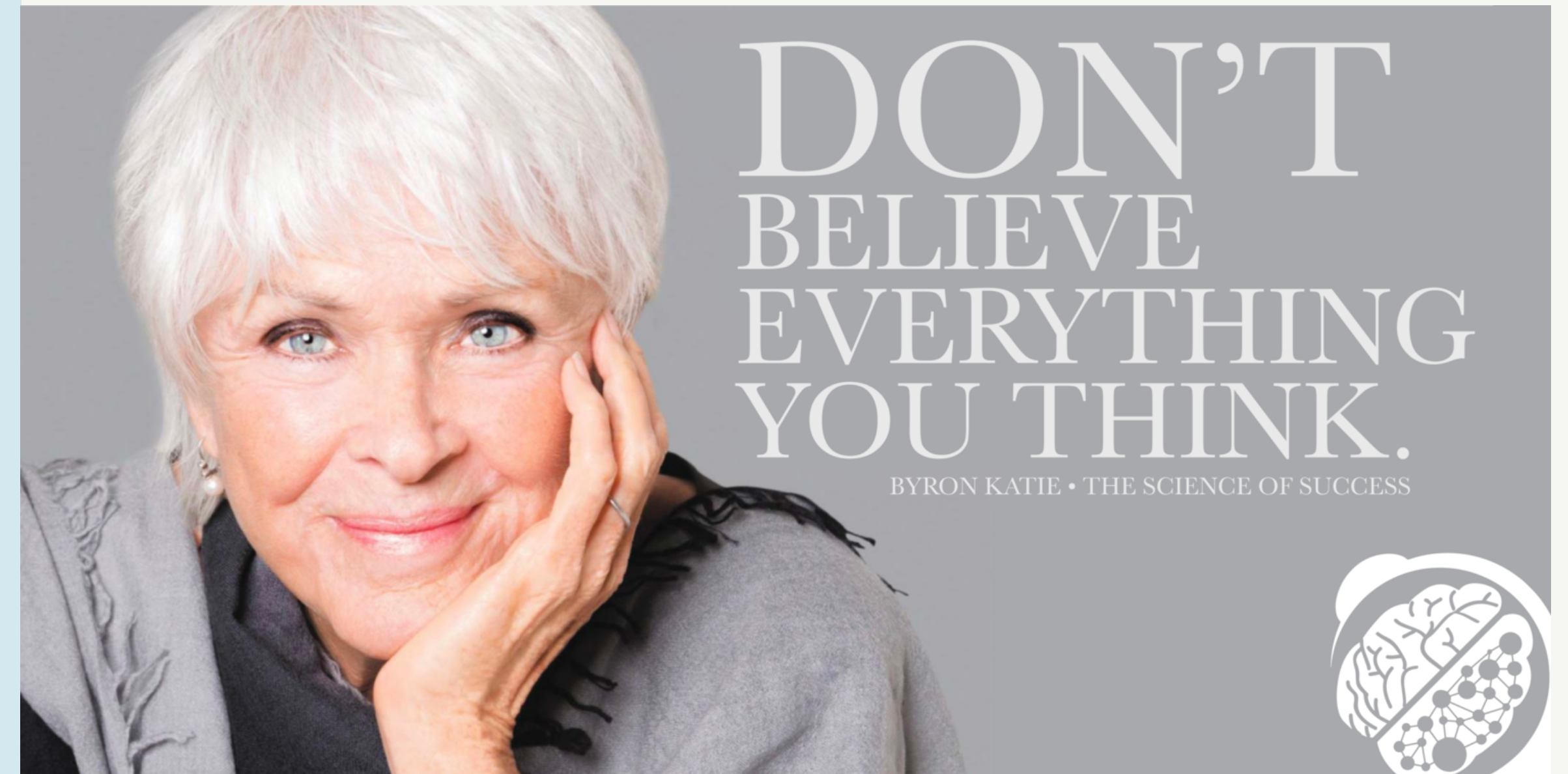
**insight into it's nature**

**Venerable H. Gunaratana Mahathera**

# If emotions are too strong...

## Other complimentary practices

- Byron Katie - The Work - The **Work** of **Byron Katie** is a way to identify and question the thoughts that cause all the suffering in the world. It is a way to find peace with yourself and with the world.
- It involves asking four simple questions about each belief that causes us pain:
  - 1. Is it true?
  - 2. Can you absolutely know that it's true?
  - 3. How do you react when you believe that thought?
  - 4. Who would you be without the thought?
- After answering these questions, respondents are asked to come up with a "turnaround," a sentence expressing the opposite of what one believes. So, for instance, "He doesn't understand me," could become, "I don't understand him," or, "I don't understand myself."



He is always late. I need to be the one in control.  
She doesn't understand how important this is to me.  
I need him to do what I say. She is so rude.  
He makes me so frustrated when he is late.  
I'd be a lot happier if he wasn't a victim,  
He is trying to manipulate me. I need a different  
She should clean more. I'm the one doing all the  
He just doesn't get it. He doesn't listen to me.  
She doesn't love me. He spends too much time  
He is always late. I need to be the one in control.  
She doesn't understand how important this is to me.  
I need him to do what I say. She is so rude.  
H-



"A thought is harmless until we believe it.  
It's not our thoughts, but our attachment  
to our thoughts, that causes suffering."

-Byron Katie

**R.A.I.N**



**RECOGNIZE**  
what is happening

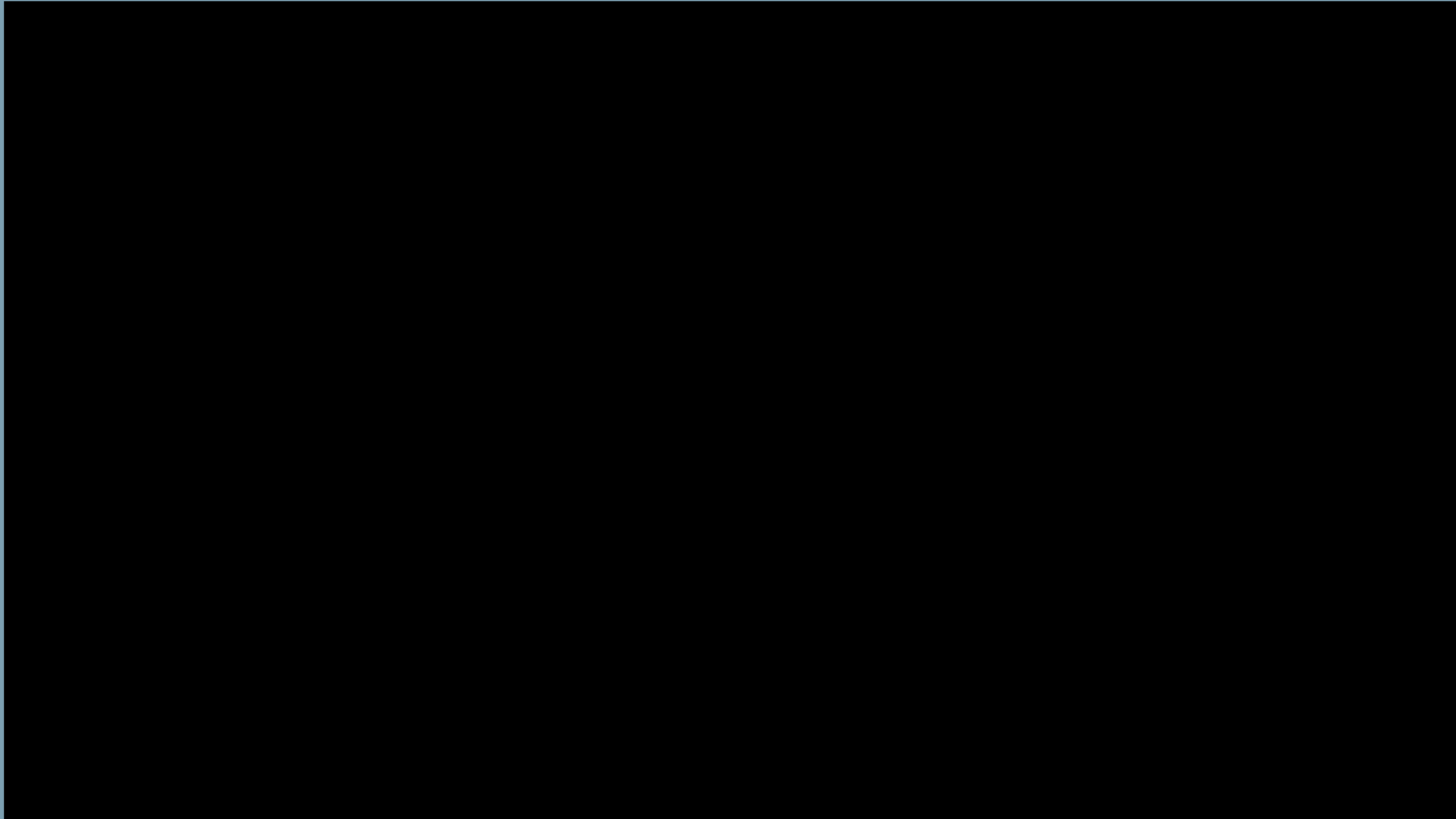
**ALLOW**  
life to be just as it is

**INVESTIGATE**  
with a gentle, curious attention

**NURTURE**  
with loving presence

**#RADICALCOMPASSION**

# R.A.I.N Meditation



# SUMMARY

## OVERVIEW

- It's how we relate to what ever is arising that can help set us free
- Can you bring a sense of love, acceptance, space, to whatever is arising, making nothing wrong but just bringing a sense of curiosity, and acceptance?

