

# **Meditation Essentials**

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Recap

# Deliberate Mindfulness

## Shamatha - Vipassana Practice

- Deliberate Mindfulness - helps to separate from your thoughts, parts, extreme beliefs, emotions and move into a space where you are observing them in an accepting and compassionate way
- Access 'Self' - Awareness
- Helps to sooth the animal body that can be highly triggered.
- Helps to unblend, unmesh, but can sometimes take a bit of time to really master



# Effortless Mindfulness

## Deliberate Mindfulness to Effortless Mindfulness

- Deliberate mindfulness is often an introductory practice that calms and focuses our dualistic mind.
- Effortless mindfulness is an advanced, yet simple, form of mindfulness that shifts us into our awareness-based mind which is already calm and focused.



# Effortless Mindfulness

## Deliberate Mindfulness to Effortless Mindfulness

- Effortless mindfulness doesn't mean that we don't have to make an initial effort.
- The adjective “effortless” refers to the discovery that there is a natural human capacity of an awareness-based mind which is already spontaneously aware without our help. Effortless mindfulness is both a description of a different way of knowing and a method to shift into that awareness-based knowing.



# Effortless Mindfulness

Differences between  
Deliberate Mindfulness to Effortless Mindfulness

- DM practices create feelings of lovingkindness whereas in EM we discover a naturally innate lovingkindness and compassion.
- DM we discover who we are not - by seeing we are not our thoughts or the thinker. EM takes us straight into the essence of who we are.



# Effortless Mindfulness

## Deliberate Mindfulness to Effortless Mindfulness

- DM is often practiced in a quiet secluded place. EM is practiced through short glimpses often with eyes open
- DM: “Mindfulness means paying attention in a particular way: on purpose, in the present moment and non-judgmentally.”
- EM: “Effortless mindfulness is the letting go of attention, thought and present moments in order to open to an already awake awareness that is naturally focused, compassionate and non-conceptually intelligent in the Now.”



# Effortless Mindfulness

## Deliberate Mindfulness to Effortless Mindfulness

- EM has its roots in the world's wisdom traditions that are often described as direct path, essence traditions, or nondual traditions.
- EM is a dimension of consciousness that is already innate within us.
- The journey begins by taking a step back from the cloud of our contracted, chattering mind, so that we can start to shift into a place that is aware, connected, and open-hearted.

























Neti, Neti, Neti...  
not this, not that...  
what remains?

Glimpse 1

# Eyes of awareness

**Glimpse 2**

# Relaxing the problem solver

**Glimpse 3**

## **4 Reasons Why We May Not Have Recognized Awake Awareness**

**From the Tibetan Buddhist tradition**

**It's so close that we can't see it.**

**It's so subtle and non-conceptual that we can't understand it the way we understand other things.**

**It's so simple that we can't believe it.**

**It's so good that you can't accept it. It's what you've been looking for, so it's hard to accept that it's the foundation of your being.**

# Practice

FROM DELIBERATE MINDFULNESS  
TO EFFORTLES MINDFULNESS





# **Meditation in Everyday Life**

**Establishing a home practice**





# Meditation in Everyday Life

## Establishing a home practice

- Choose a practice:

Shamatha / Vipassana  
Deliberate Mindfulness  
or  
Effortless Mindfulness

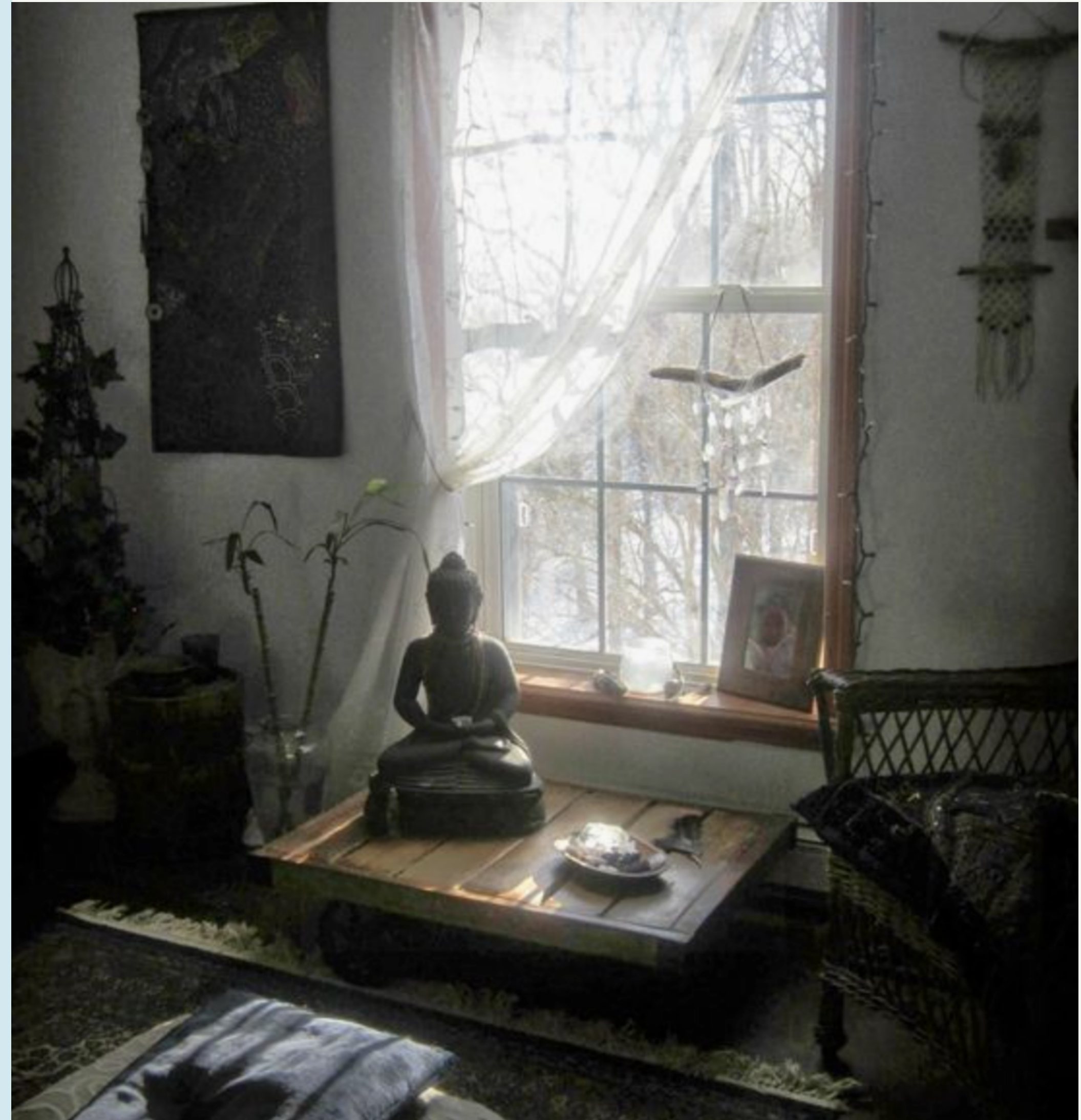
- Decide an amount of time to practice;  
recommendation 10-20 mins daily
- Guided vs non-guided - insight timer



# Meditation in Everyday Life

## 4 Top Tips

### 1. Start Early



# Meditation in Everyday Life

## 4 Top Tips

1. Start Early
2. Create Space



# Meditation in Everyday Life

## 4 Top Tips

1. Start Early
2. Create Space
3. Cultivate right attitude



# Meditation in Everyday Life

## 4 Top Tips

1. Start Early
2. Create Space
3. Cultivate right attitude
4. Remove obstacles



# Meditation in Everyday Life

## Resources

- [www.basia.com.au/meditationessentials](http://www.basia.com.au/meditationessentials)

