

## Meditation

1. What is the difference between concentration and meditation?  
 Single pointedness. Mind becomes very focused, we disregard the rest of what is happening. Very useful when we need to do a job, when we research something.  
 When we concentrate we can analyze, we can solve matters.  
 Meditation is awareness what is, settling in the present moment, being here-now
2. What is the difference between meditation and a meditation? Meditation is Awareness, being fully present, being here –now, comes through Abhyasa Vairagya: constant inner practice.  
 A meditation is a technique, a bridge to meditation, we do something

### Examples of meditations:

- Dancing, running, Moving the body : We start with the body, moving the body is so much more easy then moving the mind. When the body changes the mind changes too and we come more aware of that still point inside.
- Active meditations, silent sitting (and walking) meditations.
- Visualisations
- Guided meditations
- Meditations on light, darkness, chakras, sound, breath, touch, laughter, sleep
- Chanting mantras

Anything can be a meditation.

Sitting, walking, listening, eating . Listening to the inner noise of your mind can be a meditation

A paradox: On one hand **getting involved** on the other hand **not getting attached**, being a witness, spectator is an outsider, you are in the mind and not involved

1. You can do a thing joyously and yet just be a witness that you are doing it.

### It is called also: just being

2. Start doing this with small things, your morning walk, enjoy and still remember that you are the mirror and reflecting the trees, the clouds, the birds the people.

**Self-remembering:** Buddha calls it sammasati, right mindfulness, Krishna murti: choiceless awareness, Upanishads : witnessing, Gurdieff calls it self-remembering: they all mean the same.

If you become indifferent you loose the opportunity to self-remember.

What brings you to a space of : "just being"?

**When you do you morning walk-** remember you are not the walker but the watcher

Slowly slowly, be patience, you will get the taste of it

**When you eat** taste the food and still remember that you are the watcher

When you take a shower, watch

In the beginning you will mix these 2 things together: you eat and forget watching, you watch and forget eating.

Our consciousness can eat and yet watch.

You can remain settled in your own center and see the storm around you, you become the center of the cycloon.

This brings freedom, liberation, truth, bliss etc.

Meditation does not mean stopping any action: you keep on doing what you do and bring awareness in it.

With awareness you will bring more joy, more clarity, more creativity in the things you do and into your life

Mind is an activity like walking and eating. No need to have it on for 24 hours a day. When it is needed: use it, when it is not needed, put it aside.

The mind is beautiful as a servant, the trouble begins when it starts becoming the master

### **3 essentials for meditation:**

Relaxing

Watching

No judgment (witnessing is the present consciousness, judgement comes from the past)

**Obstacles: Ignorance, the ego, Attachement to pleasure, Attachement to pain, fear of death**

### **Steps in creating awareness:**

**1: Start becoming aware of the body:** Watch the body, slowly slowly become aware of every movement.

The miracle happens, the body becomes more relaxed, attuned.

It is like a subtle harmony is arising in the body

**2: Start becoming aware of your thoughts.** These are more subtle.

Of you will be surprised what is going on inside of you.

A nice exercise is to write down whatsoever is going on at that moment. You will not believe what is going on inside 😊. Just for 10 minutes go on writing.

Be totally honest whatsoever is going on in the mind.

**And that is the undercurrent that affects whatsoever you are doing!**

Watching/witnessing changes it....slowly slowly the madman disappears, less chaos.

Then a deeper peace arises

Then the body and mind become more in a harmony: They are not riding different horses, different directions: You eat when you are hungry, you sleep when you need sleep etc

### **3: Becoming aware of feelings, emotions and moods.**

The most subtle and difficult layer.

Once you become aware of the body, mind and emotions , they become all one,

They start acting like a orchestra, humming together, being attuned

### **4: Ultimate Awareness: The Fourth**

You can not do step 4. It is like a reward of the first 3 steps.

That is bliss.

**The body knows pleasure, the mind knows happiness, the heart knows joy, the fourth knows bliss.**

A Meditation:

**Start sitting in a comfortable position:** cross-legged, against the wall, on your cushion

**Start closing the eyes** and noticing how awareness starts moving from the outside, inwardly towards just being with yourself

**Turn your awareness to your Breathing.**

You may like to put one hand on the belly to bring more awareness. No need to change anything, just have your awareness on where the breathing is happening right now (after a few breaths: you may notice that breathing already becomes deeper, a little more relaxed and perhaps moving a bit deeper in the belly)

**Watch the breath as if it where happening to someone else.**

You may feel that you are more relaxed right now, just sitting here watching your breathing happening, without any effort on your part.

**Watching sensations in the Body** And while you are sitting here watching your breathing happening all by itself, without any effort on your part, you may notice certain **sensations in the body**.

And these sensations may be comfortable or uncomfortable- and for now, whatever it is, no need to judge, you can leave them as they are and watch/witness/ observe them from deep inside, as if they were happening to someone else.

### **Watching the thoughts in your mind**

And now, as you are sitting here, relaxed, as you continue to watch your breathing and your body, you may notice certain **thoughts in your mind**.

And these thoughts may be important or unimportant, relevant or irrelevant, and for now,, you can just leave them there, watching/witnessing/observing from deep inside you, as if they were not yours, as if they were someone else's. The mind is designed to constantly produce thoughts. No need to interfere....and you may notice that as you watch the thoughts, that they come and they go, just as you were watching pictures on the videoscreen,....or as if clouds passing by....or as if they were driftwood on a river: you are sitting calm and relaxed- unaffected by what is passing by.

**And now you may include all emotions and feelings** that are happening inside. Just allowing these emotions and feelings to be there, fully accepting, without judging them to be there. You are unconcerned, just watching from deep inside you.

And now as you continue to watch your breathing happen all by itself, naturally and without any effort of your part, as you continue to be aware of your body thoughts and emotions, you can sit here relaxed for about 10 minutes.

And in a moment- not yet- I will ask you to open your eyes.

And when you do so, you may notice that you can continue to be as relaxed and as watchful of your breathing, your body, your thoughts and feelings as you are right now.

First you start by listening to my voice, then later you may start being more active, perhaps walking, connecting, doing a simple activity....and you can keep this space of awareness and relaxation that you are in right now.

**Yes, and now open your eyes**