

WHAT IS MEDITATION?

Meditation can mean many things to many people. A popular concept of meditation was introduced and made popular by the Beatles in the 1960s. In fact there are many different schools of meditational discipline thriving today. One very well known one, which you may have encountered, is that of Yoga.

You may remember as a child being told by your teacher to pay attention, as your concentration drifted away and your mind became blank; you were somewhere else. Many of us still experience similar moments of escapism even through adulthood.

You may have experienced staring into clouds in the sky or into the flames of a 'perceiving' pictures or faces or 'special thoughts that flow through your mind. You may be aware of the moments prior to



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fire and
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You
drifting

off to sleep, and being in that state of not quite being either awake or asleep

Holding the moment

and being aware of a stream of mind impressions, pictures or faces. You may have even overheard parts of conversations running through your mind.

These are all examples of being in a meditative state, being between two worlds: the world of physical sensory stimuli with which we are constantly interacting on a day to day basis - the world of noises, colours, smells, tastes and touch in which we communicate and make sense of the world in which we live - and another world, a more subtle plane of existence - the world from which we get our inspiration and creative thoughts, make connections and recognise strange coincidences in our lives. This is the world from which we sometimes hear an inner voice, or see a strange glow of light, or wisps of white or coloured clouds around certain things or people at certain times. This is the inner world from which we receive our 'gut feelings', our non-rational thoughts, a world in which it is possible to "just know" certain things!

It is the state of meditation that bridges these two worlds. Through entering this state, it is possible to turn off the demands of the physical world in just the same way as we might switch off the television. We close down one perspective of reality. We take time out to connect with ourselves and with another reality, one in which we are all interconnected through a flow of universal energy. This process enables us to build a closer relationship with ourselves and in so doing; we form a closer, sharper and more focused relationship with everything going on around us.

Meditation is a 'tuning - in' process. Just as we tune in from one radio station to another which broadcasts at a different frequency, so we use our minds to tune into another 'world' operating at a different energy frequency. During this tuning in process, our mind reaches an altered state of consciousness, another level of knowing. It is possible to measure this 'tuning - in' process, just as you might use the selection dial of a radio to find out which band or frequency we are tuning into. The brain can actually register what is happening and by measuring the brainwaves, we can find out the level as follows:

1. Delta waves occur between 2 - 4 Hz; these predominate during deep sleep.
2. Theta Waves occur between 4 - 7 Hz; these are found in states of deep relaxation, meditation and dream sleep.
3. Alpha waves occur between 8 - 13 Hz; these are found to predominate in a relaxed but receptive state.
4. Beta waves occur between 13 - 28 Hz; this is the normal state of consciousness especially for people who live in busy towns and cities.

As with finding any new channel or station, it is sometimes difficult to find where we want to tune into at first. The process remains a rather hit and miss affair that is all too easy to give up on if we are not sufficiently motivated to persist with the exercise. However, with practice this becomes easier and the more often we try the easier and quicker it becomes to tune in.

There are many types of experience that the mind can tune into when it attempts to tune into another frequency. Also, there are as many different approaches to doing this, as there are individuals in the world. Very often we just need confidence and practice in developing these skills in order to trust and feel comfortable with the information we pick up from another 'channel' or 'station'.

One way to develop this confidence is by understanding and learning from our experiences when we share the outcomes of meditation. It is possible to do this by setting aside a practice time when it is most appropriate, recording the outcome, feeding back the experience to others and attempting to review and evaluate the experience in hindsight. Very often this exercise enables us to make connections and make sense of the information we receive from our own inner world.

The following notes and suggestions are just some of the many ways this 'tuning in' or meditation connection can be made.

Meditation can be an active or a passive process and the following suggestions outline some potential approaches, which could be used at different times to achieve different outcomes.

PREPARING FOR MEDITATION

One of the first things that anyone wishing to practice the art and science of mediation will need to do is to set aside a regular time, when there is minimal interruption, when time can be taken out from the demands of the physical world. This might take some planning and preparation, i.e., a time when the door bell or the telephone won't ring (these can always be taken off the hook or disconnected for a short time), when the children are not likely to run into the room shouting, the dog will not bark, and others will not require your attention.

It is always helpful to make yourself comfortable, whether lying down or sitting down. Many people only find 'time out' possible at bedtime, prior to dropping off to sleep, an excellent aid to relaxation, but often they lose the ability to be able to record the outcomes after the event.



Time out to 'bee'

Some people may prefer to use an aid to meditation, something to help them relax and achieve this state of altered consciousness more easily. There are some excellent essential oils or incense to aid this process, or music, or even a taped meditation routine to take them into the experience.

Prior to starting the meditational exercise is often helpful to visualise in the mind's eye a beautiful white light building up around you. This might take the form of soft, comforting clouds of fluffy cotton wool, calming, cooling, caressing and reassuring. You know that you are safe and protected from everything and everyone, in your own special space around you. If you are unable to hold a visual image in your mind, it does not matter, for you only have to think this thought in your mind to know that it is so and you can proceed.

GROUNDING TECHNIQUE

We are physical beings living on a physical plane and sometimes when we experience an altered state of consciousness i.e. our focus is somewhere else, we can become what is known as 'ungrounded'. We have every day expressions for describing these kind of people – we might say that so and so has their “head in the clouds” or is “airy – fairy” compared to having their “feet on the ground” or being “down to earth”. A simple technique which is advisable at both the beginning and the end of a meditational or relaxational session is as follows:

Put down the 'roots' or 'boots'. For Boots – Think, imagine or visualise that you are wearing very heavy Doc Martins boots with magnetic soles. They are so heavy that they hold your feet solidly to the floor; you do not think you would be able to move them even if you tried.

The 'Roots' method – Think, imagine or visualise that you have roots growing from the soles of your feet. Feel the connection that your feet are making with the floor and be aware of these roots growing downwards along the floorboards, the joists beneath and down the walls, into the concrete foundations beneath and outwards like the roots growing from a tree.

CENTRING

When we are involved in certain situations we sometimes lose a part of ourselves, we are someone's relatives, parent, friend colleague etc and we can get pulled every which way, often losing sight of ourselves. We can become a bit like a piece of overstretched elastic and lose our flexibility to get ourselves back together. The centering process does this for us putting everything back into alignment and enabling us to regain our control and power of ourselves. It puts us back into the driving seat.

This simple and effective approach is to imagine a ball of white light just below your feet; as you breathe inwards draw a column of white light from this ball and be aware of it rising up around you and surrounding you. You are feeling comfortable and secure and the column is rising to your knees, thighs, chest, and neck and then to the top of your head and then disappears upwards, as far as you can see into the universe. Keep sending it up and up until it reaches a point of connection where it cannot reach any further.



This is like connecting to the source, the mains. We can put up the column as many times as each time and we like the process becomes stronger and more powerful. It is never a good idea to take the column down as this disconnects us from the Source and has a weakening effect. Experience this column, float in it, it can be as wide as you want it to be. Enjoy being in the column of white light.

PROTECTION

Sometimes when we go into negative situations, places or meet negative people the effect can be quite draining, we are a little bit like a sponge and can soak up other thoughts, feelings and emotions from around us. A bit like the sponge, we carry around that heavy feeling that we have soaked up. Once we have grounded and centered, it is helpful to protect that space and feeling by following these exercises:

Whilst feeling the safe secure feeling of freedom and feel good factor of being in the column of white light, place yourself in a golden egg shell, all around your body space to the width of about your out stretched arms. The golden eggshell, shiny side is reflecting outwards. This acts a suit of Armour and negative energies, which are not compatible with your own, are reflected and deflected away, protecting you. However the higher frequencies of love and compassion, which we all need to nourish ourselves, are able to still reach like a system of semi permeable membranes. This acts as a filter keeping the negativity out!

The next stage is to focus on your breathing (see previous section on breathing). Breathing is the essence of life. Correct breathing will help to eliminate stress from your life and enable you to feel revitalised and refreshed. Many meditation schools concentrate on correct breathing technique.

Once your breathing has created a harmony between the mind and the body, we can start to extend that flow of energy to our dimension of spirit. This is similar to when we tune into our radio stations and we need to plug in our radio, to feed it with fuel, the energy necessary to make it operate for us. We are able to make choices about the type of station into which we are tuning. We can tune into a particular station for pure enjoyment (as we would a music channel) or for information (as we would to find out the news, or the weather, or the state of road conditions) that can help us to make decisions in our everyday life. It may be that we are tuning in out of pure interest (as we would perhaps a channel on current affairs and other items of topical interest). Whatever our reason, it is possible to tune into the inner world of meditation in a similar way.

Now, it possible to start the physical relaxation. There are many methods to achieve this but one helpful way is to:

1. Concentrate on the toes of both feet, feel a warming relaxing power seeping in to the toes of both feet, gently soaking into the feet, rising around the instep and gradually soaking upwards towards the ankles, relaxing and releasing tensions.
2. Gradually and gently you are aware of this wonderful relaxing energy rising upwards into the calf muscles of both legs, to the knees, and soaking up into the thighs of both legs, releasing, relaxing, letting go of the tensions and stresses of the day.
3. Be aware of the abdominal muscles releasing the stress, relaxing, allowing every muscle, every fibre, every, cell, every atom to let go.

4. Feel the lower half of your body sinking into the chair, becoming almost at one with the support of the chair and enjoying an incredible sense of lightness and upliftment.
5. Concentrate your mind on the point at the bottom of the spine, the very tailbone, the coccyx. Feel the wonderful relaxing power slowly rise up and along the backbone, the lower back, rising upwards to the middle back, relaxing, releasing, replenishing and refreshing, allowing each muscle, each disc, each vertebra, each ligament, to let go, release and relax.
6. Rising now into the shoulder blades, you are aware of them becoming heavy. Feel your shoulders letting go as they release the pressure they have been carrying around. Feel them let go as though a great weight has been lifted. It is said "We carry the weight of the world on our shoulders". Release that burden as the power of the relaxing energy allows your shoulders to become light and free.
7. Feel the neck muscles now become loose and limp.
8. Focus the relaxing power into the fingertips of both hands and be aware of the feeling soaking into the palms and wrists. Let go of all the stresses and strains and pressures of the day. Feel that energy soak upwards into the lower arms, the elbows and the upper arms. Your limbs are now so heavy that you don't think you could move them, even if you wanted to.
9. Feel the neck muscles go loose and limp as that wonderful relaxing power soaks into the back of the head, rising upwards into the scalp so that every hair follicle becomes energised, relaxes. Be aware of the tension being released. Be aware of the wonderful sensation of letting go.
10. Feel your facial muscles relax. Your lips are slightly apart. You feel so relaxed, almost like when you are drifting off to sleep. You are not asleep; your mind is alert and focused. It is your body that is in a state of total physical relaxation.

11. At this stage it is possible to relax the mind. If you try to force your mind to relax, of course it will not be able to. The real secret is in letting go, for thoughts will constantly flow through your mind. As you release each one, be aware of it, but don't hold on to it. Do not think it through, rationalising it in a never ending chain of related thoughts, release and watch each thought break like a wave on the distant shores of your mind. Don't hold on to it thinking it through; allow it to wash over you like water off a duck's back. Be aware and let go and wait for the next thought to break. Do not try to understand it, or relate to it at this stage. You will remember the thoughts and impressions afterwards. That is the time to record and relate, not now!
12. At this stage it is possible to experience impressions, feelings, faces, or wonderful vivid colours. Try to just experience, for any analysis attempted at this stage will just stem the flow of being.

This whole process is a very passive one. It is possible to take more active part in the meditational process by following what is called a 'guided meditation'. This can take the form of taking a journey, or visiting a special place for a particular reason. The intention can be to experience a particular outcome or find out information, clarify certain issues or get inner guidance. Some examples of these are included in this section. Again the emphasis should be on allowing the self to experience, any attempt to analyse, rationalise or understand at this stage will be counter-productive.

It often helps the mind to focus on the issues at hand if you tape your meditation beforehand, or follow some of the excellent taped meditations now commercially available.

When designing and preparing your own guided meditation always remember that just as the physical senses respond to the sensory input of sight, sound, smell, touch and taste, so do the inner or 'subtle' senses. To reinforce the effectiveness of your meditation, always include the subtle senses. For example if your journey is along a beach, then include the colours of the sky and the sea and the sand. See the detail, the small fluffy white clouds blowing across the sky. Hear the sound of the waves gently lapping onto the shore and the call of the seagulls as they circle overhead. Feel the warmth of the cool sea breeze blowing across your skin and the warmth of the soft warm grains of sand as it trickles through your fingers. Smell the freshness of the sea air and taste the saltiness on your tongue.



Remember wherever you are, experience through all of the senses.

When you come back through meditation, you always return along the route taken. This ensures that the person experiencing the meditation is brought back through the levels of consciousness on the return journey. Be mindful that the person experiencing meditation is in fact well grounded before leaving. The use of voice tone and volume is significant in this process. Often it can be helpful to talk people back through counting 1 – 5, at each stage making them aware of their own body, feet on the ground, room and space that they are in etc. until “wide awake feeling refreshed, revitalised and alert etc.

**REMEMBER TO USE THIS TECHNIQUE IF YOU ARE PREPARING A TAPE
FOR YOURSELF!**

BREATHING

The secret of successful attunement and relaxation which is common to all disciplines and schools of meditation is correct breathing. The following three stages are compiled with the help of "The Fountain of Health" Holistic Training and Therapy Centre.

FIRST STAGE

The aim of the exercise is to be aware of the correct breathing movement.

1. Lying on the floor, knees bent, feet flat on the floor - become aware of the breathing pattern.
2. Place one hand lightly on the chest; place the other lightly on the abdomen. Make sure the chest remains still whilst the abdomen moves in and out.
3. Increase the depth of breath, making the abdomen move more and more. Do not let the chest interfere.
4. During the in breath - allow the abdomen to expand.
5. During the out breath - pull the abdominal muscles towards the floor.

Now:

1. Sit in a chair, or cross-legged on the floor. Make sure the spine is in alignment.
2. Blow out all the air you can by pulling in the abdominal muscles towards the spine.
3. When you think you have cleared it all, tighten the abdomen a little further.
4. Without altering the position of the chest, release the abdomen and let the air rush back in.
5. Repeat this pattern until your co-ordination is consistent. You will soon find that your breathing has moved down out of the chest.

Now:

1. Sit on the edge of the chair with your feet flat on the floor. Let your body fold over your knees and allow the arms to hang freely with the head hanging relaxed.

2. As you breathe in and out you should be able to feel the movement of the abdomen, lower ribs and the back.

Now:

1. Stand. Clasp the hands together and stretch the arms above your head with the palms facing the ceiling. Hold your head up but not looking up. Do not let the head drop forward.
2. Now use the instructions for exercise two. This will force the abdominal muscles to work and block the chest movements.
3. When you feel confident of your breathing, drop the arms and continue to follow the exercise. Be aware of the abdomen moving.

IF YOU ARE AT WORK:

1. Sit in the chair with the lower back against the chair. Use the back of the chair as a guide.
2. Breathe in and feel your spine and body expand to meet the chair.
3. As you breathe out pull the abdomen in towards the back of the chair.
4. Use your belt / waistband as a guide:
5. Hook your fingers around the belt. As you breathe out, pull the belt out with the idea of filling the space.
6. As you breathe in push your belt in with the idea of narrowing the space around your belt.

During these exercises:

1. There should be no tension in the face, neck and chest. There should be no audible sound during breathing. If the chest is tight you will feel full of air. If you speak or sing you will feel that you lack breath. If breathing is audible it is an indication of a tense throat.
2. Put your fingers lightly on the Adam's Apple (the Larynx). Take a deep breath. If the throat is relaxed the larynx will move down. If it is tense the larynx will move upwards towards the jaw as if swallowing.

Second Stage

Breathing is used ventilate and cleanse the lungs, stimulate the cells, and refresh the entire system. Use after contact with crowds, for example, after visiting the cinema, underground or parties.

1. Inhale a complete breath.
2. Retain the air for a few seconds.
3. Pucker the lips as if to whistle (do not swell out the cheeks) and exhale a little air through the opening with considerable vigour. Stop for a moment, holding the breath, then exhale a little more air. Repeat until the air is completely exhaled.

Practise until it can be performed naturally and easily. No more than two breaths per attempt.

This is the basic exercise for rhythmic breathing:

1. Sit erect, chest, neck and head in a straight line, shoulders slightly back, hands resting easily on the lap. In this position the ribs largely support the weight of the body and the position is easily maintained.
2. Inhale slowly a complete breath counting six pulse units.
3. Retain, counting three pulse units.
4. Exhale slowly through the nostrils, counting six pulse units.
5. Count three pulse units between breaths.
6. Repeat a number of times but avoid fatiguing yourself at the start.

7. Practice the cleansing breath, which will rest you and cleanse the lungs.
8. The duration of the inhalation and exhalation can be steadily increased to about fifteen pulse units, with around half the number for retention and between breaths.
9. Pay more attention to acquiring the rhythm rather than increasing the number. Try to feel the swing and the vibratory motion throughout your whole body.

Brain Stimulation:

For clearing the brain and the nervous system.

1. Sit properly and breathe rhythmically.
2. Press the left nostril close with the thumb and inhale through the right nostril.
3. Remove thumb, close right nostril with forefinger and exhale through left nostril.
4. Without changing fingers, inhale through left nostril.
5. Change fingers, exhale through the right.
6. Inhale through the right, and exhale through the left and so on.

The heart and the shoulders hold onto memories, unhappiness and fears, disappointments, grief and burdens. We affect our heart and cause tension by holding in our breath (being afraid to live) and keeping things 'close to our chest'.

Tension can reduce our function in our heart area. Clenched hands can affect our breathing, our heart and our liver. For the heart to be fully relaxed, the hands should be fully relaxed. Ancient yogis said that in each life we have so many breaths and by using them up quickly, we die sooner. Breathing should be slow not necessarily deep. Breathing slowly produces a good exchange in the lungs. Breathing well is vital for the heart and for good health. Make the out breath as long as the in breath or longer. This helps the system to clear well and release properly. To stay healthy and have increased energy, breathe in and out correctly.

Third Stage

1. Visualise around you seven invisible layers, each one outside the other, a little like 'Russian Dolls'.
2. Each layer is a dirty colour and needs to be cleaned. The only way it can be cleansed is by breathing the correct way.
3. Using the abdominal method described in stage 1 above.
4. Breathe in "Love" and breathe out "Peace". Love and Peace are achieved by the mind and thinking it, so just relax and do it.
5. Once this rhythm has been achieved, incorporate the following:
On the in breath, visualise a band of energy rising up the back of the body from the feet.
On the out breath, visualise the band of energy travelling down the front of the body under the feet.
6. Repeat this seven times, making the circle of energies larger each time, visualising that the breath is cleansing these energy bands into beautiful colours.
7. Now continue:
On the in breath, visualise the energies going up the right hand side of the body from the feet to the head.

On the out breath, visualise these energies going down the left hand side of the body, under the feet.

8. Repeat seven times, as before, making sure the circles of energy are bigger each time.
9. Continue to breathe rhythmically and now visualise that the aura is a great big balloon and fill it with the colour gold.

This should be a very rewarding feeling and give a strong sense of being cleansed as well as relaxed with few, if any, tensions. If there are still any tensions, then continue to breathe, but this time concentrate the mind in the area of tension, and using the breathing, feel the breath dissolving the tensions away.

This is the method necessary for any particular situation including disturbances, especially those creating breathing difficulties, but it is important for relaxation, meditation, before or after healing or any other therapeutic situation.

MEDITATIONAL EXERCISES

As mentioned previously there are many excellent pre-recorded tapes with meditational exercises recorded and many books with written guided visualisations, which aim to achieve a number of outcomes.



Harvesting the 'NOW'

A meditation record sheet is included to help you record your outcomes and personal evaluation comments as to the effectiveness of the different exercises tried throughout the course.

Try designing your own meditation, writing it first and then recording it on audiocassette. Allow other people to listen to it and see what outcomes they get from listening to your meditation. Remember to include the 'subtle' sensory input described in the previous section.

Your meditations can be fairly precise and definite in order to focus the mind in a particular way for a particular outcome such as relaxation, healing, stress relief, pain relief, etc. Your meditation can also be fairly open ended so that the person undergoing the meditation supplies his or her own detail, which can be recorded and reviewed after the event.

Here are some examples of meditation exercises:

1. Place an object in front of you and prepare for meditation in the usual way. The object could be an ordinary object such as an apple. Stare into the apple, focusing on the apple and consciously thinking nothing other than thoughts related to the apple. For example, the roundness, the greenness, trees, apple pies, etc. Try this exercise for one minute and the next day for two minutes and the next day for three and so on until you can concentrate solely on the apple for ten minutes. Build up your concentration so that you feel connected with that apple, that you feel part of it and it feels part of you.

The purpose of this exercise is to discipline your concentration; if you are successful at this activity you will be able to connect with the universal energy and feel at one with the universe.

2. Prepare for meditation in your usual way and light a candle in front of you. Stare into the flame and blank your mind from the flow of conscious thoughts. Allow the flickering flame of the candle to form pictures and impressions. Acknowledge them but do not evaluate them until after the exercise.

An alternative to this approach is to focus on the light of the candle, as in the apple exercise described above. Allow yourself to become part of the living flame and the flame to become part of you. You can focus this as part of a cleansing and healing exercise.

EXERCISES TO DEVELOP SENSITIVITY FOR MEDITATION

For this exercise, you will use the senses of: Sight; Smell; Touch; Taste; Hearing; The body.

Sitting comfortably and with your eyes open, concentrate on each of the senses listed above as they apply to your present environment.

- When you focus on sight concentrate on your eyes and what you can see in your environment
 - When you focus on smell concentrate on your nose and what you can smell in your environment
 - When you focus on touch concentrate on your hands and your skin and what you can feel in your environment
 - When you focus on taste concentrate on your mouth and tongue and what you can taste in your environment
 - When you focus on hearing concentrate on your ears and what you can hear in your environment
 - When you focus on your body concentrate on your whole body and what you sense see in your environment
 - Use each sense as widely as possible to achieve this contact
 - Repeat this exercise, this time with your eyes closed
 - With your eyes closed, follow your relaxation routine and experience the following sensations:
1. SEE - A churchyard; favourite seascape; favourite room; geometric shape of green.
 2. SMELL - Hot tar; tang of the sea; new mown grass; wood smoke.
 3. TOUCH - Soft furry animal; velvet; wet sand under your feet; bark of a tree.
 4. TASTE - Strawberry ice cream; tang of fresh lemon; tang of the sea; favourite food.
 5. HEARING - Church bells; sound of the sea; voice calling your name; distant train.

6. BODY - Riding a bike up hill; running on wet sand; searching for slippery soap in the bath; lying in the sun.

As you experience each sensation, go deeper into your own inner space; experience each sensation to the fullest. Make notes of your experiences after completing the exercise for your own records.

The following aide - memoir has often been used in the past, (although the original source is not known), to help adopt a code of personal practice.

THINGS TO REMEMBER!

- Never imagine that you cannot be calm and happy in spite of modern stress and strain. Always realise that you are not altogether at the mercy of external influences.
- Never make your life more complicated than it need be. Always remember that to simplify your desires means a saving of nervous energy.
- Never get impatient about your progress towards perfect relaxation. Always go forward steadily and persistently knowing that Nature is infallible, but cannot be hurried or forced.
- Never make yourself taut to resist mental strain; that is only adding fuel to the fire. Always slacken the muscles and lower the eyelids when you feel yourself beginning to become tense.
- Never deprive yourself of time to eat, to exercise or to sleep. Always realise that you cannot “play fast and loose” with your body without reducing your happiness and your efficiency.
- Never fritter away your leisure time thoughtlessly. Always use it constructively so that it balances your work and makes this easier and more pleasurable.
- Never look back upon the past, unless you can get pleasure or profit from doing so. Always live in the present as far as possible and in the future when such contemplation means hope or incentive to action.
- Never lose faith in yourself and your own powers. Always realise that poise and serenity are largely a matter of self-culture in mind and body.
- Never slacken your efforts until you have reached your goal. Regularity pays. Always refuse to be daunted by slight setbacks. You are only human and therefore not infallible.

VISUALISATION (by Debbie)

1. Close your eyes and relax. Start doing the breathing exercises and slowly feel yourself drifting.
2. You find yourself standing on a bank, by a river. Around you are the fields, trees and bushes. It is very warm and peaceful. Can you smell the fresh air and the smell of nature? Are there any animals or birds there? Notice all that surrounds you.
3. You get into a boat that is tied up to a jetty. What is it like? Is it a raft perhaps? It can be whatever you want it to be.

4. You push yourself into the water and peacefully float down river. Butterflies float past to greet you. You little houses and fields filled with corn flowers. Relax into the feeling of with all your cares being left behind You are at peace.



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5. You reach a mooring and climb out of boat. Tie it safely to a pole. You walk vast openness. What do you see?

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6. In front of you the ground rises gradually into a hill. There is a well-trodden path to follow. You begin to climb and find that it is very easy.
7. At the top of the hill, you find your 'place'. Waiting for you is your golden cape. Put it on and sit down. Relax and meditate on (*Your chosen subject, e.g., COMPASSION AND UNDERSTANDING*).
8. Now come back to your place and take your cape off. Slowly make your way down the hill and back to the mooring. It is colder now and the sun is beginning to go down. Climb carefully into your boat and return up the river, the way that you came. You pass the fields and houses. Lights shine gently from the windows. You return to your bank and tie up your boat. Climb out of the boat and onto the bank. Very slowly relax back into yourself and become aware of yourself in this room. When you are ready, slowly open your eyes and reflect on what you have experienced.

VISUALISATION (by Derek)

1. Commence with your breathing exercise. Place yourself in your own idyllic physical place of pleasure or relaxation.
2. Take a good look around you and notice the beautiful items created by man. Then take another look at the things created by God.
3. You see an opening in front of you. Take it, it is leading you towards a beautiful green field with clumps of red poppies standing out in the sunlight.
4. As you pass through the field, you notice a pink hue glowing in the corner near a five bar gate. The hedgerow is covered in sweet smelling honeysuckle.
5. As you near the gate, you see a pathway leading towards a wood of silver birch trees, swaying gently in the light breeze that is gently warming your face.
6. Passing through the gate you make your way up the path through the tall silver barked trees towering above you. You hear the sound of running water as you climb higher up the pathway.
7. You arrive at a small glade covered in lush green bracken. In front of you there is a small stream appearing as if out of nowhere, from a clump of ferns just above you, trickling down through the moss covered rocks to a small clear pool.
8. You gaze into the pool and see your own reflection looking back at you, swaying in the ripples caused by the descending water.
9. You notice the warmth of the sun shining from above, warming you, making you feel at home and at peace. This is your place for today, to settle and ponder over the wonders that surround you.
10. Wrap your cape around you that you find at your side and meditate on BEAUTY
11. You become aware of coolness; the sun is dipping behind the trees, beckoning for you to return through the trees. Say goodbye to the pool and the mark that you have made in the soft bracken. Remember everything that you have learned. You slowly descend through the tall silver birch trees, following the path back to the gate in the hedgerow that leads to the field. The scent from the Honeysuckle hangs faintly in the almost still cool air. The grass does not seem to shine quite as much as it did on the outward journey and the poppies have bowed their heads, as if to say, "Thank you for passing this way; please come back another day." You are now back in your own reality of physical enjoyment.
12. Slowly bring yourself back into the room and feel your physical body and its solidity. In your own time, open your eyes and note your experience.



VISUALISATION FROM HEALING POWER OF COLOUR

1. You are walking along the beach on a beautiful sunny day.
2. The sky is an intense blue with a few fluffy white clouds floating around; the sea is sparkling.
3. You can smell the saltiness in the air and feel the crunchiness of the yellow sand beneath your bare feet; hear the swish of the small wavelets as they ebb and flow; feel the golden warmth of the sunshine.
4. *Embellish if needed.*
5. In the distance you can see white cliffs, topped with green grass.
6. As you walk along you feel a little breeze brushing your face, and rustling through your hair.
7. *Embellish if needed.*
8. After a while, you come across a pathway leading away from the beach and up towards the top of the cliff.
9. It is rocky but not too steep and as you climb upwards you pass clumps of pink sea-thrift and brilliant scarlet poppies growing amongst the chalky rocks.
10. The path finally leads you out to the top of the cliff.
11. *Embellish if needed.*
12. Lush green grass, daisies, poppies and other flowers up above the sea now, surround you.
13. You sit down gracefully, relax and gaze out to sea.
14. The scintillating stillness of the ocean reflecting gold and silver lights and the calm blue of the sky combine to give you a sense of eternity, timelessness and utter security.
15. Meditate on aloneness for a while and then we will return.



TREASURE CAVE

1. You are walking along a path and find yourself standing outside a cave.
2. If you feel worried about the cave, take along a torch with you or a fairy to keep you company.
3. It is an attractive looking cave, with little green ferns growing around its mouth and a silver stream trickling down beside it.
4. You enter the cave, which has a faint luminosity of its own so that you can see your way.
5. It is cool inside and the path is slightly sandy.
6. *Embellish if needed.*
7. The sides of the tunnel are smooth and now and again you see the same little green ferns that were growing outside.
8. You walk along the tunnel that is gradually descending lower and lower.
9. *Embellish if needed.*
10. Eventually the tunnel widens out and you are standing in a vast cave, illuminated by many twinkling points of light
11. These illuminate the cavern sufficiently to reveal in front of you a still, small pool of clear water.
12. You go towards it and sit down beside it, gazing into it.
13. It is not very deep and it has a sandy bottom.
14. *Embellish if needed.*
15. Lying on the bottom are many coloured precious stones - amethyst, ruby, pearl, sapphire, emerald, opal, diamond, topaz, together with such semi precious substances as amber and coral.
16. You are allowed to take one of these stones.
17. You put your hand into the water - feel its wetness and coolness - take out the stone of your choice.
18. It is a fairly large stone, the size of a walnut.
19. You gaze into its depths and it is as if looking into another world.
20. There is a sense of timelessness and endurance, with the stability and comfort of the earth.
21. *Embellish if needed.*
22. You take your stone with you as you rise from beside the pool and retrace your steps back up a long the tunnel, again reliving the sensation of coolness, smooth walls and sandy floor.
23. You come out of the cave mouth into the soft, warm sunshine to see your chair just outside the cave.
24. Sit in it and come back gently to the present. Bring your gift back with you and the knowledge you gained in your choice (Bring back through into the room).



Amethyst - Humility, peace of mind, sobriety, the stone of healing, bringer of dreams and visions, protecting against over-enthusiasm.

Amber - Congealed light, courage, gives magic power and protection, sacred to Apollo and regarded as Freya's tears.

Coral - Sea Tree of the Mother-Goddess, longevity, fertility of the waters, ideas, aspiration.

Diamond - Light, life, sun, constancy, innocence, eternity, incorruptibility, durability, eternity of spirit.

Emerald - Immortality, hope, youth, spring, growth of spiritual awareness, harmony with life.

Opal - Faithfulness, religious intensity, prayers, psychic powers, protection against anger, purification.

Pearl - Chastity, purity, the moon, feminine principle, beauty that arises from the trials of life.

Ruby - Dignity, power, love, passion, beauty, longevity, invulnerability, sympathy, feeling for others.

Sapphire - Truth, chastity, spirituality, contemplation and devotion, protection from evil, heavenly attributes.

Topaz - Divine goodness, fidelity, friendship, love, sagacity, the sun.

Look at the colour of the stone. The stone represents intuition from the inner self.

FLOW OF LIFE

1. Make yourself comfortable and begin your breathing. As you breathe you can feel the body relaxing and becoming quiet.
2. You find yourself in a garden. You feel very comfortable in this garden because it is the garden of creativity. Feel the creativity moving within you.
3. On one side you discover a tree and it is very strong. Blend with it and become aware of your sense of yourself and being responsible for you.
4. There is a gate, move towards it, look back at your tree; you see many beautiful birds flying around you, landing on the branches. A gentle breeze rustles the leaves and you feel very peaceful and at home. Can you feel the breeze?
5. Walk through your gate into a leafy lane. Honeysuckle and wild roses grow here, amongst the leafy trees. Sense the perfume as you walk on. Feel their presence.
6. At the end of the lane you can see another gate. What is it like? Pass through this gate and you find yourself in a paradise.
7. Trees of all kinds, some in fruit, some in flower, giving off heady perfumes. Be aware of these colours, perfumes and fruits.
8. Walk through and find yourself at a waterfall leading to a beautiful clear pool. As you gaze upon this sight you notice that the droplets look like diamonds reflecting in the sun and are creating a sparkle in the water. Feel the droplets on your hand and face. Bathe in this a while.
9. At one side of the pool, on a mossy bank, is a seat. Your golden cape is there too. Wrap yourself in the cape and sit down. You notice the flowers growing around the seat and the mossy carpet under your feet.
10. Meditate on: THE FLOW OF LIFE.
11. When it is time to return I will call you back. Nothing has escaped your attention and you will remember all that you have experienced.



RELAXATION TECHNIQUE 1

To begin a meditation you will become aware that the body is used by the person (the mind) as a machine. For example, if silence is required in a factory, then all the machines have to be switched off. In the same way the body has to be switched off to find the silence of the mind.



Breathing in sunshine

This is why the first step to meditation has to be relaxation; without relaxation, silence cannot be achieved. The first part of this process is to concentrate on the breathing. Place yourself in a position in which every part of the body is comfortable and still. Breathe from the diaphragm, slowly in and out. When this has been achieved, breathe in and out from each area of the body using the mind to tell each area to be silent and still. A simple command can be used in each area where tension is felt and repeated three times, e.g.:

“Toes be still and quiet; feet be still and quiet”; and so on.

This can prove a little difficult to start with, as we are not used to this type of breathing and silence and the mind will often fill up with other thoughts and concentration can soon be lost.

Before attempting meditation, practice the steps below to achieve full relaxation:

1. Find and seat yourself in the most comfortable position. It is not important which position you adopt so long as you are completely at ease (although if you fall asleep it could defeat the object!)

2. Using the mind become aware of the breathing. Note the speed at which you are breathing in and out, also note where in the chest you are breathing from and become at one with it. Now slowly change the breathing. Bring the mind into the diaphragm and begin to breathe in this area. As you are doing this start to breathe more slowly. To begin with it would be advisable to only breathe to the rhythm of: IN 1 - 2 - 3 : OUT 1 - 2 - 3 . As you progress with slowing down your breathing, a HOLD can be applied in between. It is advisable to achieve this slowly. Maintain this level of breathing.
3. Locate with the mind any areas of tension. Apply the command and breathing technique to each area. Having located all these areas begin with the toes and work your way up the body, section by section applying and repeating the commands each time. Ensure that you maintain the breathing rhythm and have not speeded this up.
4. Once you have completed this relaxation, become aware of how light and airy you feel. Be aware that your body is no longer the heavy weight that you felt at the beginning and enjoy this feeling.
5. Return to the room and situation you are in, without letting the tension back. Bring your body back by starting at the top of the head and slowly working down to the toes. When you have completed this, stand up and have a good stretch. Reach towards the ceiling and with very slight body sways come back down to your normal stance slowly.

This approach can be practiced regularly and throughout the day, although it will take time and practice before reaching the next stage.

INNER DEPTH CONCENTRATION:

At this stage a sense of freedom and even disassociation may occur. This is necessary to allow the silencing of the mind. If the previous methods have been successfully achieved, there should be a complete inward feeling as if you are now inside yourself and unaware of what is outside. Retain this feeling and enter the mind itself. Feel its size, shape, contours and strength.



Remain in this state of inner awareness, allowing the body to completely relax and let go of all its tensions.

Relaxation comes from the conscious control and use of the brain. Thoughts come from the sub-conscious mind and are therefore part of the meditation sequence. It is advisable that students are allowed to achieve the above methods before proceeding and without having to think about what is happening. If thoughts are allowed to invade the mind then the relaxation will disappear before the student is ready. Do not pay attention to the thoughts; just let them move, as they will. When meditation is undertaken, then these thoughts will be focused appropriately.

Concentration should be light and applied only to the control of the breathing and the relaxed state of the body.

RELAXATION TECHNIQUE 2

Lie on the bed or sit in a comfortable chair, close your eyes, and take a few deep breaths - when you breathe out feel yourself becoming heavier and sinking into the chair or bed, which is supporting you.



1. Breathe in; hold on to the breath for as long as possible without feeling uncomfortable. Breathe out, allow the muscles to relax in your face, head, jaw, neck, and shoulders and let go.
2. Breathe in again; as you breathe out allow the muscles to relax in your arms, hands, chest and back. Take normal breaths in between the deep breaths if you feel more comfortable.
3. Take a third deep breath, as you breathe out; this time relax all the muscles from your waist down to the tips of the toes. Let your abdominal muscles go loose and limp.
4. Take another deep breath and when you breathe out this time, feel your entire body go loose and limp. Find any area of tension within the body and be aware of letting go and releasing this tension.
5. When you breathe out for a fifth time, focus your attention on the third eye, an energy centre situated at the centre of the forehead and release all conscious thinking. Now use this to go deeper into relaxation, feeling very safe and very secure and a pleasant feeling of relaxation.

VISUALISATION

Each one of us uses visualisation to one degree or another every day of our lives; whether we are aware of it is another matter. Daydreams and memories are a simple example of the process. There is an enormous potential and power in visualisation, which is often misunderstood and little appreciated.



We have all felt the effects of stress at some point in our lives and the physical effects that this can have on us, the weak knees and trembling experienced prior to an interview, or the sinking feeling at the pit of the stomach when yet another bill drops through the door. Profound physiological changes take place in the body, brought about only through thought. Think of an embarrassing situation and see if you can feel yourself blushing. Think of sinking your teeth into a lemon and feel your mouth water. Imagine the scraping of a fingernail across a blackboard and see how you respond.

Not only can thought produce an astounding array of chemical responses in the body, but similar alterations can occur at the mind and spirit levels of the holistic energy system.

The unconscious mind influences the whole system. The language that it uses is imagination. The unconscious mind is unable to distinguish between imaginings and objective reality. In other words, the thought IS a reality. The greater the degree to which we are able to imagine, determines the power of response we are able to trigger by our unconscious minds.

Powerful visualisation is not limited to the simple inner 'mind' pictures, but must include all the senses. Profound effects can be caused by the strongest and most real of imaginings. Our perception of reality is determined by our imagination and pre conceived ideas.

Our life in reality can be either heaven or hell, and how we think is a major factor in determining our life. This shows the importance and the power of positive thinking.

The visualisation of our goals and ambitions in life focuses and directs our efforts towards achievement. Visualising what we wish to achieve and seeing ourselves in that situation, as if it was already achieved, focuses and influences our interaction with the physical and material world. Such positive focus will almost guarantee success.

Often we are prevented from achieving our ambitions by the inability to silence the chattering mind and focus on a single aim. We need to be very focused on that we need to achieve. For example, we might want a large amount of money, but what do we need it for? To move house? Buy a new car or take a holiday? Try to focus on the outcome, see yourself in the new car, the type, the colour, etc., or see the new house, where it is, what it looks like and so on.

Usually our experience of daydreams and imaginings is that they are spontaneous and uncontrolled. However it is not as difficult to achieve a focused mind as you might think. Focus is achieved by calming and settling the whole person, a relaxed and centred body produces a calm and focused mind and it is from this centre of calm and stillness that visualisation draws its immense powers.

Visualisation greatly helps relaxation when you can imagine yourself in a relaxing situation or by creating the impression of warmth and soothing that accompanies deep muscle relaxation. Once relaxed, you can create a special place to visit for peace or healing and which can create change in your life from within. When visiting such a peaceful setting it is possible to repeat in your mind positive affirmations, which are able to reprogramme our reality. These suggestions are so powerful that they are able to alter our behaviour patterns.

HOW TO PRACTICE MEDITATION

Meditation is a process of inward visualisation. It always begins with the relaxation process so that the mind can be stilled or ignored. To create the perfect meditations use a visualisation process.

Visualisation is a moving picture of the mind centred on beautiful creative things. Start in a pleasant place of your own choosing, i.e., a field of corn, the seashore, a wooded forest, etc. Always use nature, as nature is not a logical thing that the mind can interfere with.

Begin by relaxing and breathing in the correct fashion. This will set the scene for a stable and rewarding meditation. Remember always to begin with a garden, meadow, etc., and a rooting aspect, a large oak tree, rocks and boulders, this creates a stable secure feeling. See some sky but do not see the full sky, as you will go too high too soon. Create your own path but do not make a definite path, as this is restrictive. Below are some suggestions and what they help to achieve.

When you are writing a meditation or guiding another person through a meditation do not take the person too high. Work only with intuition and sensitivity. Remember that the use of symbols increases consciousness.

1. Trees. Always add a tree this creates stability, the roots help to ground the consciousness, and branches can expand awareness of the self.
2. Gates. Going in and out of consciousness (awareness) levels. The type of gates can indicate how a person sees that level of consciousness. Open and close the consciousness.
3. Rocks. Earthing and grounding. Look at where they appear.
4. Landscapes. Begin the expansion of awareness and mind. Begin with small areas. Create growth and stability.
5. Bridges. Take you across something, usually consciousness levels. Opens new possibilities, new energy levels- expand horizons.
6. Water. Takes you away from solid matter, makes things flow well. Avoid rough water - disturbing. Do not include at the beginning - stimulates emotion. Has a cleansing effect.

7. Sky. This expands the mind and is linked to the higher self, will take you into a higher consciousness. Night sky is a healing element. With stars very high and into inner self.
8. Hills. Will not lift too far to start with. They increase the ability to grow. These are more acceptable than mountains to start with.
9. Mountains. Will take you higher in consciousness. They can take you too far. When seen in the distance it is looking at potential or goal.
10. Rainbows. From earth to sky, will root as well as take you higher.

Be careful with the following:

11. Colours. Link with different dimensions and energies. Be aware of the energising effects of:
 - Red, orange, Yellow, green, light blue, dark blue, purple.
 - Rose - spiritual love; mediumship
 - Green - neutralises and balances
 - Lighter blues - very spiritual / therapeutic / more active
 - Darker blues - more intuitive / opening of awareness / healing
 - Purples - links with higher self / inspiration
 - Silver - takes you across to the other side / takes you home. Use carefully, might not be ready for this.
 - Gold - wisdom / protection / preferable to silver sometimes.
12. Open spaces. Could create a feeling of insecurity, agoraphobia. Be aware of your own problems.
13. Cornfield. A symbol of harvesting, never cut it down. It is fulfillment. Use it on return in the visualisation on the return journey.
14. Spirals. We are composed of spirals. Take care when using them. Wooden staircases or banisters will stabilise (ground). Silver spirals or staircases could make you heady.
15. Going down. Subterranean levels of the mind. Going through your own psyche or sub-conscious. This involves going down into the subconscious, getting in touch with deeper aspects, can release inner traumas.

Use of these in visualisation will bring you to the state of meditation. When you have reached your point of rest, you can make this a temple or a room or anything, which is similar, where you can rest and meditate. Choose a subject for meditating on, but do not discuss this with your mind, you only hold onto the subject for a moment, then release it. By setting it as a question, it will not require an answer in the normal sense, but gradually you will receive the answer during the meditation process.

When you have finished meditating, walk from your special place and return the way that you came, or similar. End if possible by being in contact with a tree, stroking its roots. Gradually bring yourself to consciousness and if you have received any inspiration, write this down straight away. If you do not write it down you will lose it and you will have lost an answer.

When this is finished begin to close yourself down. Imagine a full blossomed rose and see it closing its petals into a tight bud. Imagine this is the top of your head and repeat it seven times down the body. Shake you hands, rub them together and stand up. Stamp them together or rub them on the floor. Now stretch up, slightly to the sides, backwards and forwards. You should now feel completely back to normal and very refreshed.

Try to do this exercise at least once a day, after some practice you will find that you can briefly do it any time, without having to use full visualisation, to release tensions or sleepiness.

When this is first done, it takes a little while to achieve, so do this on its own to start with so that you can achieve a quicker time span.

Attempt to write your own-guided meditation using the techniques and symbols included in this section.

Record this on tape and listen to it.

Write down your responses and outcomes on the meditation outcome sheet provided or your personal development diary.

SYMBOLS WHICH MIGHT OCCUR IN MEDITATION

1. COLOURS - The principles to be looked at are what stand out, relative to where they appear:
 - At the beginning = currently in life, either using this colour or needing to use the colour.
 - At the middle = subconscious use of colour, can be positive or negative.
 - At the end = this is what you find in your meditation or what you understand your meditation to be.
2. SHAPES - Geometric - represent the changes within the self, a self-evolution.
3. GATES - entrances / bridges to consciousness levels. The type represents how it is described.
4. CORRIDORS; TUBES AND TUNNELS - Travelling through the consciousness levels.
5. DARKNESS / NIGHTS - The unknown and / or subconscious fears. Awareness of how this is experienced can give an indication of the situation.
6. PEOPLE - Represent aspects unknown consciously about the self. Note the personality / character as this indicates inner self-state. If a role person, e.g., a mother is presented then look at deeper inner child level.
7. CHILDREN - This does not represent own children if a parent:
 - 0-5 = new ideas or projects (abstract skills)
 - 5-7 = ideas / projects becoming a reality
 - 7-teens = own inner child (you as a child)
8. VEHICLES - This represents the physical body travelling through this life.
 - Car - You the body (car), you the spirit (driver)

- Plane - flying (astral) or rising above the situation
- Train - travelling along a straight route.
getting on = moving into a new phase
getting off = moving out of an old phase
- Boat - connected with emotions

9. WATER - Connected with the emotions either higher or lower.

10. When this occurs in meditation, at the beginning it represents disturbing emotions in life. At the end it represents a spiritual energy and the emotions towards it. When it occurs in dreams, it is connected with other symbols and links with the emotions.

11. SOUNDS; SMELLS; TOUCH; TASTE; HEARING - These relate to the psychic senses which are beginning to open relative to the chakras.

12. BUILDINGS - How you see you and your life by its condition. The level in the building indicates the body / chakra position.

13. UGLY FACE; NIGHTMARE TYPE STATES - These are hidden fears. Look at what they are representing.

14. UNIFORMS - These represent authority and / or threatening aspects.

15. RIVER - Represents the river of life. At the beginning it shows life energy linked through emotion. At the end it shows life energy linked through the spirit.

16. DERELICTION - This shows emptiness in life. How you see your and your life as it has been.

17. STATIONS - Represent the journey through life. What is the purpose of the station?

18. DEATH - Represents the dramatic and sudden changes in life. The end of / start of new phases. It does NOT represent a real death

19. MOVEMENT - Moving from one phase to another:

Left to right - past to present (currently working with)

Right to left - past to present (dwelling on)

20. Vertical - using a masculine energy in a situation.

21. REMOVAL VAN - on the move forward into a new life. Taking what you need and getting rid of what you do not need.

22. WEEDS - Suppression or interference by others in the use of talents or abilities.

23. SEEDS, FRUITS, NUTS - new ideas / talents appearing and growing.

24. SEASONS -

- Autumn - the old dying away to make way for the new: harvest
- Winter - dead or latent; no growth; rest; hibernation
- Spring - fertility; new growth in talents and life
- Summer - blossoming of self

25. CORN / WHEAT - this is about nurturing and creativity.

- The state of the corn / wheat indicates how we are nurtured and gives the point reached in life. The colour indicates the chakra system and shows how we cope with / deal with / respond to our subconscious.

A LIST OF MEDITATION SUBJECTS

The following list represents some subjects and approaches, which can be included in your meditation:

FREE DRAWING

Prepare yourself through the process of centring within as described in the previous section. Draw your picture lightly without any specific thought or interest. When you have finished, try to evaluate the meaning. See the drawing as if it is a person talking to you, what is it trying to say?

Free drawing exercise:

1. Set paper and pens ready.
2. Relax and empty the mind.
3. Allow whatever to come forward into the mind.
4. Allow it to communicate what it requires.
5. Do not look for any technique or for anything special.
6. When ready bring yourself out of this state and DRAW.
7. Allow yourself five minutes to draw what has experienced.
8. Evaluate and review your drawing with yourself and with others.

Free drawing homework:

1. Set paper and pens ready.
2. Take a problem or an aspect of a situation.
3. Relax and empty the mind for five minutes.
4. Draw whatever comes into the mind.
5. When complete, close the eyes and return to the room and ground yourself.
6. Look at the drawing and begin to interpret what it is saying.
7. This has the ANSWER not the PROBLEM.
8. Be aware of how the attitude towards the problem was presented:
9. WHY; WHAT; WHERE; HOW; WHEN?
10. We communicate our questions to our higher self by symbolic pictures; the same process is used in communicating back our answers.

PURPOSE AND WILL

Within your meditation imagery, see a straight path. On either side there are entities representing the obstructions and diversions. Walk along the path noticing the form these take, how they act and what they do and say. At the top of a hill you are able to face 'Purpose'. Listen to all the advice, etc., you are given. Return and write the details.

GENERAL AND REFLECTIVE

The following subjects are general and can be introduced into your meditation when you have arrived at your own special place and taking your own special action such as putting a cape around yourself: Joy; wisdom; vitality; gratitude; light; simplicity; cheerfulness; love; openness; loyalty; will; strength; peace; courage; creativity; understanding; calm; power; wonder; generosity; freedom; humour; clarity; risk; compassion; energy; truthfulness; cooperation; playfulness; steadfastness; beauty; truth.

REVELATIONS



Using various aspects or objects to show you something. For example in your meditation you might climb to the top of a lighthouse to see what you are shown from above. You might follow a butterfly through a special area to see where you are taken, or watch the sun rising and see what it illuminates or look into the sky or a candle flame or a fountain within your meditation to see what is shown to you.

POTENTIAL



Within in your meditation, you look into the opening of a bud into a flower. Examine and absorb the image that appears to you. Draw or write what is presented and look into its meaning.

THE LOVE DIMENSION



Within your meditation you approach a closed door with the word 'love' written on it. Open the door and enter the room and take in the first impressions of what it is like inside. Explore both the negative and positive aspects but do not judge or interpret these impressions, just allow each one to reveal its qualities to you. Recognise all are manifestations of universal love,

MEDITATION OUTCOME RECORD

To be completed after meditation has taken place.

Date:

Time:

Type of meditation:

Details of preparation for meditation:

Include details of any aids to meditation, circumstances and context.

Description of meditation:
Continue on a separate sheet if necessary.

Outcomes of meditation:
Include details of experiences; feelings; symbols; colours; images, etc.

Links and connections made after meditation:

