

# Working in meditation

## Changing mental states

### **Cultivating the opposite**

There are three parts.

1. Identify your current mental state.
2. Identify what the opposite is.
3. Identify how to cultivate the opposite and then do it.

A large part of working in meditation is simply being clear about what you want to work towards.

### **Consider the consequences**

You consider what the consequences would be in your life if you allow your current mental state to continue completely unchecked. It is probably best to do this while setting up.

### **Sky-like mind**

Imagine the mind to be a clear blue sky and the thoughts or emotions or bodily sensations to be like clouds passing by. You watch without getting involved.

### **Suppression**

You just say ‘no’ to any persistent thoughts and push them aside. It works best if there is not too much emotion involved.

### **Connecting with our values**

Sometimes you just need to remind yourself that you are doing the best you can, and that you made an effort, and even that will help you to achieve your vision.

## Developing more positive mental states

### **Remembering your vision**

Remind yourself of your values and why you are meditating at the beginning of the session.

### **Focusing on what you appreciate**

Turn your mind to whatever you can appreciate in your experience, for example what you are enjoying about the sensations of breathing.

### **Focusing on what is already there**

Ask yourself, ‘How am I already ...?’ about positive states you would like to cultivate further.

### **Asking questions**

Ask questions such as, ‘How could I become more concentrated?’ without making an effort to answer them.

### **Using imagery**

You can use images to help you know your current mental state (If my emotions were water, what would it be like?) and to change (Let the sediment sink naturally to the bottom so the water becomes crystal clear.)