

Meditation 2 Week 6

Three minute breathing space.

Discussion of how they got on during the week.

Give out handout on working in meditation and discuss.

Review of previous weeks

Setting up:

1. Posture
2. External: looking around, listening for sounds, and feeling the contact of your body with the ground and seat.
3. Self: body scan, thoughts and emotions.
4. Intentions Choose the practice you are going to do and form a clear intention of how you are going to work in the practice

Balancing effort:

- Active
 - wise use of discipline
 - object is to gain more control of the mind
 - actively follow the sensations of the breath from where it enters your nostrils down through your chest into your tummy and back up and out again
- Receptive
 - Letting things be without changing them
 - Settling the mind in its natural state without wanting it to be different
 - Like watching a wild animal or bird. Just watch what is happening.
 - Having curiosity, kindness and appreciation of your experience
 - Sometimes use the image of watching your experience like watching clouds float across the sky

Focus and broadness:

- About having a continuum of attention. Like a camera when put it out of focus to realise where the focus is. When have a continuum it is easier to keep attention on object of meditation.
- We are thinking of 'with' rather than 'either/or'.
- If attending to sensations of breathing, can relax attention to whole body then zoom in on breathing, then relax into sense of being in the room, then zoom in on the breath again.

Exploring experience

- lots of energy – restlessness/ itchiness/ anxiety – alertness, energy

- little energy – laziness / sleepiness/ mental dullness – relaxed/ peaceful
- attraction to things, including ideas – desire for sense experience - enjoyment
- repulsion – ill will/ hatred/ irritation – focus, fascination
- doubt – boredom - questioning

Making choices

concentrative – focus on object and suppress distraction

generative – cultivate quality want to encourage

receptive – sky-like attitude, letting go/be

reflective – think of the consequences

Positive factors:

- initial thought – identify something
- sustained thought – dwell on something
- rapture – physical response like a tremor
- happiness or bliss
- one-pointedness, better translated as one-mindedness.

Mindfulness of breathing bringing in lots of these

Setting down

Three main things trying to achieve:

- to make the transition from inner to outer experience
- to carry over the benefits of meditation into your everyday life
- to re-engage the body

What ideas do you have about how to do this?

1. Widen out awareness from breath to the rest of the body
2. Take note of your mental and emotional states. Have they changed?
3. Bring your attention back to your body and begin to move very slowly.
4. Gently open your eyes.
5. Take in your surroundings.
6. Move the body a little more vigorously and disengage your legs.
7. When you are ready, get up and move on to your next activity.

Metta bhavana if time.

What to do next.