



Module 2

Beyond The Mind...



Why is this important?

- Meditation is about more than just relaxation
- It is about being to get distance from the programmes of your mind
- It is therefore a the heart of being **CONSCIOUS** about transforming

If you can see it, you don't have to be it...



Meditation: the myths

- It is attached to religion and may be contradictory to other belief systems have
- It is only for “weird hippy type people”
- You aren’t any good at it

What meditation really is: ***It is a simple (but not easy!) mind training to loosen our attachment to our thoughts and increase our awareness of other aspects of our experience...***



Different brainwaves

- Beta: Concentrated thought and higher mental arousal
- Alpha: Relaxed thought and gentle mental arousal
- Theta: Day dreaming and dreaming sleep
- Delta: Deep sleep

Most of our brains are badly trained and meditation is the best tool for correcting this...



Why people struggle...

- Many people have an expectation of what **SHOULD** happen during meditation
- Because they constantly compare themselves against this usually completely unrealistic ideal, they think they can't do it, or that they are doing it wrong
- Apart from perhaps feeling a bit more relaxed, very little will happen in meditation in the early days
- This is because we are still stuck in our head and don't know anything else!



Ultimate benefits...

- Become more “here and now”
- Less reactive and more conscious in choices
- Ultimately it is one of the most important steps in making a prison break from the shackles of our mind
- Immeasurable good things happen as a result of learning to meditate!



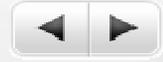
What should happen!

- We are looking to have more fluidity in our mind and thoughts, and more of a sense of distance from them when appropriate
- This is not about having no thoughts, stopping thinking, or being able to just choose all of our thoughts!
- To start with, you might feel more relaxed through focusing on your breathing and you might also start to have tiny glimpsing moments of absence of mental thoughts... this would be a fantastic start and could itself take quite a while



Practice is important!

- Meditation is called a ***PRACTICE*** for a very good reason. To truly master (like everything in life!!) it takes thousands of hours of disciplined practice
- Like anything new, if you start too hard, you will not sustain
- The key is to keep challenging yourself gently and consistently over-time
- For many people starting with 10-15 minutes at a time is a great starting point



Practical bits...

- Sit comfortably, ideally with straight spine
- Be warm
- Be in a quiet safe space
- Have a way of easily checking time



Exercise 1...

- Close your eyes
- Become aware of your breathing
- Relax into yourself



What happened?

- Felt more relaxed
- Nothing
- Felt more tense!



Exercise 2...

- Close your eyes
- Become aware of your breathing
- Relax into yourself
- Observe your thoughts



What happened?

- Could be the same, could be different
- The key to this is not trying, but allowing, and that is a huge practice in of itself!
- Drop the ideas you have about what should or shouldn't be happening!



Next steps...

- Put aside 10-15 mins a day to practice – perhaps using the meditation for last Module
- Reflect on Module 1...
- Homework questions



Homework Questions

- How did you find this module, what was your experience of meditation?
- What questions do you have about meditation?
- What work have you done previously with beliefs?