

Saturday Morning Group Meditation *all about you*

If meditation feels like work, you are trying too hard. If you try to make your mind empty or quiet it is like trying to make yourself fall asleep. Chances are you end up more awake. The same is generally true for meditation. If you try to push the thoughts out of your mind and make your mind quiet or blank, it will probably respond with an abundance of thoughts pouring from and over filling your head. Forget about how well you can stay focused, and about what's "supposed to" happen when you meditate, and simply accept whatever does happen. So let the thoughts enter your mind then let them go, as if they were just passing by.

Lots of thoughts in meditation are often caused by lots of stress being released. Stress is stored in your system as toxins and negative energy. As the negative energy is cleared from your system it tends to take the form of thoughts running through your mind. When a particular matter that has been the cause of stress is fully released, your system is then clearer, allowing you to go deeper, and experience meditations with less thoughts. This process is somewhat cyclic... Half the cycle is one of "clearing", during which there are more thoughts... The other half is one of "clarity" in which there are less thoughts in your meditation. The time-frame of these cycles can vary widely... from hours, to days, to weeks. The bottom line is that the release of stress - and the resulting thoughts are cleared allowing deeper, quieter meditations. So, if you find the first time you meditate you have more thoughts fly through your mind then not this is normal, your mind is releasing and letting go of the stress. That is a good thing. Meditation clears away stored up "stress" and "physical/emotional toxins". A detox of the mind. If you find that you are releasing these toxins in your meditation - or outside of meditation - be aware that a valuable healing process is occurring and will pass shortly, leaving you free of these limiting, negative energies.

How do you recognize this? You may experience some form of negativity, according to the type of stress or toxins you are releasing. If it is physically-related, you may feel a bit tired or physically "off". If it is emotionally-related, you may experience some of the feelings or memories associated with the toxins you are releasing. If this should occur, it is important to continue with your regular meditation schedule, as this facilitates the clearing process. Unfortunately though, the subtle and unusual discomfort resulting from this process tends to cause some people to back away from meditating. If you approach meditation with a mind-set of success/failure, chances are it will bring up feelings of frustration if it "seems" like you are not getting anywhere. If meditation leads to frustration, then naturally it won't take long before you begin avoiding it. The remedy is to put aside all expectations of "getting somewhere" and "getting it right." Have no expectations. Your mind will calm down, and at times your thoughts will subside altogether. This takes less effort than you think. That's what the various methods are for, so take a few different approaches and find the one that suites you best. The more you learn to trust this method, and the less you try to "make it happen," the more often - and easily - you will experience your mind becoming calm and quiet.

Be comfortable!! Some think that in order to meditate; you must sit in a specific disciplined way... lotus posture on the floor, not leaning back against anything, etc. Although it is good for your spine to be straight, the rest is really not necessary... Sitting in a comfortable chair, leaning against the back or sitting cross-legged on the bed, leaning back against a pillow propped against the wall or headboard even lying on your back is fine. Just be comfortable. If you fall asleep during your meditation that's ok, your body needed that rest.

Breathe naturally, In some methods you may use one deep breath to begin. When you are relaxed, your breathing tends to be easy and natural. So go with your body's natural breathing.

The discomfort of suddenly being alone with one's thoughts

Many have never spent time alone with their thoughts, and at first may find them uncomfortable or disconcerting. Everyone's thoughts are a mix between positive and negative, and most of us can give rise to some pretty weird ones.

It may take a little time to get use to the strange things your mind is capable of spawning. But after meditating for a while, you will learn to accept whatever thoughts may arise and let them go.

Some of the deeper and more enjoyable states of meditation come about when you let go and simply allow yourself to relax into them.

Tension results from holding on, while relaxation is the result of letting go... letting go of effort and control. Within you - and within all of us - are two opposite forces... an evolutionary force which pulls us forward, gently urging us to grow into a more fulfilled state... and an opposing force which resists growth and change, subtly urging us to stay where we are. Whenever we begin to do something that will accelerate our growth, that resistant force kicks in. Meditation is such a powerful agent of growth and change that beginning to meditate nearly always stirs up this inner resistance. Letting go allows the energy of well being to flow freely through you, and the flow of this energy elevates your state of consciousness.

Initially, you may have a tendency to pull back when you find yourself letting go into a deeper state. This is natural at first, as it can feel like you are falling into an unfamiliar place, which can be a bit scary until you get use to it. But once you realize what a pleasant place it can take you to, letting go becomes much easier. So if at anytime in your meditation you feel as though you are falling, or as though you are slipping into a sleep-like or dream-like place, allow it to happen.

While some mediators experience varying degrees of inner peace and relaxation right out of the gate, others may not notice much happening at all when they first begin to meditate. If you don't experience immediate results, try not to become discouraged and quit. If you stay with it, eventually - most likely before long - you will begin to experience more relaxation and inner peace when you meditate...

This force generally works on an unconscious level, from which it generates feelings of resistance when it's time to meditate, or devises a variety of creative ways to avoid meditating. These are both natural forces -- I suggest you try to follow the positive evolutionary force.