HigherState
MEDITATIONS

The basics of your Meditation Practice

"This mind is an excellent servant, but a terrible master."

Preparation:

- Manage the basic needs of the body
- Move the body somehow
- Comfortable seat and safe surroundings
- Make lists if needed

During your Meditation Practice:

- **This is not another opportunity for Perfection**
- When your mind wanders do not scold yourself, simply bring it back to the intended focus
- Forcing thoughts away empowers them – learn to become aware of them without judging or analyzing.
- Thoughts work through associations – one pleasing thought can quickly lead to frustrating ones.
- Avoid setting goals or expectations – this can lead to frustration.
- Become willing to trustfully surrender to the process.
- Nervous system releasing – weeping, shaking, yawning, trembling, etc. – these are good. You are off loading some of the pent-up stress; don't try to contain or minimize the body's reaction.

Developing the Witness:

- Observe the individual thoughts
- Label the thoughts: useful, not useful; helpful not helpful
- Promote useful thoughts and do NOTHING with negative ones
- Soften your grip on your mind, your body and your thoughts
- The more that you witness yourself, the less power that the mind has over you
- Slowly you will be able to cultivate focus, non-attachment to thoughts and begin to peel back the layers of yourself.

On your own

- Stick to 1 method for 40 days to measure progress.
- Use habit stacking on next page.
- If you miss a day, begin again.

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