

LIVING MEDITATION

With Andrew Oser & Alex McIntyre-Klein

FOUR SIMPLE TYPES OF MEDITATION

BREATHING MEDITATION:

- 1) Let breath be easy and natural; don't try to control it.
- 2) Focus on the inhalation and have a sense of gratefully receiving the breath.
- 3) Focus on the exhalation and have a sense of releasing old energies.
- 4) Notice the gap at the end of the exhalation and a sense of spaciousness-being.
- 5) Effortlessly observe the full cycle of breath.

HEART MATH MEDITATION:

- 1) Bring your attention to your heart by putting your hand on your heart.
Or, you may put both hands on your heart, if you prefer.
- 2) Take a few deep breaths. Feel as if the breath is coming in through the heart center, and then going out through the heart center.
- 3) Then bring to your awareness to the feeling of Love: Perhaps the Love is for your beloved, or God, a parent, dear friend, or a dear four-legged.
- 4) Hold the feeling of Love as you breathe into and through the heart center. Do this several minutes, or as long as comfortable. Do this anytime you remember, and whenever you feel anxious. This can be done with eyes open or closed.

I AM (AHAM) MANTRA MEDITATION: (SOUNDS LIKE 'AHH HAHM')

- 1) Let breath be easy and natural; don't try to control it.
- 2) Silently say "I" or "Ahh" on inhalation and "AM" or "Hahm" on exhalation.
- 3) If you notice you've drifted into thoughts, ask who's aware of those thoughts.
- 4) When you hear the answer "I AM", come back to doing the mantra with breath.
- 5) If it seems like too much effort to coordinate mantra with breath, have an easy thought of the mantra without focusing on breath.

YOGA NIDRA:

- 1) Feel yourself sitting in the chair, notice the size, shape, and density of your body.
- 2) Bring your awareness to rest – first to the top of your head, then forehead, eyes, nose-nostrils, the mouth-tongue and lips, the ears...then whole head at once.
- 3) Then throat, chest, middle abdomen, lower abdomen, pelvic bone, hips.
- 4) Feel the shape of the hips, the weight of your body resting on the sit-bones.
- 5) Feel the lower back, middle back, upper back ... and let go of the shoulder blades.
- 6) Let go of the shoulders, feel the arms right and left, the palms, fingers.
- 7) Feel upper legs right/left, knees, space behind knees, lower legs, ankles, soles of feet.
- 8) Now feel whole body simultaneously in all directions for a few minutes.
- 9) Then feel into the energetic emanation of space around the body in all directions.
- 10) Notice now, you are sitting in the silent center of your own blessed presence. Enjoy!

HELPFUL KEYS FOR MEDITATION

ALEX MCINTYRE-KLEIN

SETTING:

Meditate in the same place whenever possible.

PREPARE TO BE COMFORTABLE:

Choose a good chair so that you can sit up comfortably. Have pillows, blankets, a sweater, or shawl on hand, as needed.

Turn off telephones and cell phones. Use a timer if you need it, but make sure the volume is low, so that you won't be startled out of your meditation.

TIMING OF MEDITATION:

It's best to meditate twice a day, before breakfast and before dinner. Wait 2-3 hours after eating a full meal. If you are hungry when you wake up or when you get home in the afternoon eat something light, then have your meditation.

ATTITUDE:

Meditation is meant to be easy and comfortable. We don't concentrate or try to control the mind, or wish that thoughts should not come. Thoughts and noise are not barriers to meditation. Having no attachment to results, our attitude is one of openness, welcoming, awareness, curiosity, and/or devotion. Whatever comes is the gift of our awareness for our awakening and liberation. We welcome it all.

BEGINNING AND ENDING MEDITATION:

We always begin meditation with half a minute sitting easily. That means, close the eyes for about half a minute and then begin the practice, whether Breathing Meditation, the Inner-Ease Technique, I Am (Aham) mantra meditation, or Yoga Nidra meditation. Then, when we want to end meditation, we stop doing our practice inside, but we don't open the eyes for another few minutes. It's very important to have a gradual transition from meditation to resuming our activity. Taking time to notice that the presence, the stillness, the blessedness we experience in meditation does not change just because we open our eyes.

CORE BELIEF SHIFT PROCESS

WITH ALEX MCINTYRE-KLEIN & ANDREW OSER

- 1) Identify a belief that appears to be limiting you or causing you suffering.
- 2) Then identify a potential new opposite belief, which you'd be willing to explore.

Put both beliefs aside and meditate for a few minutes.

Then ask yourself the following questions about the old belief:

1. Is it true? (Hint: Almost no beliefs are true.)
2. Am I totally, absolutely, sure it is true? (Only necessary if you answer "Yes" to #1)

Then, say the belief, out loud, three times like you really mean it. Notice where in your body you feel a contraction/or discomfort in reaction this belief.

Focus on the place in your body where you feel the most contraction and say the belief out loud three more times with even more feeling.

Bring your awareness to that contracted place. Be grateful for the chance to meet a piece of old conditioning which you've very likely been carrying for a long time.

Notice how big the contracted area is. Notice its texture and its emotional flavor. Just be in an attitude of exploration, making no attempt to change or heal anything.

Feel gratitude for the gift of this opportunity and the gift of awareness.

Then, relax deeply into this area of your body. Let awareness drop into the core of the contacted area. Then, just hang out there for a while. Notice, what if anything shifts, but don't make any effort to change anything.

Then put the old belief on the shelf.

Notice how you feel without that belief. Particularly notice the place in your body which that belief most strongly impacted.

Say the new belief out loud three times and notice how you feel. Relax into that feeling for a couple of minutes.

Next, put the new belief on the shelf.

CORE BELIEF SHIFT PROCESS (CONTINUED):

Say the old belief out loud three times again.

Notice what, if anything, you feel in your body. If you feel some contraction, bring your awareness there and relax into it.

Then, ask yourself the following questions:

1. Could I let it go of the old belief? (Is letting go of it a possibility?)
2. Would I let it go? (If letting go of it is a possibility, would you choose to do so?)
3. When?

If you answered “Yes” to the first two questions and “Now” to the third, you’re ready to let go.

Ask yourself, if you’d prefer to replace the old belief with the new belief, or have no belief.

Feel the breath coming into the place where the old belief was stored bringing fresh energy. If you chose to adopt the new belief, imagine the breath is imbued with the new energy of that belief.

On the exhalation, imagine the breath flowing out through the area most impacted by the old belief. Allow the river of life to pick up and carry downstream any residue from the old belief. Don’t make any effort, just let it go.

Then imagine living with the new belief (or no belief if you prefer). Imagine the things you might do and, most importantly, how you would feel.

**THIS PROCESS DRAWS UPON THE WORK OF BYRON KATIE AND THE SEDONA METHOD.*