

# Meditation

## Part 6 of 6

## Guided Meditation

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# Class #6 Agenda

## Today's Agenda

- Two Types of Meditation
- Self-Directed and Other Guided Meditation
- Meditation Practice

# Reminder: Two Types of Meditation

## 1. Samadhi –

- Desired Result: “calmness”
- Approach: turn *away* from thoughts and the senses
- Focus on: breath or other object, empty the mind

*We have been practicing Samadhi*

## 2. Vipassana –

- Desired Result: “mindfulness”
- Approach: turn *toward* thoughts and senses
- Focus on: thoughts, perceptions, or emotions

*Today we will learn about Vipassana*

Samadhi can be a starting point for Vipassana practice.

# Mindful Meditation

## – Vipassana options:

1. Meditate on *positive thoughts* for happiness or wellbeing. e.g. focus on gratitude, loving kindness, thankfulness, etc. - or -
2. Meditate on *troubling thoughts, senses, or issues* without engagement for equanimity. e.g. focus on problems, pain, challenges, etc. without judging, solving, valuing, or holding on to.

## – Vipassana practice:

- **Simply observe intently your option of focus, without attachment.** e.g. Do *not* judge, value, try to solve, or hold on to any thought or issue.
- **Perceive the “true nature” of your focus.** e.g. Through focused observing you can see things as they truly are and be benefited.

## – Vipassana Metaphor: "using the tool"

- Note: Vipassana done incorrectly, without the proper mental discipline, can result in more suffering, not mindfulness.

# Vipassana Meditation Models

## Two Options:

1. **Self-Directed:** In which the meditator is responsible for the execution of their own meditation practice.
2. **Guided-by-Others:** In which the meditation practice is under the full or partial control of a person or structured program. Possible sources of guidance include:
  - A Guru: spiritual leader and teacher
  - The Sangha: the meditation group
  - Dharma Instruction: teachings by expert practitioners
  - Recorded Instruction: video and audio
  - Written Instruction: books & articles, print or internet

In practice, these options are often mixed into a mixed hybrid model of self directed and guided meditation

# Self-Directed Practice

- **You already have done self-directed meditation!**
  - The Samadhi we practiced in previous sessions is a self-guided meditation.
- **Mindfulness opens a world of self-directed practice beyond the mind clearing practice of Samadhi.**
  - The meditator decides on topic and intention.
  - The meditator is responsible for logistics of the practice.
  - The meditator manages their own effort.
- As a result, the meditation can be completely tuned to the needs of the meditator
- **Almost *all* the variations of Meditation can be self-directed.**

# How To Mindfully Self Guide part 1

## 1. First, **follow the usual meditation best practices:**

- Align your posture and sit comfortably relaxed.
- Use diaphragmatic breathing.
- Observe only the present moment (Not the past, not the future).
- Do not value or judge any part of your practice.
- Do not judge your meditation practice or yourself.

## 2. Next, **set an intention for your meditation which becomes the object of your meditation.** Including:

- To show gratitude
- To share loving kindness.
- To address some concern or problem.
- To deal with some sense (e.g. pain).
- To learn (dharma).

# A Note On Mindful Intentions

- Your intentions determine the object of your focus, such as:
  - Resolving *negative* thoughts, concerns, or senses - or -
  - Observing *neutral* thoughts or senses - or -
  - Leveraging *positive* thoughts or lessons
- While this may sound complicated, it is not.
  - applying your undivided attention to it,
  - understanding it in detail, through careful observing,
  - focusing on it without attachment or holding on to,
  - and, without problem solving\*.

\* While mindful meditation does sometimes result in solution ideas, it is not a problem-solving methodology. Trying to solve a problem interrupts the meditative state.

# How To Mindfully Self Guide part 2

## **3. Focus on the object of your intention.**

- Observe and study carefully the intentional object you set.  
(Focus on your intention, instead of your breath as in Samadhi meditation.)
- Maintain continuous and close focus on your object of intention.
- Observe from all aspects and angles, but with this guidance:
  - Avoid judging, valuing, clinging, holding on to.
  - Refrain from engaging in problem solving\*.
  - Remain emotionally detached and dispassionate.

Note: Prior Samadhi practice can help here!

The intentional observing is the meditation.

# How To Mindfully Self Guide part 3

## 4. When interruptions to your meditation occur:

1. Name them silently (acknowledge they exist)
2. Determine the interruption's relationship to the object of your intention. It is *either* related or unrelated to your intention:
  - **If Related:** If they are part of, or within, your intention.
    3. Focus on the interruption,
      - Note: You move toward *related* interruptions, unlike Samadhi where you release *all* interruptions. Here, if they are related, we focus on them.
    4. Observe interruption in the context of your intention.
  - **If Unrelated:** If they are not in the scope of your intention.
    3. Let them go (release them from your thinking)
    4. Return your focus to the object of your intention
- Note: It takes practice and discipline to remain focused on your intention and not be drawn away by unrelated distractors.

# Self Guided Mindfulness Summary

## 1. Follow the usual meditation best practices:

- Align your posture and sit comfortably relaxed
- Use diaphragmatic breathing
- Do not value or judge any part of your practice or yourself

## 2. Set an intention for your mindful meditation

- To address an object of your intent. e.g. concern, problem, sense, or to learn

## 3. Focus on the object of your intention

- Observe and study your object closely, and from all angles.
- Maintain continuous focus, stay in the present moment.
- Move toward thoughts *related* to your focus.
- Remain emotionally detached and dispassionate.
- Release problem solving, do not engage in it.

## 4. When *unrelated* thoughts interrupt:

1. Name them silently (acknowledge they exist).
2. Let them go (release them from your thinking).
3. Return your focus to object of your intention.

# Self Guided Mini-Meditations

Julie Frischkorn\* suggests trying these simple yet satisfying practices:

1. Practice gratitude by letting one person know, in real-time, that you appreciate them.
2. Eat the first three bites of a meal with awareness, noticing the temperature, flavor, and consistency. Enjoy it!
3. Take a deep, full breath in and out each time you pick up your phone to check missed calls, emails, or social media.
4. Notice the sensation of your feet on the floor, your body weight in the chair, your clothes on your body to "level-up" your body awareness.
5. Set an intention for each day— not *what* you want to do, but *how* you'd like to do your day.
  - For example, instead of saying "I will go to the gym, get to bed early and eat vegetables," reframe your approach by saying, "I will live purposefully, be rested, and properly fed."

Julie said: "We lose out on our ability to enjoy the small moments of sweetness in our day."

# Guided-by-Others Meditation

- Meditation guided-by-others is a popular form of mindful meditation in which one is “led through” a meditation practice by another.
  - Guided by another requires different focus from the meditator, when compared to a self-directed practice.
  - Many people find other-guided meditation very pleasant and easier than all other forms of practice.
    - And guided-by-other meditation can take full advantage of automation (i.e. printed text, audio, video, internet distribution).
    - And teaching is easily combined with meditation, which is a very common form of dharma practice.



# Advantages and Disadvantages

- **Guided-by-Others Meditation Advantages:**
  - You can be taken quickly into a meditative state.
  - You can learn (receive instruction) while meditating.
  - It can be directed at specific issue or meditative experiences.
  - There is a huge library of guided meditation material.
- **Guided-by-Others Meditation Disadvantages:**
  - You may become dependent on the guide or guiding process
    - Resulting in difficulty in generalizing meditation into your life.
  - Guidance can interfere with the meditation experience
    - Guiding meditation logistics be disruptive e.g. pace, duration, audio
  - Guided meditation options may be overwhelming
    - Too many choices means it hard to find what's right for you

# A Sampling of Guided Categories

- **"Meditation Instruction** Learn how to meditate at home with our most comprehensive guided meditation course.
- **Stress Relief Meditations** These guided meditations will simply wash away every ounce of stress from your body and mind
- **Guided Meditations for Sleep** These guided meditations target insomnia and will really help you to clear your mind and sleep deeply again.
- **Spiritual Guided Meditations** Faith meditations, spiritual healing meditations, kundalini meditations, angel guided meditations, and more.
- **Uplifting Guided Meditations** These uplifting guided meditations are all about feeling good about yourself, feeling good about life, and living life to the fullest.
- **Guided healing meditations** These guided meditations will help you to enter into a state in which natural healing can take place, for healing the body and the mind.

Source: <http://www.the-guided-meditation-site.com/online-guided-meditation.html> (a "for fee" site).

Free guided meditations can be found at <https://insighttimer.com/> and elsewhere

# Sampling of Guided Categories (continued)

- **Guided Chakra Meditation** A guided meditation for cleansing and balancing the energy centers of the body
- **Guided Meditations for Relaxation** These meditations will help you to access states of deep relaxation that most people are unable to achieve on their own
- **Progressive Muscle Relaxation** Guided relaxation for releasing stress and tension from your physical body - a head to toe experience
- **Personal Development Meditations** Overcome personal limitations, find inner peace and live the life you truly deserve
- **Guided Mindfulness Meditations** Mindfulness meditation has its roots in Buddhist teachings, but is popular with many psychologists and health care professionals.
- **Guided Meditations for Anxiety Relief** This range of relaxing guided meditations will help to free you from the grasp of anxiety
- ...."

Source: <http://www.the-guided-meditation-site.com/online-guided-meditation.html> (a "for fee" site).

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# How to Meditate Guided-by-Others

- Align your posture and sit comfortably relaxed
- Breathe through your nose
- Observe only the present moment (Not the past, not the future)
- Listen to and ***focus on the guidance.***
  - **Note:** The guidance *replaces* the focus on:
    - *the breath*, as in Samadhi meditation
    - *the object of your intention*, as in Self Guided Mindful meditation
- When *unrelated* thoughts jump into your mind:
  1. Name them silently (acknowledge they exist)
  2. Let them go (release them from your thinking)
  3. Return your focus to the guidance
- This means:
  - Do not hold onto *any* thought (positive or negative)
  - Do not value or judge any thought
  - Do not judge your meditation practice or yourself

# Additional Meditation Practice

We will close out with a mindful meditation.

- Three Jhanas, or Beta, Alpha, Theta

# Frequency Bands and Jhanas

Wave	Frequency	Mental State	Meditation State
Beta - high	31-38 Hz	Aroused mind – anxiety, panic	none
Beta - medium	15-30 Hz	Active mind – normal waking state: working, socializing, etc.	none
<b>Beta - low</b>	13-14 Hz	Focused mind –attentive state, “flow”	Release senses, quiet interruptions, <b>1<sup>st</sup> Jhana</b>
<b>Alpha</b>	9-12 Hz	Relaxed mind – passive, pleasant, calm	Release thoughts, achieve "rapture", <b>2<sup>nd</sup> Jhana</b>
<b>Theta</b>	4-8 Hz	Creative subconscious mind – visualizing, resolving <i>Asleep: Dreaming, REM</i>	Engage colors, voices, dreams & creativity. achieve "bliss", <b>3<sup>rd</sup> Jhana</b>
Delta	0-3 Hz	Resting mind – sensing, healing <i>Asleep: Deep Sleep</i>	Sense oneness & equanimity, achieve awakening, <b>4<sup>th</sup> Jhana</b>



# Thank you for joining me in this dharma practice of meditation



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