

# **THE MEDITATION EXPERIENCE**



An Easy, Practical Approach  
to the Art and Science of Meditation

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# INTRODUCTION

Welcome to *The Meditation Experience*, a guidebook to a scientific and spiritual style of meditation unlike any other. Grounded in brainwave science and the mystical heart of meditation, this text will usher you into silent meditation, where you will find the bliss of pure awareness and a wellspring of wisdom flowing in your subconscious mind.

Nothing soothes and benefits us like the calm, still waters of meditation. Meditation is unrivaled in its ability to clarify, heal, and evolve consciousness.

The goal and purpose of this book is to guide you to the extraordinary benefits of this ancient art. Remembering meditation's ability to optimize your brain, improve your health, and guide your life will encourage your practice. Soon you will hasten to your meditation space for the joy of the experience: the mental lucidity, open-heartedness, creativity, insight, intuition, and spiritual connection that define who you are at your best.

## **Guided Meditations for Creativity, Insight, and Healing**

The Mind Mirror Portal's Meditation Center offers a unique and extraordinary collection of guided meditations and exercises that you may find very helpful in the early stages of your practice. From relaxation, self-discovery, and personal healing, to Awakened Mind problem-solving and higher states of awareness, these meditations will guide you to the alpha-theta brainwave frequencies of meditation. Once you feel this ideal state of consciousness, your brain will remember how to re-access it for self-guided silent or active, working meditation.

These mind-expanding meditations by C. Maxwell Cade, Anna Wise, and Judith Pennington developed out of 40 years of research utilizing the Mind Mirror EEG and an array of physiology instruments. Hundreds of thousands of people all over the world have used these masterworks to relax, gain insights, create, awaken, and advance their lives. We trust that you will benefit from them, too.

## **Spirituality**

While the focus of this book is an easy, practical approach to the art and science of meditation, the rewards of spiritual growth are acknowledged and recommended.

Meditation will gradually awaken you to a sensed awareness of the spiritual light at the core of your being. If you do not remember the luminosity of your spirit, you will be delighted to reacquaint yourself with it. This all-inclusive approach to meditation offers you the best possible results.

## **The Light of the Core Self**

Your inner light, or essential being, is the seat of your true self. Late in childhood, most people separate from the true self to operate out of the logic of the intellectual ego. Meditation reconnects the ego and the true self, dissolving self-separation and fulfilling us in ways that nothing else can.

The concept of a pure, perfect light within may seem strange, at first, as with anything new. But as you delve into the riches of your deeper mind, you will discover how perfectly natural it is to turn within for intuitive answers to questions, issues, and challenges.

This is how it works for every devoted meditator. Meditation opens the mind to its own infinite nature.

## **Scientific and Spiritual Resources**

This book draws heavily on forty-four years of research by British biophysicist C. Maxwell Cade, American humanistic psychologist Anna Wise, and other certified consciousness trainers affiliated with the Institute for the Awakened Mind founded by this writer in 2012. Since 1976, we have monitored the brainwave patterns of more than fifteen thousand people hooked up to the Mind Mirror EEG during deep-state meditation. This objective research is the basis of our unprecedented and unparalleled knowledge base on the art and science of meditation training and consciousness development.

The psychic readings of medical intuitive Edgar Cayce also contribute time-proven techniques practiced by individuals and groups across the planet. Cayce, who lived from 1877 to 1945, was cited by the *American Journal of Medicine* as the father of holistic healing in America. The sleeping prophet's meditation techniques awaken the brainwaves of deep, open-hearted meditation and expanded states of awareness.

This book also shares mind-calming techniques from the ancient yogic and Buddhist traditions of India and Tibet, the Institute of HeartMath, and my own forty years of experience with meditation practice, writing, teaching, and research.

Since 2001, I have taught this eclectic style of meditation to thousands of people with wonderful results and know that it will work just as well for you, too. I trust that this book and the guided meditations in the Mind Mirror Portal's Meditation Center will blaze radiant pathways to a rich, rewarding practice that provides all you seek and more.

~JP

## CHAPTER 1

# The Clarity of Meditation



*“If there is no stillness, there is no silence.  
If there is no silence, there is no insight.  
If there is no insight, there is no clarity.”*  
~Tenzin Priyadarshi, Buddhist teacher

Everyone experiences moments of meditation. Perhaps while walking in a park you were captivated by the song of a bird, listened wholeheartedly, and felt a joyful surge of oneness with all things. Or while you were relaxing, a lightning bolt of insight flashed into your mind. Perhaps while relaxing or exercising you experienced a sense of harmony that felt like the *real* you.

Meditation is a lasting experience of these peak moments of clarity, creativity, and connection. Every day spent in practice will condition meditation’s peaceful psychophysiology into your body-mind and project it into your everyday waking life.

With your body relaxed, mind calm and clear, heart open, and spirit free, you will awaken to the wonders of life which flow toward you in synchronicities of people, places, and events. It will seem that all of life is stepping up to support you.

This is our natural state. Meditation unites us, at our core, with who we really are and what we can and are meant to be.

### ***The Benefits of Meditation and Self-Mastery***

Looking more closely at the benefits of meditation will inspire your practice. Once you understand the power of meditation to relieve suffering and evolve your entire

being, you will more willingly rise to the challenge of disciplining your mind in order to meditate.

No matter what you wish to get from meditation, you will soon experience its unique benefits in your body, mind, and spirit: how it clears obstacles to personal growth and in the process balances brain function, enhances physical health, and expands awareness beyond the five senses into the multi-sensory perception of the intuitive self.

Nothing else produces this vast array of benefits. Only meditation can guarantee the steady evolution of your body, mind, and spirit.

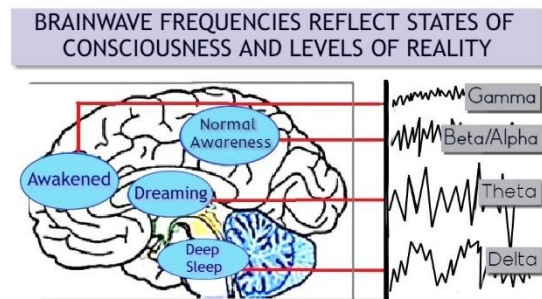
### ***Body-Mind Effects***

*Meditation improves physical health and longevity.* Hundreds of studies show that regular practice reduces the devastating effects of stress. The relaxation response slows heart and respiration rates, lowers blood pressure, reduces cholesterol, boosts the immune system, improves sleep, and alleviates pain. Meditators live longer and better.

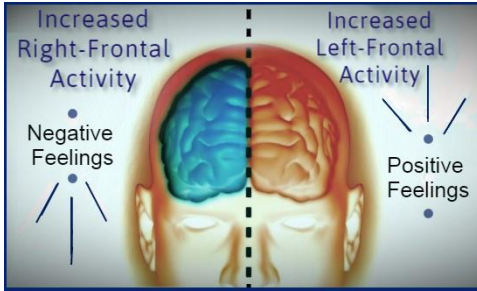
Several stress-reducing hormones generated during meditation—including dopamine, serotonin, and endorphins—produce general feelings of well-being that counteract depression and build happiness and contentment. These neurochemicals are switched on by the slowing of brainwave frequencies from high-speed gamma to alpha, theta, and super-slow delta, as shown below.

Deep relaxation into alpha-theta meditation balances the two hemispheres of the brain, which then coordinates with the nervous system, allowing the body-electric to restore itself to health on a cellular level.

Personal healing occurs in alpha-theta meditation. Alpha is a diffused, detached, daydreaming, sensory awareness that serves as a frequency bridge between the active, external, logical awareness of beta and the long-term memories stored in subconscious theta. Healing and transformation occur in theta, where our personal issues are found, along with the essential being of the true self. Centered in alpha-theta, meditators access insights that help them resolve issues and challenges. The expanded perspectives of theta's essential being and delta's psychic, empathetic unconscious mind guide meditators to personal integration and spiritual self-realization. (Visit the “Brainwaves” tab of [MindMirrorPortal.com](http://MindMirrorPortal.com) for more.)



Subconscious theta and superconscious gamma waves generate new neurons in the frontal cortex and hippocampus, increasing the capacity for intelligence, learning, and memory storage and retrieval. Gamma is also responsible for neuroplasticity, the rewiring of neural circuitry to accommodate learning. Recent studies show that gamma brainwaves are involved in “ah-ha” insights, lucid dreaming, and mitigation of Alzheimer’s disease.



Meditation's ability to relax the body, balance the brain, release happy hormones, improve health, and provide answers to our questions is a natural but quite amazing phenomenon. So is its ability to re-route the neural flow of thoughts and emotions from the right prefrontal cortex (seat of anger, rage, sorrow, resentment, and hatred) to the left prefrontal cortex (seat of love, peace, joy, forgiveness, gratitude, empathy, and compassion). New meditators feel this attitudinal shift right away. From the start, meditation increases our sense of well-being and makes us happier and more optimistic.

These psychophysiological changes generalize into daily life as peace, harmony, balance, and order. In many people, addictions fall away. Relationships improve for virtually everyone. People self-actualize in their work and reconcile with their spirit.

## **THE BENEFITS OF MEDITATION**

### **MIND**

- Opens a path to the deeper mind
- Hemispheric balancing of the brain
- Lights up more cognitive areas: synchrony
- Focuses the mind and entrains sustained awareness
- Develops perceptual clarity and expanded awareness
- Awakens the mind and evolves consciousness

### **BODY**

- Lowers heart rate, respiration, and blood pressure
- Connects the brain and nervous system
- Stimulates the flow of energy in the body
- Repairs and restores cells, tissues, and organs
- Improves immune function and overall health
- Coordinates the body and mind

### **SPIRIT**

- Connects the body-mind to the spirit's underlying wisdom and peace
- Enables the deeper self to guard and guide through higher insights
- Engenders self-love and self-acceptance
- Expands perspectives into transcendent viewpoints
- Increases love, acceptance, tolerance, and inner peace
- Develops enduring wisdom and the desire to help and serve others
- Leads to happiness, joy and freedom within the body, mind, and spirit

What keeps us from living in a meditative mind? You already know the answer to this question: the world we live in. Overwhelmed and overburdened, most people rush from one task to the next in a vain attempt to be in several places at one time. For most of us, modern life is a noisy riot of influences that urge us to go faster, do more, and find in other people or possessions some sense of comfort, security, or belonging.

As a result, the mind's awareness (consciousness) is so busy that it's difficult to remain calm, centered, and focused on the task at hand, much less recognize and pursue what we want and need out of life. Studies say that the average person loses his or her attention span every six to ten seconds. This means that few of us can sustain the focus and penetration of thought that enable us to comprehend events with all our senses and mental powers.

When the brain gets overwhelmed by the sheer number of tasks required of it, this computer-like processing unit—whose job it is to think and manage bodily processes—fragments into what the famous American medical intuitive Edgar Cayce (1877-1945) called “broken points of consciousness” or, when worse comes to worst, a “brain wreck.”

Many people “tune” out electrical noise in the brain. Others turn to drugs and alcohol to drown it.

People who are mentally diffracted perceive a superficial or distorted picture of life. Not having access to the fullness of experience and most or all of the available information is a severe handicap that hinders our efforts to succeed, self-actualize, and reach our potential in life.

Studies bear out a startling conclusion: The main difference between a genius and an average intellect is *focused awareness and sustained attention*. Intelligence Quotient (IQ) increases with the practice of meditation because attentional focus improves brain function, thought processes, and one's (depth) perception of reality.

***Keynote: Focused awareness and sustained attention are the keys  
to the meditative mind of self-awareness, creative genius,  
health, and happiness.***

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Slowing down enough to live in the present moment enables us to pay quality attention to what we are doing. “But I don't have time to slow down!” you might respond to this radical (and anti-multitasking) notion.

The best convincer is a test of your distractibility. Judge for yourself the difference between the first reading, below, and the second one later in this chapter. Then decide whether the one-pointed attention of the meditative mind is worthwhile.

Perhaps you will recognize from this simple exercise that the only way to live enjoyably is to slow down, become present to every moment of your life, and live consciously enough to potentiate your inborn genius.

## *How Attentive Are You?*

Read the following passage attentively and notice how many times busy thoughts distract you from the task at hand.



### **Flexibility**

It is easy for a deeply rooted tree to survive a storm. The tree bends in the wind and survives by being flexible.

Everything in nature works this way. When I am calm and rooted in the present moment, feeling connected to my deeper, core self, I relax and surrender to the winds of life, and I too am protected.

In the quiet of my innermost self, I see that attempting to resist or control high winds can only scatter the leaves of my peace and equanimity. Instead, when challenges come my way, I project serenity. I bask in the creative ideas whispering through my mind. In the light of pure consciousness, I am inspired to stay calm and free.

Rooted and flexible, I am as strong as a tall, beautiful tree. I protect and support myself. Connected to others by the roots of my deeper mind, I am growing into my true nature of harmony with all of life.

### **Questions to Contemplate**

While reading this passage, how many times did your thinking mind jump off track? If more than two or three times, does this surprise you, or does it happen often when you try to concentrate?

Take a moment to jot down your experience of this exercise. It is your baseline for comparison.



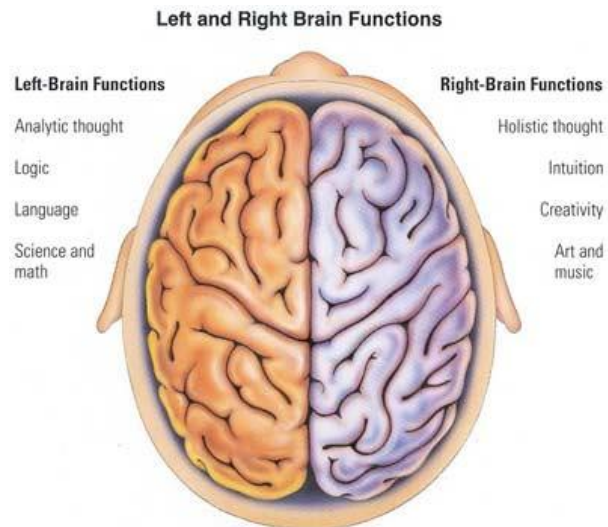
## *The Two Hemispheres of the Brain*

Hemispheric symmetry—that is, equal amounts of electrical activity in the left and right sides of the brain—is one of meditation’s crowning achievements. The smooth processing of information across hemispheres facilitates lucid thinking and whole-brain access to ideal states of consciousness and higher, more expanded perspectives.

If, in the above exercise, your mind darted here and there, forcing you to re-read sentences, your brain may be momentarily or consistently out of balance. Hemispheric imbalance, a disjunction between the verbal (left) and visuo-sensory (right) half of the brain, causes us to feel distracted and somehow “out of whack.” When the brain is out of balance, it is difficult if not impossible to focus and concentrate. In most people, excepting those with brain injuries, deep-state meditation automatically balances the two hemispheres of the brain, with the result of increased focus, attention, and mental clarity.

Understanding the functions of the two hemispheres will help you avoid having a brain wreck.

The left hemisphere performs tasks related to verbal thinking, logic, and analysis. The right brain is exactly the opposite: it is creative, spatial, sensory, and intuitive. Free-flowing consciousness is always a blend of both hemispheres. But sometimes, processing thought in predominately one hemisphere for a protracted period of time causes brain activity to get “stuck” in that hemisphere and unable to free itself from a single-sided perspective.



For example, a visual artist who has spent the day painting an abstract work (right brain) may struggle to articulate the meaning of the painting (verbal left brain). Conversely, an accountant who spends the day processing numbers may feel unable for a least a few minutes after work to draw a picture of a person or grasp the right-brain subtleties of a pun.

Multi-tasking can imbalance the brain as well. Since the brain is designed to operate on a single line of thought, working on several ideas or projects simultaneously can overwhelm brain circuits. The brain simply shuts down to get a rest. Synchronizing exercises like the one below can help your brain reset and rebalance itself.

See if this activity de-stresses your brain enough to enhance your sense of well-being.

## ***Balancing the Brain***

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First, sit upright in a chair and relax. With your eyes closed, notice where your brain/mind is most active. Do you sense electrical activity in the front, middle, or back of your head? Is there more activity in one half of your brain than the other? Which half?

Or is the activity occurring outside your head? Take time to sense the most active area or areas inside your skull or just outside your head.

Now stick your right finger in your right ear. For at least a minute, continuously sing a note of any pitch and gently slap your left knee as your left foot stomps lightly against the floor. Do this at any pace you like but keep a consistent rhythm.

Next, reverse the procedure. With your left finger in your left ear, sing the same note while lightly slapping your right knee and stomping your right foot on the floor. Do this in the same way and for the same length of time as before.

Keeping your eyes closed, notice where the electrical activity in your brain is now concentrated. Has the location changed in any way? Do you feel any different? If so, how do you feel?

You can also synchronize your brain with walking, swimming, or toning a single sound or series of sounds. Sound is processed by the whole brain and resonates throughout three main body cavities: the abdomen, heart, and skull. This makes sound a unique and powerful harmonizing force in the body. Perhaps it is why all beings sing.

Now, with your brain balanced, let's try another reading. Once again, notice the quality and continuity of your attention.

## ***A Second Reading***

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### **Change**

It has been said that a person can never step into the same river twice, since the river is constantly moving and changing.



Without change there can be no growth. Life stirs within the seed, the capsule opens, and a fruit, flower, vegetable, blade of grass, or tree emerges to take root.

We rejoice in the same way when we see a baby robin hatch, break free of its shell, and spread its wings to fly. Nature teaches us much about the inevitability and joy of change.

Life invites us to change and grow every day. This is how we discover and use the creative potential within us. The challenge of change teaches us to fly like a robin and soar like an eagle.

May we celebrate the positive change that emerges when we replace fear with courage, anger with peace, and sorrow with joy. As we change how we think, the world changes with us.

### **Questions to Contemplate**

Did the quality of your attention improve after the hemispheric balancing? If you noticed a great deal of improvement after the brain synchronization, would it be useful to do this often?

If your thoughts did not jump off-track in either of the above two reading exercises, perhaps you were already relaxed. Or perhaps you are accustomed to reading or focusing on creative work.

### ***Three Steps into Meditation***

The mental focus required by the three preceding exercises will to some degree have slowed your mind and relaxed your body. Meditation always begins with a concentrative focus that steadies and disciplines the mind. But meditation is not the same as concentration. True meditation is the complete relaxation of the body-mind into inactivity and the absence of thought.

The following three steps are designed to give you a quick, easy plunge into the meditative mind. You will probably want to read these directions first and then guide yourself through them.

#### ***1. Relax Your Body***

Relaxation opens the door to meditation. In sitting meditation—distinguished from moving meditations like t'ai chi, chi gong, trance dancing, and the like—we relax the body to relax the mind or relax the mind to relax the body. Both the mind and body must be relaxed for you to enter deep, silent sitting meditation, the focus of this book.

To get a baseline for your current state of consciousness, take a moment to close your eyes and notice your level of arousal or relaxation. If you are holding tension in your body, where is it and how does it feel? How fast are you breathing?

Notice the speed, or frequency, of your thoughts. How often does your mind flit from one subject to another? Writing down or making a mental note of the answers to these questions will give you a basis for comparison after meditation.

Begin by gently closing your eyes and drawing your awareness to your breath. Become very present to the steady flow of air in and out of your body. Notice the rhythmic rise and fall of your chest and abdomen and how relaxing it is to do nothing but breathe.

Relax your body into your breath, slowing your breathing gradually until the exhalation is twice as long as the inhalation. Inhale to the count of 2 or 4, and exhale to the count of 4 or 8. Do this for a minute or two, until your parasympathetic (relaxation) nervous system activates.

You may wish to deepen your relaxation by clasping your hands in your lap. Imagine that your hands are warm and heavy. Relax your whole body into your hands, so deeply that your body sags into your warm, heavy hands. Slowing your breath and relaxing your body will relax your mind.

## *2. Engage Your Senses*

Now deepen your relaxation. Imagine a natural environment that you enjoy. You may wish to re-experience a familiar place in nature—a country setting, beach, forest, lake, or mountaintop—by recalling it with all of your senses, just as if you were actually there.

In this sensualization, a use of your sensory imagination, engage as many of your senses as possible in the experience of being in your environment. See it, hear it, feel it, touch, taste, and smell it. In your mind's eye, walk around and live the experience for several minutes.

Notice the shapes, forms, colors, textures, and patterns of light and shadow in your environment. Sense the temperature, atmosphere, and time of day, and whether any animals are present. What is the sky like? Is the wind blowing? How do you feel in this environment?

If you are distracted by thoughts, just relax and return to your sensory experience of nature.

## *3. Deepen into the Silence*

When you have thoroughly explored this landscape, find a comfortable place in it to sit or lie down. Close your eyes and drift down and in, down and in, floating or very

slowly, very gently falling down inside yourself, toward a place of peace, wisdom and light within you.

Linger in this quiet place and rest your awareness in it. When thoughts intrude, relax and drift back down into the silence. If a sudden noise startles you, ignore it and float back down into the peace and calm of your deeper self. Enjoy the stillness for just a few minutes or for as long as you like.

Before you end your meditation, find a word, image, concept, or body sensation that represents this quiet, peaceful state of awareness. To return to ordinary awareness, wiggle your fingers and toes, take a deep, full breath, and exhale forcefully. You may wish to take a full-body stretch.

### **Questions to Contemplate**

How do you feel now, compared to how you felt before this meditation? Did you attain relaxation and the *absence* of thought?

If you were to revisit one of the two reading exercises, would your attentional focus and awareness increase? You may wish to try this now.

If you were able to slow your mind and deepen into meditation, congratulations! If your body stayed aroused and your mind remained restless, don't worry. You just need more practice. The thinking mind, like an untrained puppy, simply wants attention. Soon you will discipline it to sit quietly by your side while you meditate.

### ***Creating Landmarks***

Now is the time to acquaint you with the biofeedback *landmark*, a device used in brainwave biofeedback meditation—the scientific basis of this book—to speed entry into your next practice. Landmarks are time-saving shortcuts to a *felt state of awareness*. Finding an objective representation of a felt state and re-imagining it helps people evoke specific brainwaves and states of consciousness.

For example, what would be your landmark for the three-step meditation above? If you felt vast and expansive, can you remember how that felt? If you felt light stirring in your head, can you re-imagine it? Whatever you felt or experienced, you can ask your mind to supply a representative word, phrase, image, symbol, concept, or body sensation that describes the *feeling of this state* of relaxation. When you next sit down to meditate, you can conjure up the landmark to return to the original state of consciousness.



Landmarks are time-saving shortcuts. Instead of spending five to ten minutes relaxing, you simply remember what relaxation felt like. Perhaps you saw an image when practicing Heavy Hands. If so, conjuring up that image will help you remember what it felt like to be relaxed and meditative.

Using a landmark enables you to return to the previous state of awareness in a minute or two and with practice, in moments. The brain *relives* the associated memory and recreates the brainwaves of the original experience.

For some people this takes a little practice. For others it works instantly.

***Keynote: A landmark is a word, phrase, image, symbol, concept, or body sensation that represents the feeling of a state of awareness. It is a shortcut to meditation.***

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Landmarks are shortcuts because the brain sees no difference between a real event and an imagined one—a good reason not to relive the past! When you re-invoke a landmark, your brain recreates the brainwaves, or electrical activity, of the original meditation state as if for the first time.

With landmarks, you can shift your consciousness into the state of awareness that is most useful at that moment in time. This is the definition of brainwave mastery, which is much the same as self-mastery.

Landmarks are useful in and out of meditation. You can use a relaxation landmark to relax during a traffic jam in your mind or on the road. You will be asked to create landmarks throughout this book to help you increase your mastery over your mind and life.

You may wish to record your landmarks in a journal and keep it handy. Practice makes perfect.

## ***The Table of Subjective Landmarks***

Awakened Mind training with the Mind Mirror EEG uses a Table of Subjective Landmarks to help people recognize the depth of their meditation and inspire the brain to go deeper. The left-hand column of the table consists of a series of numbers ranging from

# TABLE OF SUBJECTIVE LANDMARKS

#	Description	EEG Pattern
0	<p>May have difficulty stilling the mind or mind racing out of control                      Itchy, distractible, inattentive state                      A feeling of “Why am I doing this?”                      A feeling of “settling down”</p>	<p>Continuous beta, often with some flares of other waves                      Possibly intermittent alpha</p>
1	<p>Foggy state * Feeling dizzy * Sensations of going under an anesthetic                      Occasional feeling of nausea                      Mind filled with everyday affairs – almost as an avoidance of inner stillness                      A feeling of scattered energies                      A sensation of drifting off to sleep or being pulled back from the edge of sleep</p>	<p>Somewhat reduced beta, but still present                      Intermittent but stronger alpha</p>
2	<p>Scattered energies beginning to collect * Childhood flashbacks                      Beginning to feel calmness and relaxation * Uninvited vivid flashes of imagery                      Images from distant to immediate past                      Attention not very sustained                      A feeling of being in-between states * Transitional state</p>	<p>Reduced beta                      Stronger alpha, could be continuous                      Intermittent (low frequency) theta</p>
3	<p>Greater sense of stability * Well-defined state                      Pleasant bodily sensations of floating, lightness, swaying or rocking                      Occasional slight rhythmical movement                      Concentration easier and stronger                      Increased and clear imagery                      Increased ability to follow guided imagery</p>	<p>Highly reduced beta                      Continuous alpha                      Possibly more continuous theta with increased frequency and/or amplitude</p>
4	<p>Extremely vivid awareness of breathing, heartbeat, blood flow, or other bodily sensations                      Feeling of loss of body boundaries                      Sensation of numbness in limbs or of being full of air                      Sensation of growing to great size or becoming very small                      Sensation of great heaviness or lightness                      Sometimes alternating between external and internal awareness</p>	<p>Meditation pattern:                      Highly reduced beta                      Continuous alpha                      Continuous theta</p>
5	<p>Very lucid state of consciousness * Feeling of deep satisfaction                      Intense alertness, calmness, and detachment                      Sensation of spacing out or disappearing from environment and/or body                      Extremely vivid imagery when desired                      Feeling of altered state lacking in previous levels, 0-4                      Sense of peak experience, “aha” moment, intuitive insight                      High performance</p>	<p>Awakened mind pattern:                      Strong beta mastery, ranging from no thoughts to creative thoughts                      Continuous alpha                      Continuous theta</p>
6	<p>New way of feeling                      Intuitive insight into old problems, as though seen from a more aware level                      Synthesis of opposites into a higher union                      Sensation of being surrounded in light                      A feeling of higher spiritual awareness                      A sensation that nothing matters other than just being                      The experience of bliss or of indefinable peace                      A feeling of greater knowledge of the universe</p>	<p>Five possible states:                      1. Optimum meditation or awakened mind pattern                      2. Delta only; yoga nidra                      3. Out-of-body: very little electrical brain activity                      4. Evolved mind (circular pattern, including beta, alpha, theta and delta with no bottlenecks)                      5. Superconscious mind (gamma over awakened mind or evolved mind)</p>

0 to 6. Next to each number is a subjective descriptor of what that depth of meditation, or lack thereof, felt like. On the right are the brainwave states associated with each number and description.

You may find it immensely helpful and rewarding to consult the Table of Subjective Landmarks after each meditation and make a note of the depth you attained. This is an excellent way to gauge your progress.

## *The Rewards of Patience and Practice*

If you are new to meditation, you undoubtedly struggled at times to keep your attention on your breath, your environment, and the silence of your deeper mind. Still, you were probably able to focus your awareness for a few moments at a time.

In those moments you were meditating. The definition of meditation is *focused and sustained inner awareness*. People who engage in creative work, devotional prayer, physical exercise, energy healing, self-hypnosis, or moving meditations like qi gong or yoga are already skilled at focusing their awareness. The rest of us need to practice.

If you are willing to discipline your mind's incessant chatter through meditation, rest assured that at some point—perhaps right away, perhaps after a few meditations—you will be rewarded by minutes of quiet stillness. Soon your brain will habituate to this calmer state of awareness. You will become less distracted and more focused on a single line of thought. Remember, that is all the brain can efficiently handle at one time. Focusing on a single line of thought will teach your mind to sustain its attention.

Every moment you spend in meditation will discipline your mind, revitalize your body, calm emotions, and enlighten your spirit, all of which will project outward into your life. Lucidity in your choices and decisions will exponentially increase the quality of your life.

Of course, this takes time, practice, and patience, as with anything worth having in life.

## *Into the Deep*

Now you know that meditation is a simple matter of 1) relaxing the body to relax the mind, 2) engaging the senses, and 3) drifting down into the peace and calm of the deeper mind, where we connect with who we are, what we want out of life, and how to reach our finest destiny. If meditation accomplished nothing else but to inform us of our mission and purpose in life, this would be more than enough. Luckily, meditation brings many more benefits. And fortunately, anyone can meditate. It just takes practice and patience.



You may be able to cultivate a perfectly successful meditation practice with only the three steps you practiced above. On the other hand, some people need more mind-calming techniques. Others want to approach meditation as the sacred art that it is. Still others wish to navigate into the lower, slower frequencies of the mind to heal the past or rest in the light-filled bliss of pure awareness.

Chapters 2 and 3 offer traditional practices, relaxation tools, and brainwave mastery techniques that will help you to meditate deeply. The ultimate purpose of meditation is to awaken people to the creative resources within them and the powerful energies of light that bring about sought-after change.

Sooner or later, depending on your level of commitment, you will enjoy both.

## CHAPTER 2

# The Art of Meditation



*"To the mind that is quiet, the whole universe surrenders."  
~ Lao-Tzu*

Deepening into meditation is an art that will fill you with joyful anticipation and pleasure. It is a time to unite with your innermost self—your spirit—and for this reason is sacred. In this chapter you will find time-proven rituals and practices that will increase your peace and deepen your mind and body into meditation. Choose and use the rituals that resonate with you.

Sometimes in meditation you will enjoy the peace of inner silence and nothing else will occur. Occasionally a few ideas or a stream of creative insights will emerge into your awareness. You may wish to ignore this flow of inspiration. Or perhaps you will want to send the ideas up to your conscious, thinking mind for use later on.

Drifting deeper, below the level of thought, you will lose awareness of your body and rest in the silence of complete self-awareness known as pure mind. Some people experience this as a place of wisdom, light, and peace in which they feel united with all things. In this still-point of consciousness, you may perceive an underlying fabric of reality and within it the presence of indescribable peace and oneness. For many people there is a feeling of resting in a luminous field of light that brings absolute understanding of what was not known or understood before. Sensations of joy and bliss ensue.

You will want to rest in this meditation state for at least ten minutes and preferably twenty minutes or more. The deep inner stillness will restore balance to your

body, mind, and spirit, thus rewiring your brain to a more peaceful and harmonious way of being. Deep meditations at this level condition the brain-mind to higher states of awareness that intensify the flow of inner light to illumination and cosmic consciousness.

When it is time to end your meditation, you will emerge renewed, balanced, and whole: Your mind is peaceful and clear, your body rested and rejuvenated, your spirit light and happy. If you were "lost in the trees" before, now you see the forest *and* the trees, with your consciousness united in a multisensory clarity that is sharp and coherent. Your creativity flows freely, work comes easy, and you are kinder to yourself and others. Life is a gift and so are you.

Because meditation feels so good, you will come back to it day after day and soon begin to live the meditative life: calm, focused, open-hearted and compassionate, healing and serving self and others in the self-actualized and completely fulfilled life of your dreams.

With the tips, tools, and techniques in this chapter, you will find it easy to descend into a profoundly rewarding meditation.

## ***The Power of Intention and Desire***

The best meditation practice—and everything else good in life—begins with a clear intention. The power of intention cannot be overstated. Hundreds of books have been written about this age-old concept, today considered to be the cornerstone of conscious evolution. Quantum science tells us that nothing is more powerful than intention motivated by the energy of desire. It configures reality on the subatomic level.

We open doorways to new possibilities by inwardly stating our intentions and desires. For example, if you sense that a part of you is reluctant to meditate, perhaps out of fear of the unknown, it's a good idea to examine this feeling and deal with it. Simply state your need for the reluctance to abate so you can proceed with your inner exploration of meditation. Reassure the worried part that you will pay attention to its needs and there is nothing to worry about.

Consciously managing your intentions in every endeavor ensures that you are not working against yourself!

Setting an intention for your meditation offers another benefit. You can state your intention in a well-crafted sentence and use it as a mantra to focus and discipline your mind. Whether what you want in your meditation (and life) is peace and calm, health and wholeness, love or joy, stating your intention to obtain it will ensure, by the physical laws of resonance, that you are attracted to this and it is attracted to you.

According to Edgar Cayce and quantum mechanics, repeating an ideal as a mantra during meditation builds it into the atoms of your body-mind. Quantum physics agrees

that the incomprehensibly powerful force which on the subatomic level creates and transforms reality is the electromagnetic power of thought. Repetition is the catalyst of real and lasting change.

### ***Finding a Mantra for Meditation***

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Begin by finding a quiet space where you will not be disturbed. Sit comfortably and close your eyes. When you are relaxed, imagine yourself doing what you most love to do. Use all of your senses – sight, sound, touch, feeling, taste and smell – to bring this experience to life. Live this experience for as long as you like.

Before closing your meditation, find a few words that describe what you need in your life in order to be able to do what you love to do. Then place this desired intention in an affirmative statement. Here are a few possibilities.

*Good: "I am calm and clear."*

*Better: "I am calm, clear and in harmony with all of life."*

*Better Still: "I am calm, clear and in harmony with all of life.  
I open my heart to love and surrender to the goodness in all things."*

*Best: "Come to me, inner peace, as I come to you with an open, loving heart.  
Carry me into the heart of your heart.  
Let me bring love out into the world, everywhere I am,  
that the love in me expresses the love in you."*

Lengthier affirmations are best because they take longer to repeat. The chattering ego's "monkey mind" gets bored and naps under a tree. While clear language is essential, a statement that carries the heart to greater heights ensures that you will get what you ask for *and* what you need most, even if you do not yet perceive what that is.

***Keynote: The longer the intention, the more sustained the descent into silence. The more loving the ideal, the stronger the propelling power of intention and the higher the rise in consciousness.***

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### ***Creating a Sacred Meditation Space***

If you are fortunate enough to have a meditation room to yourself, you may wish to furnish it with candles, incense, a straight-back chair, a vase of flowers, spiritual icons, prayers, sacred literature, or anything else that is meaningful to you. This is your inner



sanctum, your refuge from the outer world, so do whatever feels right in setting up this space.

If your meditation area is a chair in a corner of your bedroom, reserve this chair for yourself. A comfortable, straight-back chair that supports your spine is best. The chair will accumulate your vibrations, which in turn will condition the space to usher you into meditation faster. You will notice the calm, peaceful vibrations in your meditation area and so will others.

Young people with young children may have difficulty reserving a space of any size for themselves. Use your creativity to find just the right place. One of my students, a determined father of rather large stature, meditated in a small walk-in closet stuffed with clothing that muffled outside noise. Secluded and quiet, the bedroom closet provided just enough space and suited him perfectly.

### *When to Meditate*

Meditating at the same time each day conditions the thinking mind to be still. Interestingly, if you always or usually meditate at the same time each day, say at noon, when noon comes around and you are not meditating, you will nevertheless relax and become more inwardly focused. The internal clock keeps excellent time.

Thirty years of research on remote viewing—the ability to psychically perceive and perturb energy and information—tells us that the best times to meditate are dawn, noon, and dusk. When the geomagnetic atmosphere is still, the mind quiets.

If you are able to meditate in the morning, this will benefit you immensely. Uniting the mind with itself opens the heart to its spirit, clarifies our priorities, and energizes the body. Lucidity clears a smooth path through the day ahead.

When I worked as a free-lance writer, I found that meditating for an hour at the beginning of the day invariably sharpened my mind, sped up the writing process, and increased my productivity and income. On days that my calendar was filled with back-to-back appointments, morning meditation seemed to cause some people to cancel and reschedule, which gave me extra meditation time that re-energized my body for late-night writing required to meet colliding deadlines. (There are better jobs.)

In my experience, when we put meditation first, the universe magically produces solutions that free us.

If you are unable to meditate in the morning, meditate whenever you can. Later in your practice, when you reach meditation in minutes or moments, morning meditation may be more feasible.

You may be as impressed as I was by the determination of one student, a middle-aged executive for a major mortgage company reorganizing at the height of the 2008 global economic crisis. Stan could not find a time or place to be alone at home, so at noon each day he shut his office door and meditated during his entire lunch hour. Closing his eyes, he went so deeply into meditation that when people banged in his door, he did not hear them.

A quick learner, Stan became much less reactive at work, and his blood pressure dropped to normal. (This happens with most meditators.) At home, he relaxed and became more present to his family. His persistent insomnia gave way to deep, restful sleep and to dream tableaux rich with creative ideas that he successfully used in his work.

You too will notice this stress relief right away. I did, and so did my two teenage daughters. When I skipped meditation for a day or two and unraveled at the seams, my daughters asked, “Mom, isn’t it time for you to meditate?” Everyone likes us better when we meditate. And we like them better, too.

The only unhelpful time to meditate is after consuming large amounts of food, sugar, caffeine, or alcohol. These substances arouse or drowse the body-mind and make it hard to stay focused on meditation. There is no *harm* in trying to meditate if your body is buzzing on caffeine, but this is usually a study in frustration: Neither the mind nor the body can easily slow down. Eventually you will succeed, but it could take a while.

Some people like to meditate before going to bed, as it eases the transition to the land of dreams and is known to improve sleep. If this is the only time you meditate, however, your mind will begin to associate meditation with sleep and when you try to meditate at other times, the drag toward sleep may be impossible to resist. Another challenge with late-night meditation is that the mind may begin to stream with creative ideas that tempt us to get up and work with them.

Luckily, one hour of meditation is equivalent to four hours of sleep.

## ***How Long to Meditate***

If you are new to the practice, you may spend the first ten minutes unwittingly caught up in thought. For this reason, it is best to practice for at least twenty minutes once or twice a day. This is enough to condition your body to a quieter way of being. Thirty minutes a day will positively transform your mind and life. Eventually you will want to meditate for an hour or more to obtain deep, restorative physical rest and the creative insights that surface to provide life guidance.

How can you time your meditations? Your inner clock will do that for you, but if you want a back-up system, set a phone alarm with a gentle chime, or record twenty minutes of quiet, unstructured music. When the alarm chimes or the music stops, you will

know to bring your meditation to a close. Some people burn a stick of incense and when it is finished, so are they.

### ***How to Meditate***

Different practices appeal to different people, but there are commonalities. Except for trance dancing and moving meditations, the body must be relaxed, the mind quiet and still, emotions calm and clear, the spirit peaceful.

The next chapter's Ten Steps into Meditation expands on the three-step meditation you learned earlier. These rituals and mind-calming techniques will help you deepen into profound silent or active, working meditation to get the most out of your practice.

## CHAPTER 3

# Ten Steps into Meditation



*“Be at peace with life and in love with the unfolding mystery.  
Time will unveil what is not now known  
and how all fits together in the grand picture.”  
~ JP*

Ritual preparations and mind-calming techniques are excellent entryways into meditation. You may wish to try all ten of these suggestions. Some of them come from Mind Mirror brainwave science; other practices are traditional and have been used for millennia to relax the body and quiet the mind. Several come from the intuitive readings of Edgar Cayce. Use the ones that resonate with you to create your own unique practice.

At the end of this chapter is a Guide to Meditation, an overview that you may wish to keep in your meditation room during the early stages of your practice.

### *1. Purify*

Drinking a glass of water, a conductor of electricity, and washing your hands before meditation purifies the body, honors the sacred nature of meditation, and charges the body-electric to an alert and awake state of being. Similarly, lighting candles and incense purifies and warms up the meditation space.

If you decide to burn incense, search for a stick or cone with a fragrance that soothes you. Incense burners may be found at Indian food stores and boutiques. The hinged ones can be closed so that ash is contained.



## 2. *Stretch to Loosen Up*

Before you begin, loosen tight clothing so that your muscles can relax and let go. Keeping your awareness on the following movements strengthens concentration.

*Gentle Stretching.* Loosening the muscles increases energy flow through the body. Stretch in any way you like. Yoga, t'ai chi, and qi gong, including the energizing Five Elements Meditation in Appendix B, also relax the body and quiet the mind.

Edgar Cayce suggested a cat-like stretch. Standing up straight, rise on the balls of your feet, reach one arm toward the ceiling, and stretch upward with the sleek grace of a cat. Repeat with the other arm then, after a few stretches, continue the motion as you bend in an arc down to the floor. Stretch toward the floor then back up in an arc. Purrfect.

*Head and Neck Rolls.* Sitting up straight, inhale deeply and as you exhale, gently tilt your head toward your chest three times, extending only as far as is comfortable. Then gently tilt your head backward three times. Tilt your head toward each of your shoulders three times. Finally, drop your head forward and roll it around in a clockwise motion three times then in a counterclockwise direction three times. Head and neck rolls relax and massage the spine while strengthening neck muscles.

## 3. *Sit Comfortably & Withdraw into Yourself*

*Keep Your Spine Erect.* Sitting with your back straight and your feet flat on the floor, make sure your spine is comfortable enough not to get fatigued and distract you from meditation. You may need to put pillows behind your back or under your feet. Be sure that your meditation chair does not strain any part of your body. Lie down if you must but recognize that this may make it difficult for you to stay awake.

*Position Your Hands.* Your body is a battery. To create a closed loop of energy, clasp your hands together, or lay one on top of the other, or lightly connect two fingers of each hand, such as the thumb and forefinger. Finish closing the loop by resting the tip of your tongue in the roof of your mouth or against the back of your teeth. Practice makes this feel natural.

*Turn Inward.* Your conscious mind, tuned to external awareness, will draw itself to any sounds or movements inside or outside of you, as well as to list-making, decision-making, and plans for the day. Observe any thoughts, and when ready, rein them in.

*Set Your Earthly Self Aside.* Closing your eyes, imagine grasping your earthly self and setting it outside your body. Just take your cares and concerns and place them outside of you. You will know how to do this.

#### ***4. Connect with Your Spirit***

*State Your Intention.* Now is the time to voice your intention so that it serves as a guiding aspiration, or ideal, for your practice. Affirming a clear intention programs your subconscious mind, rewires the neural pathways that carry thought and emotion through the brain and body, and charges up the body's energy system. The power of intention cannot be overstated. It could be a single word, such as "Peace" or "Inspiration."

*Elevate Your Spirit.* Read from an inspiring book or poem. I like to recite The Lord's Prayer, another Edgar Cayce suggestion: He said the words stimulate and open the spinning wheels of light that form the body's *chakra* system, lifting awareness from the physical to the spiritual. I feel currents of energy flowing through my body during this recitation. If it is too religious for you, find something else that touches your heart and spirit.

Some people surround themselves with white light for protection, which is necessary if you think it is. "I throw about myself the pure light of protection" suffices.

*Chant Om.* To empower your intention and elevate your energies to a higher plane, chant OM or AUM (ow-oh-mm). If you haven't tried this, you may really enjoy it, not only as a prelude to meditation, but also as a way to clarify your mind and body during the workday. While chanting, focus your awareness on the feeling of the sound vibrations in your body.

Begin by inhaling deeply. As you exhale, sing the O or AU, sending the sound deep down into your abdomen toward the base of your spine at the tailbone. Feel it resonate in your belly and chest. Close your mouth near the end of the exhalation to make the M vibrate the bones in your head.

Your body is a resonating cavity. Sound moving through the three largest cavities—abdomen, heart, and skull—vibrates atoms and cells into harmony with each other and brings every system into balance. Cup your left or right hand near your mouth and one ear to listen to the sounds made by the instrument of your voice. You may hear overtones of high octaves in your voice. These uplifting harmonics are always present, but usually go unheard.

#### ***5. Relax Your Body***

*Alternate Nostril Breathing.* This modified form of yogic breathing releases tension and deeply relaxes the body-mind. Nostril breathing also synchronizes the heart and respiration rate while balancing the two hemispheres of the brain and evoking a relaxed, alert, and expectant state of awareness.

The first time I did this, my left shoulder surprised me by dropping down entirely of its own accord. I had not realized that it was chronically tense and hitched up.

See how nostril breathing affects you. Keep your awareness on the uppermost two energy centers, called *chakras*, one at the crown of your head and the other between your eyebrows at the bridge of your nose.

### *Nostril Breathing*

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Use the thumb and forefinger of one hand to close off each nostril in turn. First close your left nostril and take a long, deep, and slow breath into your right nostril; breathe out of your mouth at the same pace. Do this three times, staying focused on what you are doing.

Next, close your right nostril and breathe in slowly and evenly through your left nostril and then out through your right nostril three times. Feel your crown and third-eye chakras open.

While inhaling through each nostril, Cayce followers repeat empowering words like Peace, Strength, Source of Life, or anything that feels appropriate.

*Breathing for Unity.* The rhythmic breath is a simple, easy, and excellent gateway into meditation. Fixing attention on the breath lessens *self*-consciousness and unites the mind with the body so that the voluntary and involuntary nervous systems overlap into a single identity that is simultaneously both. By letting go of its distinct identity, the mind slips into an expanded realm of awareness—that is, the radiant emptiness of meditation.

Along the same lines, Hindu meditators have always claimed that the breath regulates *prana*, the life force; shifts energy patterns in the body; and influences the subtle energies in and along the spine. Focusing on the breath helps the meditator attain a one-pointed awareness that pierces through the conscious and unconscious to the superconscious awareness of the spirit and the cosmic consciousness of *samadhi*.

What is the best way to breathe? Diaphragmatic breathing, as seen in infants, is the most natural and efficient breathing pattern. Focusing on your lower abdomen, allow your belly to be soft. Pushing your belly out, draw air into your lower and then upper lungs. To exhale, relax the belly to let go of the breath, deflating your upper then lower lungs and contracting your abdomen to move it back toward your body. The expansion and contraction of the lower abdomen moves the diaphragm, a thin sheet of muscle below the lungs, and causes it to inflate and deflate the lungs in a bellows-like action.

Diaphragmatic breathing slows respiration and relaxes the body-length vagus nerve that controls the involuntary and voluntary nervous systems. When your focus is unwavering, the breath will give you voluntary control of your internal states, in and out of meditation.

*Slow the Breath.* People normally take between seven and seventeen full breaths per minute, counting the inhalation and exhalation as one full breath. The breath rate governs one's level of mental and physical relaxation or arousal. The more aroused the mind and body are, the faster and shallower the breath; the slower the breath, the more relaxed the mind and body become.

In the following yogic exercise, notice how the simple act of slowing the breath activates the parasympathetic nervous system's relaxation response and reverses the fight, flight, or freeze stress response produced by the sympathetic nervous system.

Use a stopwatch or phone with a chime to time the first two parts of this exercise.



### *Counting Breaths*

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Part I. For one minute, count the number of breaths you take without altering your breath rate in any way. Use your hand as a lever to help you count. Raise your hand on the inhalation (palm up) and lower it (palm down) on the exhalation. One cycle of inhalation-exhalation counts as one; the next inhalation-exhalation is 2, then 3, and so on.

Now, count your breaths for one minute. How many did you take?

Part II. For the second part of this exercise, deliberately slow your breathing as much as you comfortably can. Use your hand as a lever and count the cycles of breath for one minute.

How many breaths did you take this time? How do you feel: more relaxed or not?

Relaxed people breathe slower and deeper, so their respiration rate is lower. People breathe faster when feeling anxious or stressed, so their count is higher. One of my students had an initial count of 25. She breathed quickly and shallowly to shut off the instinctual radar of her low-frequency delta brainwaves and a constant inflow of psychic information. As a result, she lived in the fight-or-flight stress response and its high-amplitude beta frequencies of stress, anxiety, and panic.

Slowing her breathing and growing calmer connected her with her inner wisdom. She understood immediately the point of the information inflow—she was a natural medium—and learned to pull her energy field closer to her body and her own thoughts.

Part III. Now increase your depth of relaxation by breathing in for half as many counts as you breathe out, as described in Chapter 1. Inhale to the count of two, three

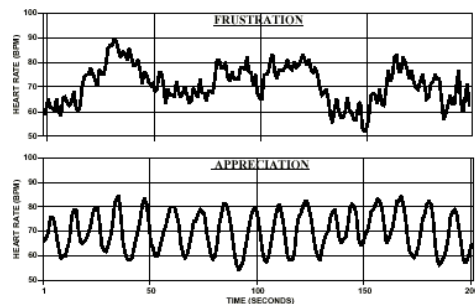
or four and exhale to the count of four, six or eight to stimulate the parasympathetic nervous system and profoundly relax your body.

*Breathe into Your Heart.* This excellent technique from The Institute of HeartMath is an enjoyable fast track into meditation. HeartMath spent fifteen years researching and mapping the psychophysiological effects of emotion and discovered that breathing positive emotions like love, joy and appreciation into the heart calms this powerful oscillator and entrains the rest of the body, including the brain, to coherent states of balance, order, and harmony.

By involving positive emotions, this technique accomplishes more than mastery of the breath. The Heart Breath, performed for three to five minutes or more, generates a coherent waveform that resonates throughout the body to bring the sympathetic (arousal) and parasympathetic (relaxation) nervous systems into synchronous operation at the same frequency, tip their balance toward relaxation, increase the brain's clarity, and cascade electrochemical hormones (including information carriers called neurotransmitters) into the body to power up the immune system.

You can use the Heart Breath in waking states and in meditation to synchronize your heart rate, respiration, and blood pressure and to improve your heart-rate variability (HRV). HRV reflects the body's ability to adapt to stress and environmental demands.

The HRV graph below shows two waveform patterns: at top, the erratic peaks and valleys of negative emotional frustration (incoherence) and, at bottom, the calm, steady and harmonious waveforms of positive emotions (coherence). To a great extent, mind-body coherence creates the sensations of unity and inner peace experienced in meditation.



### ***The Heart Breath***

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Placing your hands on your heart, bring your awareness to your heart and breathe into your heart. Bring to mind a positive emotion like appreciation, care or love. You may need to associate this with a memory of a person or situation.

Relax into this positive emotion. Breathe it into your heart for several minutes to create a high level of coherence in your body, mind, and spirit and to flow more easily into meditation.

*Progressive Relaxation.* Starting at the top of your head, relax the muscles in your forehead, eyes, mouth, lips, chin, tongue and jaw, allowing the relaxation to drift into your neck, back and spine, shoulders, arms and hands, chest, stomach, pelvis, legs, feet and toes. Guide yourself area by area, focusing on how good it feels to relax each muscle of your body. Imagine this either from inside your body, or from outside, as if seeing yourself in a mirror. Concentrate your full awareness on this relaxation process. Soon your body will relax completely within moments.

Progressive relaxation is a great way to defeat insomnia. You will probably fall asleep long before you reach your toes. This technique is much more interesting than counting sheep. Sheep may not talk to you, but your body, when listened to, will have much to say. It will tell you where to ease up and how.

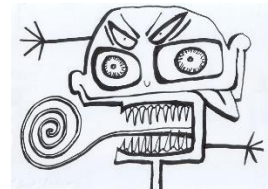
## ***6. Relax Your Mind***

The body relaxation techniques in steps 1 through 5 calm emotions and slow thoughts. For persistently busy thoughts, use one or more of the following techniques.

### ***Tongue Relaxation***

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When the mind is busy with thoughts, the tongue tenses up. Sometimes, the tongue tenses up to project its verbal chatter, stress, worry, and anxiety on someone else.



To test the truth of this for yourself, close your eyes for one minute and speed up your thinking. Think hard and fast. Or simply imagine a mildly stressful situation like a traffic jam. Before you open your eyes, notice the position of your tongue and where your body is tense. Is this where you typically feel discomfort or pain in everyday life?

Most people find that mental tension causes the tongue to press against the back of the teeth or the roof of the mouth—and not in a good way. Stress tenses up the body in any and every way, from the toes and stomach to the jaw, eyes, and forehead.

The antidote to busy thinking and its physical stress is to relax the back of the tongue. This keeps the mind from thinking and the tongue from talking.

Relaxing your tongue during meditation will keep you from talking to yourself. Simply hold your awareness on the back of your tongue and relax it at its root for a minute or more. Try this for one minute now. You will find that relaxing the tongue causes thoughts to drift away and at the same time relaxes the body.

The next time you feel stressed, anxious, or panicked, take a moment to notice where your tongue is. In waking states, tongue relaxation is an excellent way to avoid interpersonal conflict: Literally, hold your tongue and listen reflectively.

### *Lasso Your Thoughts*

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I invented this three-part technique, which works every bit as well for others as for me. If your ego is still chattering about this errand or that need, with your eyes closed find the location of these thoughts. You will probably find an external focus, as in “out of your head.”

1) Once you feel where the activity is, imagine throwing a rope around your thoughts and gently draw them into your head, holding them there.

2) Now sense the presence of light just above and toward the crown of your head. Usher this radiant white light down into your head and immerse your thoughts in it.

3) Gently usher your light-filled thoughts down into your heart. Feel this downward movement. Continue to draw light from the crown of your head into your heart, centering your awareness in its quiet peacefulness.

4) Now relive a memory of joy related to a person, place, or situation and immerse yourself in it to comfort, uplift, and illuminate your spirit. Meditate on joy for as long as you like.

*Dissipate Thoughts.* Imagine yourself walking in the countryside on an autumn day. Leaves are blowing all around you. Place any unwanted thought on a leaf or a colorful balloon and watch it blow away. (Thanks to Anna Wise for this mind-clearing technique.)

*Sensualize an Environment.* Engaging in sensory awareness (as in most of the previous techniques) produces the relaxed, diffused, and sensory alpha brainwaves of meditation. Sensory imagination, or *sensualization*, drops awareness into the lower and slower brainwave frequencies flowing beneath the level of thoughts.

## ***7. Connect with Universal Awareness***

The techniques below are so profound that, after a while, you will be able to go straight to them after a few quiet, relaxing breaths at the beginning of your practice.

### ***Bathe Your Chakras with Light***

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This meditation technique, appearing in an ancient Taoist text titled *The Secret of the Golden Flower*, was popularized by John Van Auken, a teacher for Edgar Cayce's Association for Research and Enlightenment. It is akin to the orbit breath in yoga, but I practice it not on the outside of the body but on the inside: moving my awareness through the center of each of the *chakras* located on the spinal column. After a while, you will feel the flow of subtle energy through your body and a consequent spiritual expansion of your mind.

Simply breathe up from the base of your spine to the crown of your head and over to the third eye *chakra* in your forehead. Pausing at the top of the inhalation, hold your breath for a second or two and allow spiritual light to stream into the crown of your head. On the exhale, bathe your chakras with this light all the way down to the base of your spine.

Repeat this cycle seven times, then let go of conscious breathing. Rest in the sparkling light of your spirit.

Circulation of the Diamond Light, as I call it, is an incredibly powerful practice. The ancient Taoists claimed that it purifies the energy system: The spiritual light in the upper *chakras* (crown, third eye, throat, and heart) purifies the lower *chakras* (navel, pelvis, and base of the spine) and thus enlightens the entire being for eternity.

*Expand Outward.* Gently holding your attention on your third eye chakra in the forehead or at the bridge of your nose, expand into universal awareness. Embrace the infinite with your heart. Continue to rest in a calm, detached state of pure awareness.

## ***8. Meditate in the Silence***

In the quiet depths of your mind (where you connect with universal awareness) you may sense a radiant void, a place of light and wisdom that is empty and full at the same time. Creative insights may arise in words, images, sensations, or an inner sense of knowing. Remain quiet and still. Listen as your spirit, or soul, attunes to the quantum sea of light: the field of energy that enlightens and revitalizes all things.

If you sense currents of light flowing in your spine, just keep your attention on your third eye and enjoy these sensations. Be still and wait. Love what you are doing, and



it will love you back a thousand-fold. Every bit of love or praise you send into the quantum field exponentially increases your spiritual connection and powers-up your meditation.

*Repeat Your Intention as a Mantra.* If you begin to think, immerse your thoughts in light and usher your awareness back down into your heart. In the silence, *think*, then *feel*, then *experience* your intention, as Cayce so wisely put it. In brainwave terms, you are downshifting your mantra into deeper and slower frequencies of consciousness. Repeat the words of your mantra as needed, until you are resting in silence.

*Stay Awake.* When we close our eyes, the brain assumes that it is time to sleep. You can resist the tendency to drift into sleep or unconscious trance by arousing your sympathetic nervous system. Take a few deep, sharp breaths to oxygenate your brain, or slightly tense your muscles. Or shift your brainwaves closer to the frequencies of conscious awareness by sensualizing an environment or an object: see, hear, felt, taste, touch, and smell it. If you imagine a bird, see the feathers, hear the wind, feel the flight.

*Stay Connected.* Perhaps not in your first meditation, but at some point, you will begin to feel as if you are "plugged in" to a humming electrical force. You are. The zero-point quantum field is a sea of radiant light. And so are you. Connected to this powerful energy, you may sense a downward pull into the slower delta brainwave frequencies of universal awareness.

*Receive the Light.* Your body may sway, rock, or move from side to side or backward and forward. These sensations are caused, on the gross level, by the pumping action of blood through the vessels and arteries of the circulatory system. On the subtle level, you are feeling the electrical life force—the *chi* or *kundalini*—flowing through the energy channels (meridians) and the spinning wheels of light (*chakras*) located on the spinal column. Lingering in the exquisite stillness of pure awareness sensitizes us to subtle energies.

*Communicate with Your Soul.* Near the end of meditation, you may wish to ask for creative insights into life, work, or relationship issues. A vague impression, perhaps a sense of inner knowing, will surface first and slowly coalesce into images or words.

Stay open and receive whatever comes. If the analytical mind intrudes, drift back down below the level of logical thought to the quiet stillness of your deeper self. Draw from it freely. This is your inner wellspring of wisdom. After meditation, be sure to record in words or images the guidance you received—and use it! This will open to more.

### ***9. Send Healing Light***

Near the end of your meditation, send other people the coherent light that has accumulated in your body, mind, and spirit. Sending light to people and places in need of healing will uplift them and evolve you more than anything else.

First, reopen your energy circuit. Release your tongue from the roof of your mouth and open your hands. Then envision friends, family, loved ones, those in need, nations, and the Earth herself as happy, joyful, and whole. You need not imagine or define outcomes. Open, undirected energy transmission works best.

### ***10. Close Your Meditation***

*Find a Landmark.* Take a few moments to find a word, image, concept, or body sensation that describes the *feeling* of your state of awareness. With a little practice, re-creating your landmark at the beginning of your next meditation will re-access the same depth and profundity. This landmark is your shortcut to meditation.

*Redistribute the Energy.* Life force/spiritual energy that has accumulated in your head or third-eye area needs to be redistributed throughout your body to properly ground you. Simply place your awareness inside your head and draw the energy through your body. Circulate it through your organs and usher it evenly into your neck and shoulders, arms and hands, abdomen, and legs and feet.

*Give Thanks.* Close with thoughts or words of gratitude. People who follow the Cayce style of meditation recite "The Twenty-Third Psalm" to power-down the life force and close the *chakras* (not completely, just enough to come back to ordinary awareness). If you use this highly visual prayer, sensualize the beautiful imagery in it.

Alternatively, you could chant OM or AUM, or close with any meaningful sentiment to draw your expanded energy field closer to your body. You will know how close to your body your energy field needs to be.

*Arouse.* To reawaken properly, gently arouse your nervous system. Inhale sharply and exhale forcefully. Wiggle your fingers and toes, rub your hands together, or rub the bottoms of your feet against the floor. Enjoy a full-body stretch. Be sure you are completely awake before driving a car. Drinking water, eating, and walking in nature will also ground you.

No matter what techniques you use in your practice, the depth of your meditations will depend on your mental state, body arousal, environment, and the time of night or day, among other things.

The next page, an outline of the techniques in this chapter, is a pull-out for your meditation space. The next chapter provides Essential Notes on Meditation that will help you master your practice.



## Overview of Meditation Practice

*Shower or wash your hands and drink water to purify your body-temple.  
Light candles and/or incense to purify the space.*

*Loosen clothing and stretch to relax. Do head and neck rolls.*

*Position your hands, close your energy circuit, turn inward.  
Set your earthly self aside.*

*State your intention, recite a prayer, or read an inspiring passage.  
Chant OM or AUM.*

*Relax with nostril breathing, concentration on the breath,  
tongue relaxation, the Heart Breath, or progressive relaxation.*

*Bathe your chakras with light.  
Expand outward and meditate in silence.*

*Send out healing energy at the end of your practice.  
Envision people and the Earth radiantly happy and whole.*

*Find a landmark describing your meditation state.  
Chant OM or AUM.*

*Redistribute the increased energy in your body.  
Give thanks and arouse.*

*Take a few deep, sharp breaths and stretch to fully reawaken.*

*Look at your Table of Subjective Landmarks and note your progress.*

## CHAPTER 4

# Essential Notes on Meditation



*“Spirit is the essence, mind is the builder, the physical is the result.”  
~Edgar Cayce*

No matter what techniques you use in your practice, the depth of your meditations will depend on your mental state, body arousal, environment, and the time of night or day, among other things.

Sometimes you won't know why your practice went so well yesterday and not as well today. The difference could simply be due to the vagaries of human consciousness. Or perhaps caffeine kept your thoughts busy. Taking time to make notes about your state of mind and body can help you pinpoint subtle stressors, the lack of which will stabilize and refine your practice.

The Table of Subjective Landmarks invites you to keep track of the depth of your meditations. After your practice, find a representative number and write it down in your journal. If you are going deeper, then all is well and good. If not, consider why. You are the *only* scientist of your life: The greater your powers of observation, the better your mastery of meditation.

These essential notes may help with the consistency of your practice.

*Caffeine.* Five decades of scientific studies have proved indisputably that the body and mind are one and the same. For this reason, it's important to recognize that various substances can profoundly affect your meditations. A caffeinated body struggles to relax. It is wise to refrain before meditation.

*External Noises.* Unless you have a soundproof meditation space, you will probably have to contend with noise. When it comes, allow the sound to become a vehicle that takes you deeper. For example, if a chirping bird attracts your attention, you could appreciate the birdsong and make it part of your meditation. You might say to yourself something like, “The song of this bird accompanies the music of my meditation.”

If a less pleasant sound intrudes, such as the roar of a lawnmower, you could tell yourself, “This noise contains something of meaning to me. Let me deepen my meditation and discover what that might be.” It is best to consider everything a part of your meditation. Resistance gives the ego too much to think about.

*Listening to Music.* Unstructured, instrumental music is best. Structured music with a discernible melody engages the mind and can become the focus of meditation. Notice the unstructured music accompanying the guided meditations in the Mind Mirror Portal’s Meditation Center.

*Dance to Relax.* Some people shy away from meditation because sitting still is uncomfortable for them. If you are kinesthetic and prefer movement to stillness, this and other physical exercises may provide effortless entry into sitting meditation.

### ***Dance with the Wind***

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While listening to enjoyable music, allow your body to move in whatever ways feel right. Relax and let go so that inner inspiration guides your movements. Sway, twirl, and leap as if you are dancing in the wind.

After a few minutes, slow your movements to stillness. Sitting down, listen to your breath and heartbeat. Notice the rise and fall of your chest. What else can you hear, sense, or feel in your body? If you feel tension anywhere, breathe light into that place until there is only light. Breathe in relaxation and breathe out any tension until your body is completely relaxed.

Now slow your breathing and allow your thoughts to drift away. Meditate on your breath and explore sensations in your body. You may wish to imagine particles of light streaming into your body and feel your atoms expanding into the light of the universe. It’s likely that this practice will take you into the depths of silent, sitting meditation.

*Struggling with Thoughts.* Sometimes you will struggle to settle into meditation and “get somewhere.” It is better not to struggle. Instead, relax and surrender to your meditation. Struggle incites the ego’s conscious mind. As always, patience is the key.

*The Flow of Inspiration.* When ideas and inspiration flow into your mind during meditation, it's tempting to open your eyes, grab a pen, and write them down. Seasoned meditators do this, but as a new meditator, you might be better served by mentally storing your insights in a folder and sending it up to your conscious mind for review later on. When you reawaken and open the imaginary file folder, the ideas will be waiting for you.

Or you could shift into an active meditation and work with the ideas, which constitutes an Awakened Mind meditation of creative flow and peak performance—the brainwave pattern that you will ultimately externalize into waking life. Creative ideas are tempting, and sometimes it's wise to follow through and use them. However, if your goal is silent meditation, it's best to discipline the eager ego-puppy and its distractions.

*Grounding.* Stay grounded with a lifestyle that supports meditation. Since your practice will inevitably arouse and intensify your physical and subtle energies, it's important to stay balanced by listening to and honoring your body. Rest when you need rest, and eat a healthy combination of fresh, living foods. Exercise and recreational activities will help you integrate the subtle energy flows that build up through meditation.

Speaking of ground rules, it is always wise to remember this one: “Where thought goes, energy flows.” If your consciousness is not where you want it to be, redirect your thinking. Your heart and body depend on you to do this.

*Refresh Your Mantra.* When your stated intention, or mantra, feels flat and as if it no longer contains an energetic charge, you have probably attained what you sought. If so, then it is time to create a new intention. Go back into meditation and ask what is now needed.

You may find it interesting and useful to specify physical, mental, emotional, and spiritual intentions. Like goals, or guiding ideals, intentions embody your aspirations. They are self-fulfilling prophecies that draw us ever closer to what we desire.

When used as a mantra in meditation, your intention becomes a biofeedback landmark. Repeating your manta in waking states will recreate the brainwaves of your meditation state and help you externalize them. This is how to shift and master your brainwaves and your life.



### ***This Journey of the Heart***

Even if you initially meditate to reduce stress or improve your health, you will soon realize that meditation offers much more. You may not sense the presence of your spirit right away: It feels just like and is you. Yet as you sit in the silence, you will gradually feel a stirring in your heart, a feeling of love and gratitude that connects you with your spirit and lifts you into its higher awareness.

For many people, the joy of meditation is this opening of the heart to the spirit. The heart's need for spiritual connection has given rise to all religious and meditation traditions, ranging from devotional *bhakti yoga* in Hinduism, to *compassion meditation* in Buddhism, *hitbodedut* in Judaism, *muraqaba* in Islamic Sufism, and *centering prayer* in Christianity.

You don't have to believe in or consciously try to connect with a spiritual source to experience the transcendence of heart-centered meditation. It happens on its own. But if you wish to make this connection, you can simply experience feelings of love.

If you believe in nothing else, believe in love. Love meets us with open arms and carries us into the heart and spirit, where we find everything we seek.

***Keynote: Meditation is a journey of the heart. It awakens us to the radiant quantum field of light which gave rise to us and to which, in meditation, we return.***

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The loving heart, as hundreds of studies show, is the most powerful healer on earth. The largest cavity in the body, the heart radiates sixty times more electromagnetic energy than the brain, according to studies conducted by The Institute of HeartMath.

We have already said that meditations centered on the heart produce the body-mind coherence of balanced health (see The Heart Breath exercise above). But this is only the beginning of the power of the human heart to heal and transform. As the physical expression of our spirit, the heart inspires us to love, beauty, harmony, and the light-filled wisdom of the inner self.

Connecting with our inner wisdom teaches us how to unite all aspects of our being, which together nourish the body and elevate the spirit. Thus elevated, we can heal the world.

## ***The Power of Meditation to Heal***

The human heart, through meditation, radiates coherence into the world to produce measurable healing. More than six hundred studies conducted by The Maharishi Institute prove that group meditations focused on peace emanate an energy field of peace and coherence that reduces crime in the vicinity by an average of 20 to 25 percent. Group meditation exponentially reduces stress and increases love, peace, and harmony.

Some years ago, physicist John Hegelin contacted the Chief of Police in Washington, D.C., to inform the department that a group would conduct a peace meditation in the city. Police officials were understandably skeptical, but nevertheless

agreed to monitor crime rates before, during, and after the event. The statistics tell the story: crime rates dropped by 25 percent, and Washington police invited the meditators to come back and do it again.

Author, musician, and peace troubadour James Twyman led a group of people onto the Capitol Grounds in Washington, D.C., in a highly visual demonstration of the power of meditation to create peace. After the meditators left the next morning, groundskeepers noticed the outline of a large peace sign in the grass where they had sat. Capitol Police contacted Twyman and demanded to know why he had painted a peace sign on the grass in a lighter color of green. Closer examination revealed that the light green color was not paint at all. Some unexplained energy had “enlightened” the grass on a molecular level.

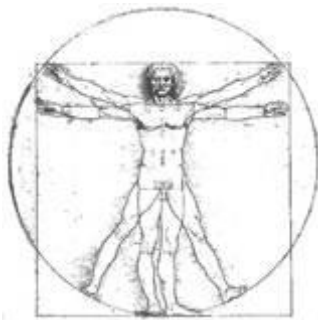
These events remind us that the heart is an energy transformer capable of transporting the mind to higher states of awareness which have a “spiritualizing” effect on living things.

Receiving and sending out the light of love and peace engenders unity within us. But unity does not always come easily. Guilt and self-blame lodged in the heart can keep it closed and separate, thus impeding the rise to higher consciousness.

Try this meditation to see if your heart needs attention. If we want to love the world, we must first love ourselves.

### ***Loving Every Part***

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Stand in front of a mirror and look closely at your body, noticing what you do not like and what you wish were better. Once you have a list in mind, sit down, close your eyes, and look into your heart and then your mind and then your soul or spirit. What is it that you do not like about each of these aspects of yourself? Catalog each issue by making a mental note or listing it on a piece of paper.

Now consider why you are judging instead of loving yourself wholeheartedly. Each thing we hold apart from ourselves is a source of separation that projects out into the world as separation from others. What we criticize and judge in others is what we do not like about ourselves. Judging and criticizing self and others keeps us in the self-conscious analytical awareness that blocks us from entering meditation.

Here is how to lose self-consciousness: First, quiet your mind, deepen into your heart, and find a way to give love to every single thing you do not like about your body, mind, emotions, or spirit. Send the light of compassion to each part and welcome it back



into your being. Ask for higher help if you need it. Feel the pieces that were separate coming back into place, healed and whole.

This could be a quick, easy process, or a lengthy one requiring several or many meditations on self-love. Nothing is more important. Our wholeness brings peace and freedom to us and to all existence.

## *Freeing the Spirit*

Virtually everyone has been injured by religious doctrines and cultural values that separate them from some aspect of self. All too often, we perceive ourselves through the eyes of others instead of through the eyes of the soul, which sees us as pure and perfect just as we are. Shifting into higher awareness is a matter of loving ourselves enough to trust in our own goodness. It is a personal journey wherein we retrieve the parts of self that we have rejected. During our journey toward wholeness and freedom, the thin veil between ordinary and superordinary awareness gradually dissipates.

If you feel doubtful of or resistant to the notion of meditation and life as an ascent into an expanded, or higher, awareness, you may be one of the countless numbers of people who have suffered the guilt, blame, and separation caused by those who are out of touch with the divine energies within us and the essential beauty of the human experience. Seeking to understand the nature of life and the universe, everyone makes mistakes. Only when we let go of self-blame are we freed enough to explore all possibilities and decide for ourselves which experiences are constructive and which are not.

Negative cultural or religious beliefs can separate us from our spirit, hinder our progress with meditation, and block insights necessary to our growth. Ignoring these blocks can keep the protective ego chattering in self-protection mode. Removing any such obstacles involves close examination of old, outdated beliefs related to the spirit or spirituality.

If you sense the presence of outworn beliefs about meditation or spirituality, you may wish to ask this question: Do you wish to keep these beliefs or toss them out? If you wish to toss them out, set a conscious intention and, while in meditation, dissolve them in whatever way seems appropriate. Continue to do so until they are completely gone.

If you still sense in yourself reservations about the wisdom of meditation or the purity and perfection of your spirit, it may help you to remember that spirituality is not the same as religious belief. Spirituality is about feeling the love, light and goodness in us and all things.

Some people, rejecting any notion of spirituality, relegate meditation to the ranks of physical and mental health. While a purely mechanical approach to meditation will

sharpen the mind, reduce stress, and improve health, it will not answer the call of the spirit to a richer and more meaningful life. Nor is it everything that meditation can be.

The best and easiest entry into meditation is to surrender to love's higher perspectives. This is not immediately possible for everyone. Perhaps you feel disconnected from yourself, others, or the light of your spirit. If so, you can choose to reopen your loving heart with this meditation or any of the Awakened Mind or Higher States of Awareness & Energy Mastery meditations in the Mind Mirror Portal's Meditation Center.

I hope you will do the following exercise any time you feel closed in upon yourself, like the bud of a flower that cannot blossom in sunlight.



### *Opening the Heart*

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Closing your eyes, begin by asking inwardly, "Who is running my life right now: my mind or my heart?" If your mind is tightly holding the reins of control, arouse sensations of love and bathe your mind in it. This will shift your awareness into your heart.

Breathing into your heart, notice what your heart looks like and listen to it beating. Feel its warmth for those you love. Use all of your senses to perceive this. Put your mind in your heart.

From inside your heart, become aware of the light in and around it. Notice the qualities of this light. How does it feel, look, sound, even taste and smell?

Now deepen your awareness. Bring to mind, one by one, the people, places, and things you care most about. Remember what you love about them. Spend a few minutes doing this.

Rest in these feelings of love for as long as you like, then send out the light of your loving heart to anyone or anything that needs it. Simply see the person or place happy and whole.

Toward the end of this meditation, be sure to create a landmark for the way you feel. Then arouse your body-mind in whatever way you wish.

## Questions to Contemplate

During this meditation, did you have any insights? If so, what were they? You may wish to record in a journal the nature of your feelings and insights before they slip away. Honoring your heart's thoughts and feelings by writing them down may provide more insights. Keeping track of what you learn will also build trust in and connection between your conscious mind's ego and your essential being in your subconscious.

What would your life be like if you cleared away every issue that prevents you from living a life of love? Do you want to live in this open-hearted, light-filled consciousness all the time? Could you? If not, why not? Examine your answers closely.

## *Living the Meditative Life*

If you practice meditation on a regular basis, the harmonic flow of inner light will nourish and revitalize your physical body. The calm coherence in your body, mind, emotions, and spirit will give you greater clarity, creativity, insight, intuition, and inner peace and calm. You can measure the success of your meditations by the qualitative differences in every aspect of your life.

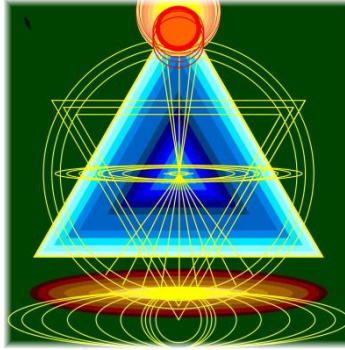
Naturally, you will encounter daily challenges. Horns blare, plans fall apart, and the rapid pace of modern life interrupts meditative ease—unless you recall this promise: Unlike Humpty Dumpty, you can put your meditations back together again. You need only remember what it feels like to meditate. This will relax you into a more coherent state. Slow your breathing. Relax your tongue. Connect with the love flowing in your heart. Remember what it feels like to be relaxed.

Mastering your state of consciousness through mindful self-awareness will discipline your thinking mind and increase your overall quality of life. Meditation will awaken in you a “new” mind that is more evolved. This new mind will not change you or make you a different person. It will unite your awareness across brainwave frequencies, circuits, and regions to elevate your intellect, perspectives, and orientation to life.

The “small stuff” might not matter so much anymore. Instead, you will be drawn toward the awakened awareness of the meditation master and a life of substance that is richer and infinitely more worth living.

## CHAPTER 5

# Higher States of Awareness



*“We may go to the moon, but that’s not very far.  
The greatest distance we still have to cover lies within us.”  
~Charles DeGaulle*

Over the past 15 years, while monitoring upwards of two thousand people on the Mind Mirror EEG, I have seen clear correlations between higher states of awareness and fast-frequency gamma brainwaves. Sooner or later, if you are open to higher dimensions of yourself, you may develop these immensely beneficial gamma frequencies. Advanced meditators often produce gamma.

Gamma brainwaves, ranging from 30 to 100 hertz, or cycles per second, are associated with high attentional awareness, peaceful transcendence, super-lucid intelligence, the spontaneous flow of “ah-ha” insights, mystical union, and spiritual ecstasy. This is a distinct change in state from the ordinary to the super-ordinary.

In the silence of meditation, the superconscious meditator feels that nothing matters other than just being. Resting in silence, resonating with universal awareness, the meditator experiences sensations of light stirring in the crown *chakra* and third eye located at the bridge of the nose between the eyebrows. This arousal of the *kundalini* life force from the root *chakra* at the base of the spine to the crown of the head awakens feelings of oneness, joy, and bliss accompanied by the certainty that we are not alone and never have been.

*Kundalini* arousal gradually increases awareness of the inner light and spirit. Fully awakened *kundalini* is the pinnacle of human awareness: an upliftment of the brain and body into the subtle realms of the unified field and wholeness in the luminous light of pure consciousness.

## ***Kundalini Awakening***



The *kundalini* life force travels up the central column of the spine in an energy meridian called the *shushumna* and weaves around it in two crosscurrents called the *ida* and *pingala*. If you do not try to force, control, or resist the movement of *kundalini* up your spine, it will gently revitalize your body, clarify your mind, and enlighten your entire being.

*Kundalini* is an energetic upgrade. You might feel its currents of energy in any part of your body. Or you might experience an expansion of awareness in which you take in more information—from within or all around you—than you had access to before. It’s like “waking up” to what was not previously perceived or understood.

Meditators who embrace this elevation of consciousness may feel love and gratitude, which can activate high pitches of sound in the ears and/or the pulsing of an orb of indigo or purple light in the third eye area.

Common physical sensations include itching inside the soles of the feet and tingling in the palms of the hands. Temperature changes manifest as “hot flashes” in the body, or in extremities, especially the hands, which can become excessively hot to the touch. Advanced kundalini arousal sometimes stirs emotional swings from bliss to despair, as the *kundalini* clears blockages in the body and mind.

If these energy flows are too intense or you begin to feel out of touch with reality, simply reduce the amount of time you spend in meditation or stop your meditations altogether until you feel more grounded and normal.

If *kundalini* is so strong as to give you a headache, rake off the excess energy with your hands, send it out in your healing prayers, or distribute it throughout your body. Should *kundalini* cause sleeplessness (and typically, an onslaught of creative ideas), enjoy it and spend more time in nature to integrate and ground the energy.

See the bibliography at the end of this book for more information on how to handle troublesome *kundalini* effects. They are rare but do happen on occasion.

## ***Light and Healing***

We now understand that on a subatomic level everything visible and invisible is composed of light. We exist in a quantum sea of light that surrounds and permeates us. This light, perceived as spiritual, is coherent, ordered, and immeasurably powerful. It comprises the unified field—the source of all life, growth, and healing—according to

quantum physicists, neuroscientists, medical researchers, and countless others seeking to measure and harness it.

EEG biofeedback observes light moving in the brain from axon to dendrite in the electrical activity of brainwaves. Neuroscientists use imaging devices to observe light currents flowing through brain lobes and networks. Research by Dr. Valerie Hunt at UCLA employed scientific instruments in mapping the frequency-based colors of light vibrating in the *chakra* system. Several high-tech instruments show light flowing back and forth from the surrounding biofield into the human energy system and physical body, much like ocean tides.

Brainwave biofeedback and the subjective experiences of countless meditators confirm that nothing elevates consciousness more than receiving and transmitting coherent light. The inflow of light heals, transforms, and “spiritualizes” us, and the light we send to others does the same for them. Over the past forty years, I have followed Edgar Cayce’s injunction to send healing to others at the end of meditation. This is the most powerful component of my practice.

When meditators and healers absorb and transmit quantum light, the Mind Mirror EEG typically shows marked increases in their high-frequency gamma. These gamma waves optimize the senders as much or more than the receivers.

## ***The Power of Gamma Waves***

The flow of subtle kundalini energy and gamma waves through the brain and body profoundly affects consciousness. *Kundalini* and gamma are believed to operate in tandem, but there is no way to prove this.

Studies by neuroscientists reveal that gamma synchronizes the four lobes of the brain, acting as a governing force that increases mental flexibility, fluency, and intelligence. In addition, gamma forms new brain cells (neurons) in the intelligence, learning, and memory centers of the brain, thus increasing our capacity for intelligence and creativity.

Gamma also rewires neural circuitry to enhance learning and healing. Thoughts and emotions, traveling the same neural pathways, begin to flow into the left prefrontal cortex, the seat of positive emotions, and away from the right prefrontal cortex, where negative emotions are processed.

Because gamma powers up the whole brain and is aroused by sensations of love, light, and spiritual connection, this writer views it as a *quantum leap in intelligence that is spiritual in direction* and considers it to be the next stage of human evolution.

Gamma frequencies are prevalent in advanced meditators, highly creative people, psychics, energy healers, mediums, and practitioners of qi gong, yoga, and Buddhist

compassion meditation. They are most likely to arise in long-term meditators and people seeking connection with their spirit.

Try the following meditation. It will be helpful to make a mental note of your state of awareness before the exercise and after it.

### ***Superconscious Light***

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Relax your body and the back of your tongue then deepen into yourself and connect with your essential being. Drift down and in toward a place of peace, light, and wisdom within you. Next, imagine spiritual light intensifying in your heart until it spills over into your entire body and the room you are in.



Notice the light growing stronger, brighter, and more beautiful with each passing moment. Take in more light through your head, shoulders, chest, stomach, pelvis, legs and feet, the back of your knees, your back and elbows...the light getting stronger still.

You drink it in. When you feel full, draw your attention to your third eye and ask your spiritual source to intensify the light moving into your body.

When you are filled with light, send it out to others. Keep your attention on your third eye. Imagine people healed and whole, smiling, and happy. Send energy to as many people as you like, even groups of people, the earth, and the cosmos.

Find a landmark for this superconscious state of awareness and remember it.

Be sure to arouse properly at the end of your meditation. Distribute any light that may have coalesced at your crown and in your third eye: circulate it through your organs and into your limbs, all the way into your fingers and toes until you feel balanced and grounded. As you circulate and balance the light, allow it to heal whatever needs healing in you.

### ***Loving Your Practice***

Nothing is more important to your practice than loving it. Feeling love unite your body, mind, and spirit and surrendering to the still more powerful and unconditionally loving light in the quantum field will carry you into cosmic consciousness, when you are ready for it.

Be sure to use your intuition to create a beautiful, welcoming meditation space that calls your heart and soul to it. Allow your deeper self to guide you to your best meditation practice (and, for that matter, to everything else). Since meditation is a time for you and you alone, you will want to guard it like the precious jewel that it is. In turn, it will guide you to the best and happiest ways to live your life.

Whatever you do, keep practicing! Anyone and everyone with the will to meditate can do so. There is no better way to be at-one with yourself.

### ***Becoming Present to Your True Self***

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Sit comfortably, close your eyes, and in one fell swoop relax your entire body. Just let go with a deep breath and sink into relaxation, drawing your thoughts into your head and body. Focus your awareness on the third eye area between your eyebrows at the bridge of your nose and hold your attention there.

Now smile at the beauty of this experience inside yourself: the knowledge that you are deepening into your spirit. Smile at the love that stirs in your heart and feel it. When you are ready, sink down into a place of beauty, light, and peace inside yourself and rest there for as long as you like. Be present to yourself and awareness of who you are. Feel your expansiveness, and just *be* in yourself.

Arouse from this meditation in the usual ways. But this time, when you are fully aroused, walk around for a minute or so then return to your meditation chair. Repeat this process of becoming present to yourself and sinking deeply into your own presence to practice it.

### ***Spirituality and Personal Integration***

Oneness with your essential being—your true self—occurs within a higher and more spiritual state of consciousness. The ego is uplifted into the superego. Eventually, with time and conditioning, your superego will become your conscious mind projecting itself into the world as a source of compassion, equanimity, and altruistic service to self and others.

Each person awakens to the superego in his or her own time and way, whether as the result of a peak experience, self-inquiry, dreams, intuition, or synchronicity borne out of a deep-seated yearning for unity and wholeness.

The inner work is different for everyone, but the path is always the same. With meditation and self-mastery, the heart opens, the mind expands, the soul is uplifted, and



the spirit is freed from material bondage as it unites with its highest and best version of self.

Following are the characteristics of the awakened person engaged in meditation, self-mastery, and the lifelong work of conscious evolution.

Empathy  
Compassionate nonattachment  
Discerning non-judgment  
Clear, lucid mental awareness  
The spontaneous flow of creativity  
Inner peace and outer equanimity  
Service to self and others  
Forgiveness and tolerance  
Unconditional love

Living in the light of conscious evolution is its own reward. The regular practice of silent, sitting meditation helps us find our way back to the highest self and the ground of being.

## CHAPTER 5

# The Illumined Life



*"Your task is not to seek for love, but merely to seek and find  
all the barriers within yourself that you have built against it."  
~ Rumi*

Walking the path of meditation and conscious evolution is never done alone. While you yourself must do the work, synchronous events will help you along, and so will wise, insightful people who "show up" just when you need them.

Because some people meditate better with others and grow well in community, you may wish to consider attending a meditation gathering of like-minded seekers. The shared insights and encouragement are invaluable, as is the coupled energy field.

Whether you practice alone or with others, you will be delighted to realize one day that your meditation practice has made you smarter, more awake, and happier. Your clarity of consciousness will reveal this. But it may not be constant. Some days you will feel awake; at other times you won't. This only means that you need to ask your deeper self, during meditation, what needs repairing and then repair it.

Once you do this, your mind will clear again, your body will relax, and you will return to your path refreshed and renewed by the awareness that you are gaining sovereignty over your mind and life.

If you need help with inwardly resolving questions, issues, or challenges, you may wish to visit the Meditation Center in the Mind Mirror Portal. There you will find guided meditations for creativity, insight, self-healing, personal transformation, and the attainment of higher states of awareness.

## *Self as the Source of Happiness*

Countless psychosocial studies, and indeed, our own life experience, show that nothing can *make* us happy. We are our own source of happiness. Happiness is an “inside job.” It begins with the inner peace that we access during meditation but must learn to maintain in daily life through self-mastery—that is, self-awareness coupled with the ability to repair ourselves and our lives.

For the mind to transfer inner peace to outer equanimity, the analytical, critical, judging ego must release its iron-fisted need for control. The ego, recognizing the wisdom and light in the subconscious mind, will soon want to release control but will be understandably frightened by the notion of self-surrender. Like a child, it needs constant reassurance from the essential being, which we facilitate through constant connection with it. Only thus can the ego trust in its higher self and the love within and all around us.

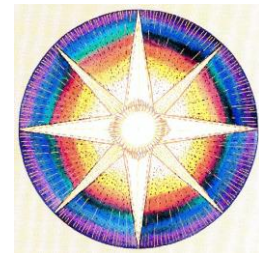
When the ego releases control, it no longer needs to seek the good opinion of others. By moving the locus of control into ourselves, we disengage from defensiveness, competition, judgment, separation, and conflict. Centered in ourselves, we develop inner peace, courage, self-love, and generosity of spirit. A finer destiny springs out of these higher qualities. We choose to be happy, recognizing that the future spins itself out of the present. This attitude of mind is the source of equanimity in daily life. Equanimity allows us to think clearly, make wise decisions, and pursue the life of our dreams.

Happiness is no mystery. It's the ability to be self-fulfilled and free of the burdens of the past and future.

## *Harmony and Balance*

Many compassionate people care for others but fail to take care of themselves. If you are overextended and exhausted, meditation may heal you in the short run, but will not be able to do for you all that it can and should.

Being compassionate to yourself is the most important thing in the world. You can't serve anyone if your cup is empty.



### **Questions to Contemplate**

What drains your cup? Take a few minutes to ponder this question and jot down your answers on a sheet of paper or in your journal. This creates an intention of moving into greater balance. What can you do to fill your cup? Make a list of intentions and keep them!

***Keynote: Systematically removing internal obstacles and barriers, one by one, is the key to inner peace, happiness, and freedom. Purification of the inner self opens the door to wholeness and our untethered dreams of life.***

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Once we fill our cup with whatever gives us energy and joy, we love life more and want to keep giving ourselves the best of it. Sometimes we forget that enjoying our loved ones, earthly pleasures, and life in the present moment is the only worthwhile way to live.

## ***Care of the Body***

Everything that affects the mind and body affects consciousness and vice-versa. If you wish to be super-lucid and connected with your spirit, then pay close attention to the vibrational quality of everything you take in.

Eat lots of fruits and vegetables and green, high-vibration foods to improve your body's pH balance, and fast on occasion to clarify your system. Drink lots of water (for energy conduction), spend time in nature (for an alpha-theta tune-up), and meditate for at least half an hour each day and preferably an hour (you know why).

When you walk in the outdoors, relax into nature's beauty and let your heart sing. Conduct the coherent energy of light within air, water, wood, earth, and the sun into your body-mind. Just drink it in. Your intuition knows how. Absorbing the alpha-theta meditation frequencies of the earth will improve your sensitivity to subtle energies and thus your mental and physical health. See the Five Elements Meditation in Appendix B.

When you intensify feelings of love and gratitude, especially while receiving and transmitting energy, it's possible that *kundalini* waves of bliss will cascade through your whole being as you will shift into soul consciousness. Enjoy every millisecond of it. Nothing on earth feels better than this full-body orgasm!

## ***Health and Happiness***

Research by Richard J. Davidson, Ph.D., professor of psychology and psychiatry at Harvard University, shows that people have a "set point" (default setting) for happiness that peaks or dips with positive or negative life events, but within a few years returns to its original position.

In Richardson's studies, neither money nor marriage made people any happier in the long run, nor did widowhood make widows unhappier after a five-year period. The study concluded that external factors have only limited effects on people's happiness.

However, as Richardson found and you have learned in this book, meditation *does* have long-term effects on happiness, and these effects change the set-point for happiness. Happiness influences the workings of the autonomic, immune, and endocrine systems in the body, making meditators more positive and healthier in every way.

Happiness, then, is not just an attitude of mind. It's a predisposition determined by the forces at work in the meditator's body and mind.

Money can't buy you love, and love can't buy you happiness. But meditation can give you both.

### ***Intuition and the Body of Light***

Being charged up with subtle energies during meditation naturally develops the intuitive senses. You will find yourself picking up random bits of information from the airwaves, including what relates to your life and to people with whom you have a mind-link. Intuition is extremely useful, not only because it provides information but also because it unites the mind with itself and the quantum field. If you haven't read books or taken classes on how to develop your intuition, you may wish to learn more about this natural spiritual ability. It is the subject of my 2012 book, *Your Psychic Soul: Embracing Your Sixth Sense*.

As mentioned earlier, the highest use of the light traveling through your body in meditation is to send it out to others at the end of your practice. This will heal and evolve you and stabilize the subtle energies activated by meditation.

We need not envision the outcome of healing prayers or hands-on healing, the latter an ability that will steadily grow in you through the practice of meditation. The light that permeates, grows, and heals our universe is sentient. Studies on seedlings and prayer show that healing light flows where it is most needed, and it knows how to bring about the best possible results.

As your practice deepens and expands, you will grow more sensitive to energy of every kind. During meditation, bright light will flow in your third eye area, as if the sun suddenly came out. Opening your eyes, you find that the sky did not brighten, you did. The *chakras* located in the palms of your hands will stir or prickle. These are signs of your proximity to your spirit and your ability to heal yourself and others.

Sensitivity to subtle energies will attune you to the energetic vibrations of others, especially the powerful currents flowing in spiritual intentional communities. Called "power points" for their accumulated vibrations, intentional communities stretch across the planet's energy grid. Examples are Esalen Institute on the Pacific Coast near Big Sur, Calif., the red, iron-rich mountains of Sedona, Ariz.; the Edgar Cayce headquarters on the Atlantic Ocean in the American state of Virginia; and the Findhorn Community on the

Findhorn Bay in northeast Scotland. There are many others. People have been intuitively drawn to them since the beginning of time.

Don't be surprised if you visit such places and become aware of light moving in your body. It's just resonance. Enjoy the wonders of living in a world of light.

### ***The Insight and Intuition of the Psychic Soul***



Connecting with the essential being flowing in the subconscious mind naturally entwines us with the finest aspects of our nature, like love, compassion, tolerance, and acceptance. These qualities naturally open to higher awareness, which manifests in and out of meditation as insight, intuition, and the ability to heal self and others.

During meditation, you may see an image or symbol, hear an inner voice, or have a sudden, unexpected insight about yourself and your life. It is perfectly natural for insights to emerge and throw light upon a question, issue, or challenge. This is your deeper self's job and what it seeks to do.

Your inner awareness is your most precious gift. You will receive wisdom and information about yourself, your life, and what's ahead and why, all of which will guide you to your next best steps in life and protect you on the path of self-mastery, love and service—the destiny of each soul.

Precognitive insights may come as well. It's entirely possible for you to tap into your soul (psyche) for information about the past, present and future. You will almost always draw from the quantum field the information that is relevant to you, your loved ones, and your life.

### ***Harmonic Resonance, Entanglement, and the Unified Field***

There are many theories about how intuition operates. Some investigators believe the conduction on this planet takes place through magnetic resonance, in which two identical frequency patterns (as in cell phones) exchange telepathic information. "Spiritual" information, as in precognition and mediumship, are transferred via harmonic resonance, which shares energy and information between identical waveforms in different octaves.

Quantum physicist Dean Radin of the Institute of Noetic Sciences (IONS) speculates that psychic information is available to everyone by way of a subatomic phenomenon called "entanglement."

Radin believes that everything was entangled at the time of the Big Bang and still is: The unified field exploded into particles which became material reality but on the subatomic level is actually the same consciousness, the Buddhist “one mind.” Radin’s theory explains why telepathy is common in people who are highly entangled, such as family members, married couples, friends, and work colleagues: the more they meet, the stronger their psychic connections with each other. Remote viewing research confirms that psychic information is most easily shared between people with mental and emotional connections.

Most likely, both resonance and entanglement account for the transfer of psychic information. Both principles would explain inter-dimensional beings like angels, spirit guides, and master teachers. By resonance, we tap into the consciousness of that which we aspire to—and, by entanglement, on some level we already are.

There is no better way to connect with the unified field than through the regular practice of meditation. Feeling and knowing it through your psychic senses puts you in touch with the fundamental evolutionary force in the cosmos and all other dimensions of life.

### *Climbing the Mountain of Consciousness*

Many teachers believe that it's possible to know and manifest whatever we want. This is a misconception. It's not always in our best interest to receive all the answers we seek. The journey is not about its destination: It's about what we learn during our travels. In this world of linear time, one event must lead to another, and our awareness must grow at its own pace and in its own time.

The path into meditation and spiritual attunement may be rocky at first, but as we begin to climb the mountain of consciousness, the atmosphere grows finer, and awareness does too. We cast our eyes over the landscape and with our powered-up intuition see what is true and what is not. Experience proves us right or wrong. Our discernment grows until we no longer need to learn by making mistakes. Tuned in to higher awareness, we become sensitive to people, events, and situations on the subtle level, and often avoid making mistakes. We just "know" what to do and what not to do.

We keep climbing, and with each step, our perspectives continue to widen. We see farther and more clearly. As the heart, mind, and body ascend into the realms of the soul and spirit, we see into forever.

Standing at the peak of the mountain and looking at the vast reaches of earth, sea, and sky, we recognize that human beings are very small and so are our even smaller concerns. The endless sky is before us, with its beckoning currents of air. Knowing our oneness with the unified field, feeling the lightness of our immortal souls, we reach up and our arms become wings that lift and carry us into the bliss of soaring flight.

Our bodies filled with light, we become Light and transmute into the dove of enlightenment, effortlessly ascending into higher dimensions and descending back into the physical to bring light.

We came here to experience the light of physical reality and purge ourselves of darkness. When this is done, we are the light of the world.

## *Toward Planetary Evolution*

By now, you know and perhaps have experienced what light accomplishes. In meditation, light engenders deep psychophysical relaxation that dissipates static in the nervous system and relieves and heals pain. The brain, with its left and right hemispheres balanced and in coordination with its nervous system, resets itself to heightened clarity and coherence. These effects produce feelings of inner peace, health, and wholeness.

We no longer feel “scatter-brained” and pulled in different directions by fragmented thinking and its uncertainty and doubt. The brain reconnects its broken points of consciousness. The aftereffects of meditation include an expanded awareness that opens to self-knowledge and a keen understanding of one's purpose and mission in life.

Every time you meditate, you expand your brain into unitive consciousness. Each effort will sharpen your mind, open your heart, and awaken you to a self-actualized life of spontaneous creative expression: an ongoing “ah-ha!” experience of life, a steady stream of new revelations that will excite you to new possibilities and fulfill you more than you ever dreamed possible.

Your lucidity affects everyone around you. Perhaps the most convincing science behind this claim comes from physicist and transcendental meditator John Hegelin (see [permanentpeace.org](http://permanentpeace.org)), who explains that an electromagnetic field of energy emanating from each person ripples out to influence the energy fields of other people. If two or more fields are coherent, as with groups of meditators focused on global peace, their fields will overlap, synchronize, and exponentially amplify in strength to produce the Maharishi Effect, by which groups of meditators instill peace and reduce crime in the surrounding area by twenty to twenty-five percent.

These remarkable studies prove what we have always known intuitively. On a subatomic level, the deeply peaceful person—especially when aligned with like-minded others—can bring the whole world into balance.

We are glimpsing a foreshadowing of this now as small meditation groups, global prayer websites, and massive organizations come together for the good of all. Research-based organizations like The Institute of HeartMath, WeAwake, The Monroe Institute, the Institute of Noetic Sciences, and the Institute for the Awakened Mind are creating



virtual spaces for people to come together and send out healing light in the hope of returning our planet and its people to harmony.

You may find it difficult to see these seeds of peace springing up everywhere. But they are, and the outlook for Space Station Earth is extremely positive.

A critical mass is building right now, a compassionate desire in millions of people to create a brighter world, and it is stimulating a global shift toward the recognition of our infinite creative potential. Meditators are at the center of this shift, doing what we do best: creating peace in self and pulsing the vibrations of peace into the world to heal it.

### *We Came Here for This*

Some believe that in the beginning of time, souls descended into this magnificent Earth and, deciding to play, were trapped in the dense forms of animals. Edgar Cayce says we are still trying to free ourselves, individually and collectively, from these denser energies and return as souls to the Creative Forces. Virtually every religious and spiritual tradition has some version of this ascension story. Even the great psychoanalyst Carl Jung found that in the Collective Unconscious (the universal awareness in the quantum field), we hold archetypal images of this release from materiality into the world of the spirit.

There's no escaping it. Deep in the human psyche is an ingrained story about our inevitable ascension into bodies of light.

In this time of rank materialism and greed, corporate corruption, environmental chaos, political wars, disease, and global strife—a time like any other—we are faced with enormous challenges and enormous opportunities. Yet, everything we need is right here at hand, in the quiet mind and its omniscient soul, which waits and wants to show us the way home.

The day will come—and indeed is almost here now—when the whole world will listen to the still, small whispers of the soul and its omnipresent spirit. Even now, we are listening and learning to listen better and more to that whence we came.

May we meet in this Light and rejoice in how far we have come on this journey and how far there is still to go.

## Appendix A

# Frequently Asked Questions: A Quick Reference Guide

### **How do I quiet my mind if it refuses to stop chattering?**

If the meditation approach in Chapter 1 and the mind-calming techniques in Chapter 2 are not working, check to see if you are over-caffeinated or your nervous system is hyper-aroused by a prescription drug. Is your chair comfortable? Is any part of your body in pain?

If all seems well, when you sit down to meditate, follow your thoughts to see where they go. Ask what is needed to gain the cooperation of your thinking mind. Talk to it; it will tell you. (This will be a meditation.)

Eventually mind chatter will go away; when no one is listening, it disappears. Keep drifting down, down and in, deeper inside yourself, below the chatter of the ego. Go into your heart and ask it what to do. Ask your body. Some part of you will give the answer.

### **Why are my meditations good one day and not the next?**

Even if your meditation time and space are consistent and your practice is not affected by caffeine, physical discomfort, or external distractions, you may experience day-to-day variations in the quality of your meditations. Sometimes you simply won't know why your practice went so well one day and not as well the next.

But persistence pays! Eventually, with discipline, your thinking mind will sit still in meditative quiet for a prolonged period of time. Expect the best and you will get it. Your brainwaves are conditioning the silent meditation pattern. Soon you will easily slip into it.

### **What can I do about disruptive noises?**

Use external noises to deepen your meditations. For example, if a chirping bird attracts your attention, appreciate the birdsong and meditate on it. You could say to yourself, "The song of this bird accompanies the music of my meditation." If an

unpleasant noise intrudes, you might think, “Everything contains meaning, so I will deepen my meditation to discover what that might be.”

It is better to consider everything part of your meditation; otherwise, your thinking mind will activate to resist the intrusion. A few years ago, a red cardinal slammed itself against the windows of my bedroom, workspace, and meditation room all day long for six months. This bird was an excellent meditation teacher. I was forced to go deeper and deeper into myself until I was completely unaware of the bird.

Eventually you will be able to meditate on an airport runway while planes are landing – without distraction. I have done this on a raft out in the ocean. You know the axiom: What we resist persists. Embrace everything as part of your practice.

### **Should I listen to music?**

This is a matter of preference, but it is also true that music is relaxing and might cover distracting noises. If you do include music in your practice, listen to quiet, unstructured music without a discernible melody. Repetitive patterns in music engage the mind and become the focus of the meditation.

### **What is the best time of day to practice meditation?**

Anytime. Meditations tend to be deeper when the sun is overhead (at noon) or low on the horizon (dawn and dusk), and at around two or three o'clock in the morning. This relates to solar disturbance in the Earth's magnetic field. When all around us is quiet, we resonate with that quietude.

### **How long should I meditate?**

Try 20 minutes once or twice a day to begin with and eventually an hour a day. It takes most beginners 10 minutes to still the body-mind (without the use of landmarks), so if you stop at 10 minutes you may not have entered meditation. Short, regular meditations will progress your practice enough that people will notice in you a newfound calm in you.

### **How do I time my meditations?**

Many people worry about getting "lost" in meditation. If you specify a length for your meditation, you will most likely reawaken then. If you don't want to take a chance on this, set a gentle, chiming alarm that will not startle you, or play a recording that lasts a specific length of time. When it stops, you will know it is time to end your meditation.

### **What if I can't spare the time to meditate?**

Try rearranging your schedule so that you can rise earlier in the morning or carve out a few minutes during the day. Some people meditate at the end of the day when their work is done. If you try this, walk around the block first to arouse your physiology.

Most importantly, see your practice not as a time-consumer, but as the best way to energize your body-mind, become more creative, and enhance the quality of your work and life. Soon you will gravitate to your meditation space for insights and to contemplate your next best steps.

### **What if I can't follow a guided meditation?**

Keep trying! If silent meditation works perfectly well for you, there is no real need to cultivate the ability to listen to a guided meditation. But if you want to clear blocks and resolve issues with the help of the guided Awakened Mind meditations in the Mind Mirror Portal's Meditation Center, your ego may be blocking your ambitions. Egos like to stay in the driver's seat. Ask your deeper self what the resistance is about.

### **What if I don't believe in a "deeper self"?**

If quantum science tells us (and it does) that our beliefs configure physical reality, then why not believe in a pure, perfect self at the core of your being? Science and spirituality now agree that if you can conceive and believe in a goal, you can achieve it. What deep-seated belief stands in the way of your testing this concept for yourself? What is there to lose?

### **Should I worry about rising kundalini, levitation, and strange psychic effects?**

You are not likely to levitate during meditation, but some practitioners of Transcendental Meditation, the flying yogis, have cultivated the ability to rise a couple of inches above the floor and bounce across the room.

You may, however, feel the kundalini life force rising up your body through your chakra system. In profound meditations, you may see a blue orb pulsing in your mind's eye, or hear high-pitched sounds like bees, crickets, roaring wind, or a waterfall. If so, just enjoy these effects, which could signal your abilities as a healer. If you do not try to force, control or resist this spiritual energy flow, and you limit your meditations to an hour or so a day, your kundalini will rise gradually to revitalize your body, clarify your mind, and enlighten your entire being.

If you begin to feel out-of-touch with reality and the currents of energy in your body uncomfortably intensify in any way, shorten your meditation practice and ground yourself afterward.

### **How do I ground myself?**

Stay grounded with a lifestyle that supports meditation. Since your practice will undoubtedly arouse and intensify your life force, you will need to keep these energies in balance by listening to and honoring your body. Rest when you need rest and eat a healthy combination of living foods. Edgar Cayce suggesting some chicken and fish and lots of fresh vegetables and fruits for a primarily alkaline diet.

Walks in nature, exercise, dancing, pleasurable recreation, and energy-balancing bodywork will also process, integrate, and balance the high-frequency currents that arise in meditation. One of the best ways to stay grounded is to go for a long walk and massage the earth with your feet.

### **How do I keep from falling asleep in meditation?**

Take deep, sharp breaths to deliver more oxygen to your brain, wiggle your fingers and toes, talk a walk around the block, and/or use sensualize an object to raise your brainwave frequencies from sleepy theta and delta into the alertness of beta. If you still cannot stay awake, try holding a glass of water in one hand.

If none of this works, your body is probably moving into the deep, restorative stillness that it needs. Get some extra rest at night. Soon your meditations will wake back up, although this may take a week or two. If after months you still cannot stay awake in silent practice, use a guided meditation to search for what, if anything, might be blocking you. If nothing presents itself, tell your doctor about this to make sure your body is getting what is needed for excellent health.

Alternatively, if you go non-conscious for as much as an hour and arouse from meditation feeling clear and healed, you might be entering *samadhi*, a very high state of awareness.

### **What if I can't remember my meditations, but still feel good afterward?**

If you wake up feeling groggy and dull, you were asleep. If you wake up feeling alert, energized, cohesive and coherent, you were meditating in your subconscious and unconscious mind below the level of awareness. If the latter, you can either enjoy this or use the techniques mentioned above to wake yourself up.

### **Will meditation make me feel "zoned out," so that I'm not alert enough at work?**

Quite the contrary. In everyday life, we are encouraged to go faster, accomplish more, and produce! In fact, hundreds of studies tell us that the stressed, overaroused mind fragments thought and diminishes productivity. Faster thinking is by no means better

thinking. Slowing down and living calmly in the present moment accesses the creative insights that resolve challenges and increase productivity.

“But I don’t have time to slow down!” you might respond to this radical (and anti-multitasking) suggestion. The sad truth is that people who speed through life experience life superficially. The only way to live enjoyably and successfully is to slow down, immerse yourself in the moment, and do things right the first time.

### **I would like to meditate with others. Where do I find a meditation group?**

Edgar Cayce's Association for Research and Enlightenment (A.R.E.) sponsors hundreds of *A Search for God* study groups with a strong meditation component. Phone, write or email the association in Virginia Beach, Virginia, to find a study group near you. Visit the websites of the Institute of HeartMath, Institute for Noetic Sciences, WeAwake, and the Institute for the Awakened Mind to connect with like-minded meditators.

Perhaps the best way to find other meditators is to infuse your search with the right energy. In meditation, ask your deeper mind for guidance. It will come. The law of attraction says that if you ask, you will receive; if you seek, you will find. Make this a mantra, and soon an answer will come.

### **When will my mind fully awaken?**

Your brainwaves produce the Awakened Mind brainwave pattern when you have an "aha!" realization. This pattern of creative flow is conditioned by silent and active, working meditation; walks in nature; healing prayer; and compassionate service to others.

Little by little, you will feel your mind awakening, as your awareness expands and you realize things you did not notice or understand before. Your sleeping dreams will become more memorable and make sense. You will become more aware of your spirit, and as you clear out the debris in your subconscious mind, you will begin to feel more empathy and compassion for others.

The awakening and enlightenment of consciousness is a wonderful adventure in consciousness, so enjoy every minute of it! The more self-aware you become, the quicker the process.

### **How can I be of service to other people?**

Talk to your heart and ask what it cares most about. Perhaps, deep down, you feel called to serve on a non-profit board, mentor a lonely child, or raise money for a charity. Perhaps you need to heal your own wounds first. All of your answers and questions are within you.

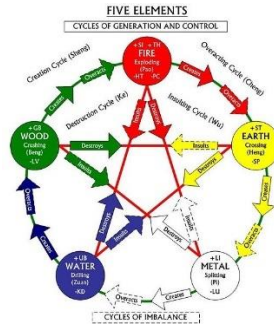
**I like your guided meditations, but I have done them all. Do you have more?**

The beauty of the guided meditations in the Mind Mirror Portal's Meditation Center is that you can use them again and again and get fresh results each time. Your subconscious is always ready to communicate what you need to know, and this depends on your life situation, which is always changing.

In waking life...look around and be happy! That's a self-guided meditation.

## Appendix B

# Five Elements Qi Gong Meditation



Five Elements Meditation is an excellent way to focus awareness while relaxing and charging up the body with the physical and subtle energies of the earth.

Stance: Feet apart, shoulder width. Ground the body to the core of the Earth.

Breathing: Inhale through the nose and draw the inhalation up and over the top of the head.

Exhale down the back of the body to the tailbone and up the front of the body to the mouth. Repeat.

Open with LOTUS. Extend arms out diagonally, fingertips pointing down with palms up and thumbs and forefingers circled. Take between 3 and 7 full meditative breaths in each posture, absorbing the energy of each element.

1 – WATER. Slowly, on an in-breath, bring Lotus arms up to outstretched position parallel with the floor, hands wide open, palms up. Draw the energies of water into your 3-7 full breaths.

2 – EARTH. Gently lift arms into a circle around head, bring palms together and form a triangle with thumbs and forefingers, positioning triangle and straightened fingers in front of the forehead. Breathe in the earth.

3 – WOOD. Draw elbows together and down until at chest, fan elbows out until prayer-clasped hands in front of the heart. Breathe and draw in the energies of wood.

4 – FIRE. Bowing the elbows out, make a diamond with the thumbs and forefingers. Position the triangle, forefingers pointed down, in front of the solar plexus as a portal for the breath of fire.

5 – METAL. Bring palms together and point the fingers down to the earth in front of the navel. Extend arms comfortably. Breathe and draw in the energies of metal.

RETURN TO LOTUS. Focusing on the crown of your head, draw light into the crown and distribute it through the body. To close, pat your abdomen with both hands to cleanse your colon. Shake your hands clean. Finally, bounce lightly on your heels to charge up your chakra system.



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## About the Author

Judith Pennington is an internationally published journalist, author, meditation teacher, and founder of the Institute for the Awakened Mind, an international consortium of certified Awakened Mind practitioners using the Mind Mirror EEG to train meditation and the development of consciousness. She is the co-developer of the Vilstus Mind Mirror 6 and the Mind Mirror Portal, a web-based platform offering a Meditation Center and automated data processing for Mind Mirror practitioners and self-trainers.

A longtime meditator, Judith is a singer, musician, and the author of two other books on meditation and intuition and seven guided meditation albums. She trains practitioners all over the world to guide people to their wisdom and inner peace, and on this journey, to inevitably awaken and evolve their minds.

She writes about the brain, meditation, and consciousness and conducts studies with the Mind Mirror at leading research centers to explore the outermost frontiers of consciousness.