

Notes on Deep Meditation as practiced by me when I'm going through growth and change: in particular, in the autumn of 2011 and my breast lump and summer 2012 with my authenticity drive.

Discuss in 2's: identify honestly a block, be it personal or professional that you're fed up with.

Close eyes:

Focus on it. Look at the block in more detail. What is it stopping you doing? What is it preventing you from feeling or having?

What is the feeling in the body? Where is that feeling? Acknowledge it. It's only a feeling. It won't kill you.

If this feeling or this block weren't there, what would happen? Stay with the feeling or thought. It's only a feeling. Allow the new feeling or thought underneath the block to come to the surface. Go as far as you can beyond your fears and be still. What is the new feeling or thought? Did you realise it was there? What is it saying to you? Do you have the courage to stay with this feeling or thought? How long have you had this feeling or thought? Ask yourself, "if I didn't have this feeling, what would I be doing?" Ask, "Am I prepared to go to a new place?" Can you imagine you can live without this anxiety?

Break.

Let's look at that next layer. Go as far as you can beyond your fears and be still. If I let this fear/block go, what would I have to understand? Now observe your resistance. Observe your head trying to interfere and trying to pull you back into some kind of self justification. Just watch how it tries to hijack your ability to feel. Stay with the feeling or the thought. What is it saying? What do you need to know? What do you need to learn? What is the fear? What could I really do if this wasn't here? Who could I really be? What would happen if I didn't have this struggle? How would I feel?

Break.

Stay with the feeling or thought. Remember it's only a feeling. If you feel emotional allow the emotion to flow. It's only a feeling. How can I stay in this place and make peace with this feeling? What do I need to understand about me?

So what is underneath it all? What is at the core of your fear? Open your eyes. Be still with the feelings. Make eye contact with people in the room.

This is like a prayer. We are asking questions of our higher selves, god, our Buddha nature. We are stilling our mind and asking our innate wisdom, our core essence, for answers to our internal conflicts. The body and our instinctual selves know how we need to be in the world for us. It is our head, our fears, our ego that confuse us.

Instinct: safety in numbers

Standing out alone:

Doing something that makes us conspicuous

Fear of rejection

I this is the intensity of our primeval feelings in the limbic system of the mind/body