

Introduction to the art of Mind-LESS-ness, the means to deepest Meditation

Regular relaxation and meditation IS a means to progressively resolving all the problems of modern day living, stress, ill-health, and stuff of the past. It's a fundamental means to healing, to wholeness.

It's about letting go – of everything – not just relaxing the body – but much more important, the confusion and stress brought about by mind and thinking, and the limiting images and often tragic concepts mind produces. And, continuous stress is a major contributor to diseases like cancer.

Our minds, and the way we live, are the result of subtle indoctrination – from birth. We un-questioningly conform to rules, regulations, expectations - develop prejudices, fears – all of which creates stress. It is a denial of who we really are. Thinking cannot *actually* resolve problems – full stop. Mankind cannot and will not move forward out of everlasting chaos until this is fully realised.

The solution is to be found through **AWARENESS** – using our senses – simply listening to, seeing – '**what is**' – free of indoctrinated judgement, labelling, quantifying, comparisons. It's like being in a darkened room you've never been in before – preconceptions won't work, the only way forward is by means of focused awareness.

The core of Being – sensitivity, awareness – lies in the abdominal region (the gut feelings that give us **true direction**) – finding oneself in touch with the reality of Life itself and with the Nature of and the movement of things all around - within.

This is a momentous time of the inevitable breakdown of the old structured, controlling systems across the world – at last!

To survive and go beyond, it is necessary to find the **clarity of direction gained only in – STILLNESS** – in simplicity, ideally of just lying down – nothing to conform to – **simply lying down – the truest possible – MEDITATION, re-connecting with our spiritual roots.**

In the ancient past people will have lain on bare ground, in caves, in sanctuaries, in touch with the attuning and healing energies of the Earth. These days earthing mats are available to enhance meditation and ensuing physical and emotional health.

Used by many teachers, ancient and modern, the words 'non-duality' have a potent message... **IF** one stops to ponder their meaning. That is..... non identification with polarity, big as opposed to small, you and me, north and south, even good and bad, and certainly not archaic party politics – all a deception from the reality of ONENESS. In fact each is inescapably a part of the other, which you can come to realise and integrate with through regular meditation.

However, the word 'ONENESS' is that much more a powerful, clarifying and direct representation... It represents the single, one movement of Life, which we all are. Not a part of life, as the thinking mind would conceive it, but, we ARE Life, each and every one of us – no identification – no analysis - no separation... ALL is intimate, interdependent and interrelatedness. Nothing can exist, be alive, in separation.

In meditation you are learning to simply let go – to let go of limitedness... of the need for reaction... reaction to others' words, criticisms, actions - your own thoughts, feelings of guilt, anger, frustration, desire, jealousy... letting go, within stillness, un-interfered with by thinking, becoming aware of completeness, yet a completeness intimately interwoven with all else in creation, just as are each of the organs of your body, complete yet intrinsic and interdependent parts of the whole, which each serves – the part serves the whole, the whole serves and is dependent upon the part, for fullest function. In actuality separation does not exist. Separation is an illusory state, of mentally created images. Therefore completeness encompasses all – IS all. Completeness – IS all.

And, the oneness exists in the only reality..... NOW. 'Oneness now' is the only reality. Anything else is illusion!

Stillness within you and yet that is within everything, has always existed, but sadly, we forgot.

But I must make that statement more direct, more clear – this is not the stillness which you turn to, as if the stillness is one thing and you are another. NO, stillness IS YOU, no separation (perhaps like the facets of a diamond). However, this can only become reality once it is realised, and felt, once you become aware of the reality, of the actuality – not taking my word for it. It is not a matter for the mind to make it into a concept, to be thought about, to be conceptualised. That is pure illusion.

So, let the ever-present stillness BE - let the ever-present stillness BE of your constant awareness, let ever-present stillness BE YOU... to free... to inspire... to heal... to make whole.

Slowing Down to be present - Mind-LESS-ness - The infinite POWER of focus in the moment, via mind-LESS-ness.

Real Life encompasses all, IS ALL - within one interrelated movement. As you simply 'let go', inevitably you are a selfless, essential and active contributor, and receiver, in the real Life. Never again can you feel alone.

And echoes of the foregoing, a quotation by – Mexican, Don Miguel Ruiz

“You are Life passing through your body, passing through your mind, passing through your soul. Once you find that out, not with logic, not with the intellect, but because you can *feel* that Life – you find out that you are the force that makes the flowers open and close, that makes the hummingbird fly from flower to flower. You find out that you are in every tree, and you are in every animal, vegetable, and rock. You are that force that moves the wind and breathes through your body. The whole universe is a living being that is moved by that force, and that is what you are” **“You are Life”**.

And LIFE is waiting for your contribution!