

Mindlessness, the simple, direct means to Meditation

Lying down which is the ideal (but sitting if lying down is not easy), in quiet, warm surroundings, comfortably supported, closing your eyes, - the theme is mindlessness, the direct means to letting it all go.

Letting go of the world outside - relaxing, sinking into the depths of stillness, within. No poses, no effort. Simply allowing stillness of body and the thinking mind. Allowing the natural rhythm of breathing, no effort, no control – just gentle breathing.

Be aware of the body lying down, being supported by the floor or bed, or contact between the body and the chair. Feel, your body and your mind, progressively letting go, coming to rest, relaxing. Beyond thinking, deeply within, through the senses, be aware of, enjoy stillness.

See... that holding on to emotions, like anger, resentment, fears, anxiety, insecurity - maintains tension, possibly even creating physical pain and/or sickness... within the body, within the conscious and sub-conscious mind - stressfulness blocks everything, nothing flows, even the matters of daily life... Relaxing, consciously letting go of the past, persistent patterns, letting go of current pressures, letting it all fall away, witnessing only the present moment, then things flow.

Letting go of everything, unencumbered, in a sense, naked - things are flowing, here - is healing, healing of body and mind. No thinking, no movement, no denial, therefore no barriers, nothing else exists, only 'what is', what you can observe, be conscious of, in the present moment – the everlasting present moment, the luxury, the richness, of the all-encompassing Present Moment.

Returning to your body, and mind – are you completely relaxed, at ease yet, or are there still tensions, worries, to let go, however slight. Tension is often habitual, subtle, and goes unnoticed. Feel the sense of release. So, enjoy the peace, without effort, or demands. Remain consciously in the moment – free of thinking - mindlessness.

Progressively realising the ability to have complete faith in letting things take their course – the ultimate, vibrant, living, flowing process - things reliably work when we let go, always have done. This is nothing new.

Shedding the shackles of the past, discords, conflicts, hurts, stressfulness, synthetic over-structured, effortful living, the mundane... beyond thinking, beyond images... with a commitment to daily practice of meditation, like the butterfly emerging from the chrysalis shell of transformation... you are being born into a new life... becoming alive, new levels of vitality, meaningfulness as you've never known it before, aware, unlimited, effortless... drifting ever deeper into the enfolding stillness, which is you. No separation.

And, within that realm of intimate wholeness, can you begin to realise a sense of trust and gratitude always, for all that Life brings forth, knowing that all is for the best in the long run. Surrender to that feeling of intimate wholeness, with all else in creation ... as if for the first time you've come home... here is serenity.

Stay here for a while, until I call you back...

As you prepare to return to the physical world... from henceforth ever aware in the continuing moment, the continuing moment of your journey of healing, beyond the shackles of the past. Simply allow yourself to see the world anew!! Know, simply through your senses... that things are now moving, flowing onwards. Trusting in the living process, the new world of actual wholeness, interdependence with all else – giving and receiving. Then open your eyes,