



## **November 2022 Graduate Program Lesson**

### **Exploring Lesson One – Being the Meditation**

#### **Introduction**

This month we will focus on lesson One which is really a focus on meditation in its simplest form. Meditation will begin for us as something we do each day to become something we are living as. Our practice is really to build consistency and enjoyment of meditation by creating new habits of focusing on the Noumenon by whichever doorway we currently feel aligned with. As our consistency and enjoyment of meditation grows, we will naturally be inspired to meditate outside of our formal seated practice time.

Spontaneously, meditation will begin to happen for us more often during the rest of the day and will become more effortless and relaxing. As this happens, we may find ourselves in an upward spiral of wanting to meditate more and enjoying it more. We will also find that as we meditate more, we have more energy and a sense of wellbeing that grows, along with more spiritual ability to simply observe thoughts and emotions as they arise and being able to leave our stories alone.

One of the main reasons we do not enjoy meditation sometimes is that we have not fully seen how simple it is. Meditation in its simplest form (as we are talking about in lesson one of the dissolving the ego course) is simply to focus on the Noumenon whichever way we want to.

It may help us to realise what mediation is NOT:

1. Meditation is **not** about keeping attention on the Noumenon at all times. Attention will wander back to thoughts, emotions and experiences on its own and there is nothing we can do to stop that, nor do we need to.

2. Meditation is **not** trying to get rid of phenomena at all. We are simply bringing attention away from phenomena and back to the Noumenon. We are not trying to push away thoughts, emotions and other phenomena like bodily sensations. We can use the phenomena to help provide contrast and recognise the Noumenon. We can notice the Awareness because we see the thoughts coming and going and can see something is aware of them. We can recognise Silence by the contrasting starting and stopping of sounds.
3. In meditation we are **not** trying to change anything at all. We are just choosing consciously what to put our attention on.

What meditation actually is:

1. Bringing attention back to the Noumenon as many times as you can and want to.

**That's it! Nothing else. Everything else is mind trying to complicate things.**

### Exercises for this month

1-Let's take a fresh look at our meditation each day and come back to the simplicity of it. Choose one or two ways to tune into the Noumenon and practice each day for 20 minutes (or more if you want to). Simply bring attention to the Noumenon and keep bringing it back each time you notice it has wandered back to some phenomenon.

No blame or guilt. Just shifting attention.

2-Begin to try to bring your meditation "off the cushion" and simply notice the Noumenon by whichever means during the rest of your day. When your car pulls up to a stop at some lights can you notice the sudden sense of stillness? When you turn off the radio can you recognise the silence that is here? When you notice a thought can you see there is also awareness of it? Taking these moments each day begins to feel very nice and also relaxes the body. As we do this more each day, meditation becomes a way of life rather than simply something we do for a short period of time each day.