



Personal Online Coaching ©

DAY 5 – Meditation for a Calm Mind

Key Topics:

- The Three Parts of the Mind
- Benefits of Meditation
- How to Meditate

The Three Parts of the Mind

You might think of your mind as divided into three categories; the superconscious, conscious, and subconscious parts of the mind. I like to think of the superconscious part of the mind as the highest place of wisdom within you; being your God-intelligence. This part of your mind is clear, wise, infinitely resourceful, a river of knowledge, has no fear, and knows everything about you and everyone else; past, present, and future. It is a good part of your mind to be in touch with.

The conscious mind is short-term in its memory. It is the part of your mind that makes decisions, remembers and then forgets phone numbers, criticizes, judges, rejects, dismisses, evaluates, analyzes, etc. I call this part of the mind, “The guard dog at the fence™”. The guard dog at the fence™ is always on duty and is trained (by you) to block you from accessing the superconscious and subconscious parts of your mind. It fears that if you tap into your Higher Wisdom, then you will discover that you are not separate, powerless, and vulnerable, and then the ego’s game of separation would be over.

When you meditate, it’s kind of like you threw the guard dog a bone. He is still there, but he is busy with other things. If you get triggered during meditation by a ringing phone, or a surprising memory, etc., then your guard dog is likely to come back on the scene to see what’s going on. Our goal is to get around the guard dog and spend some quality time with the superconscious part of your mind. This quality time will help you to identify, heal, and let go of the old patterns, limiting beliefs, and any negative or traumatic memories that are being closely guarded in your subconscious mind. Remember that the guard dog’s function is to block you from healing and to keep you focused on pain, lack, judgment, and suffering.

Your subconscious mind is long-term in its memory. It retains everything that has been said or taught to you since time began, along with all the memories from your past (in detail). It is a fountain of both positive and negative information. I think of it like a giant tape recorder that has recorded everything you’ve ever heard, seen, or thought, and depending on whether those experiences were positive or negative, you then form opinions about yourself and others.

Example:

Let’s say that when you grew up, you were always told that you were selfish, greedy, and lazy. Perhaps you heard this from several different people, or just one that had a lot of influence in your life. The result is that your subconscious mind will take all of this in, and then you are very

likely to see yourself as a selfish, greedy, and lazy adult. This may be a false assessment of who you are in every way, yet you will tend to live your life as if this is who you are, just because you believed or “bought” the story you heard. As a Hypnosis Instructor, I spend a lot of time helping people to turn inward so they can see what has been “programmed in” to their inner tape recorder (i.e., subconscious mind). Once they realize what is there, and they identify what they no longer want, it is much easier to let it go.

Benefits of Meditation

There are many benefits to meditation. The goal is to calm your mind and slow down your brain waves enough, so you can reach into higher realms of consciousness and also access your deeper subconscious mind. It is amazing what happens when you reach into these states of consciousness and allow the two of them to come together.

Your Higher Mind will always help you understand why things are happening the way they are and what you can do about it, if you will ask and then take time to get quiet and listen. Through meditation you will gain clarity, awareness, understanding, answers, and perspective on many of your life challenges, and you also come away feeling refreshed, revived, insulated, and restored. It is a wonderful way to spend some of your time, each and every day.

How to Meditate

Find a quiet and comfortable place, indoors or outdoors, to sit or lay down. Many people suggest that during meditation, it is wise to sit up with your legs crossed in a lotus position. This is helpful if you feel you are tired or you might fall asleep. I prefer laying down, flat on my back. I am able to do this without going to sleep. I prefer this method because it helps me to completely forget about my body. I sit at my desk for many hours each day, so sitting up is more of a “work position” for me. Laying down allows me to change gears and open my mind. Choose the position that is most suitable for keeping you awake and comfortable at the same time.

Next, you will need to decide if you would like to meditate to music or to silence. If you are a beginner, I suggest that you meditate to music, at first, because you will be less distracted by surrounding noises (e.g., planes flying overhead, telephones, barking dogs, sirens, voices, etc.) With practice, you will be able to meditate with ease, with or without music. If you do meditate to music, I suggest that you select music that is slow, rhythmic, peaceful, and does not have voices, or dramatic swells. You do not want your meditation music to take you out of meditation.

I enjoy lighting a candle or two to set the space for meditation. Candles help to clear the air and serve as a reminder that this is your time to switch gears, quiet your mind, turn inward and meditate. If you set up a peaceful ritual for yourself, by turning on the music and lighting a candle, you will find your mind already quieting down and looking forward to the meditation.

Once you are comfortable, either sitting up or laying down, you can press your thumb and middle finger, or thumb and index finger on each hand, together. This is not required, yet it closes the electrical circuit that is running through your hands, helping you to keep more of your electrical energy current inside your body. This is a way to “amp up” your vibration, which some say helps you reach higher levels of consciousness.

As an alternative, you can place a clear quartz crystal point in the palm of each hand. Your left side is your receiving side and your right side is your transmitting side. As such, I place the crystal in my left hand, pointing inward towards me, and the crystal point in my right hand, pointing outward towards my fingertips. This will also serve to amp up your vibration and heighten the electrical current that is flowing through your body.

Keep in mind that meditation is much more about what is happening inside your mind, than what is happening outside or around your body. It is important to create an environment that is conducive to meditation, or you will become easily distracted and frustrated.

Once your surroundings are set and your body is comfortable, it's time to turn inward. Begin by taking several long, deep comforting breaths. Hold the intention of emptying your mind with each and every breath, almost like bailing water out of a ship. You might start with a silent prayer such as this:

“Thank You, God, for this time of meditation. Thank You for helping me to quiet my mind, so I can hear your comforting Voice and Guidance. May our time together be used for the highest, happiest, and holiest experience. I accept Your Divine plan as my only plan. I will there be light. Darkness is not my will. Let me behold the light that reflects Your will and mine. Thy will be done. Amen”

The prayer you use can vary, of course, yet it is helpful to set an intention to give your mind a sense of direction. In *A Course in Miracles*, there are many workbook lessons that invite you to spend five or more minutes in silence, and focus on a particular word or phrase. You will find that with practice, this is very beneficial and easy to do. After your prayer, continue to focus on your breath. Breathe from deep within your belly, and as you exhale, expel all the air from your lungs. Do this several times in order to relax and loosen your muscles.

Now it's time to choose a centering word or a phrase to focus on. I like the words, “God, Yes, Love, Light, Peace, Truth, or Joy.” Select a word for yourself that you find inspiring and supportive. Say this word to yourself several times in a row, pausing in between. Continue to say this word in your mind, and allow the pauses for silence to extend. Every time your mind races back to a subject, a distraction, or an unrelated thought, then say your centering word again, to bring your mind back into focus. See how far and how long you can go, before distraction enters and your thoughts interrupt you. At first, you might find that your mind is relentless in trying to distract you. If this is the case, just keep breathing deeply and use your centering word each time the distraction occurs. You are teaching your mind to respond to you, rather than the other way around.

With practice, the pauses of silence between your centering words will extend longer and longer. In those places of silence, you are likely to gain insights, impressions, pictures, visions, guidance, or other information that is helpful in your healing journey. If you find the information you receive is distracting rather than helpful, then repeat your centering word again (silently in your mind) to bring your mind back into silence and focus. Your part is to accept only what is useful to you during this process. Healing is always an “inside job”! Most of all, enjoy your inner journey, and look forward to your quiet time with God.