



MEDITATION GUIDELINES

ABOUT THE MEDITATIONS

The weekly meditations are here to support your progress with the material. Building on your growing understanding of the teachings, they are designed to lead you gradually towards a more experiential understanding of the topics you are studying. They act as a conduit for your own experience and wisdom, as well as a method of deepening any insights and understandings that may arise.

As such they are an essential part of the course, and we strongly suggest you touch in with them each day, if possible. That said, they are solely for your benefit and for you to use as you see fit.

THE LENGTH OF YOUR MEDITATION SESSION

Some of these meditations will be too long for one sitting, and on those occasions we will give recommendations for breaking them up. At the end of the day, however, the decision when to end your session is best left to you. We suggest you finish before you feel strained or uncomfortable. The aim of any kind of meditation is to build aspiration and enthusiasm, not resistance or dread. 10 minutes each day over decades is far, far better than an hour each day over a year, and then burn out. Successfully establishing a daily practice, every day without fail, is a great achievement, one that many experienced meditators still struggle to achieve. Along with the intention to be kind and gentle with yourself, the growing discipline and diligence to do just a little something each day, will slowly bring exceptional results.

THE MEDITATIONS AS CONTEMPLATIONS

It is possible that you may not find some or all of these meditations suitable for a formal sit in traditional meditation posture, especially the longer ones. In this case we recommend you treat them as contemplations rather than meditations, reading them carefully, in a quiet, comfortable and private place, as you might read a poem. Sitting comfortably, with your eyes open and without the burden of expectations, take your time to read mindfully. Whether this is a contemplation or a meditation, pause where you see fit to digest the meaning of the material, to integrate with your own life and experiences, or to give space for answers to arise.

THE MEDITATIONS AS SUMMARIES OF THE ESSENTIAL POINTS

We have also written many of the meditations to serve a further purpose, to summarise and highlight as best we can the essential and most helpful points in any given week. For your first meditation session of the week, for example, you may choose to simply read them slowly as a review or “glance” meditation, giving you an overview or some perspective around the topic.

We wish you joy in your meditation practice.