



Free Yourself with Resting Meditation

Core Pointings

Introduction

Invitation

The peace, power and joy that you long for are already within you.

The key to awakening is to truly come to know yourself.

The foundation to awakening is to learn to disentangle from limiting thoughts, emotions, desires and sensations. I invite you to take this step with me as I share with you the art of Resting Meditation.

The Current State and the Need to Awaken

I offer this course as a space for you to explore yourself. Modern living, with its constant outer activity, can leave us somewhat desensitised. Here you can get to know yourself without haste or demand.

- **Looking Outside**

Too often, we are looking for that next thing to make us happy or complete with the world telling us what we need.

We come to believe we are lacking, we may feel disconnected and separate and believe that the peace, power and joy we long for is outside of ourself.

- **Resting Within**

Come out of the dream of separation and lack.

Awaken to what life truly is by coming to know who and what you are.

This realization has the power to transform and harmonize your life.

Orientation

Why Meditate?

Some reasons for meditation are:

- To quieten the mind
- The diminishment of pain, stress and anxiety
- To help mental, emotional and physical wellbeing
- The development of loving kindness, compassion
- To explore different states of consciousness

● Meditation for Soulful and Spiritual Awakening

Resting meditation is different. It is a way to soulful and spiritual awakening, A way to free oneself from the mesh of limited identity.

- No strain or stress on the body
- No complex procedures or steps
- No visualisations
- Applicable and translatable into everyday life

● Meditation to Facilitate Awakening

This is a simple and effective way to facilitate awakening. It brings the deep inner calm to the mind, life and body and starts a process of transformation.

Resting Meditation uncovers qualities of compassion and loving-kindness, your own calm, your own will.

● Becoming a Conscious Human Being

No need to learn formulae or have set beliefs

It is important to have:

- An open attitude
- Willingness to explore
- Willingness to experience directly

The beauty of resting meditation is that you become your own testimony, your own authority as you explore your inner landscape.

It is a wonderful adventure to become a conscious human being, and a worthy goal.

This way is open to everybody.

Your Attitude Opens the Way

Attitude is more important than experience in meditation:

- Openness
- Freshness
- Aliveness
- As if each time is the first
- No fixed expectation
- No control or force of an outcome

● Open Exploration

Resting Meditation is not a technique, but more of an art, the art of resting out of controlled engagement.

An open attitude is a humility that helps you not to get stuck.

The invitation is to explore without the burden of expectation with an open and alive attitude free of demand.

Surface Nature

Resting Meditation helps one to awaken from the “surface nature.”

Surface nature:

- Forms our surface personality
- It is our surface identity
- What we normally consider to be “me”
- Mixture of thoughts, memories, hopes, fears, emotions, sensations
- An amalgam of all we take ourselves to be
- An identity from which we relate to others and the world

- Mental, Vital and Physical Consciousness

Mental Consciousness:

- Thinking
- Reason
- Planning
- Discernment
- Mental intelligence

Vital Consciousness:

- Life force
- Passion
- Drive
- Emotional intelligence

Physical Consciousness:

- Body
- Senses
- Physical, kinesthetic intelligence

The three together form the amalgam of our surface identity:

- What we think we are
- What we feel we are
- What we sense we are

- Uncoupling

We are normally so identified and engaged with our surface nature movements that we don't realize that there is so much more to us.

Our surface identity causes suffering as it upholds a sense of separation engendering feelings of:

- Disconnect
- Isolation
- Lack
- Anger

- Sadness
- Worry
- Frustration

Resting meditation can help you uncouple from your surface nature so you are free to explore your deeper identity, to know all that you are.

Practicalities

Position

When practicing Resting Meditation, it is important to:

- Be comfortable
- Be at ease
- Have no strain or stress on your body
- Avoid expectations

It is best to sit comfortably with:

- Spine straight
- Shoulders relaxed
- Hands resting

It is best not to lie down as this may bring on sleepiness, but this is not a rule. If you prefer to lie down, bend the knees if you feel sleepy as this will alert you.

Where

The beauty of Resting Meditation is that you can do it anywhere. With practice, you can meditate in any situation, even while moving in the world.

Initially, it is useful to have a space that is quiet and comfortable and you won't be disturbed. This practice is adaptable to your needs. If you find sounds in your environment distracting, you could try using noise-cancelling earphones, or some soothing music.

As you gain in mastery of this practice, external sounds or distractions will not have such a pull.

When

The best time to meditate is now. It is always in this moment. However, a fixed routine is very useful. It is easiest to fit your meditation time before or after something that you already do at a fixed time in your schedule, like breakfast for example. When you set up a regular time and place, it is easier to sink into the practice. Adapt the practice to suit your needs.

Once you decide on your regular time and place, be careful to avoid an energy that tells you “I’m not in the mood now,” because of an agitation or emotion. In fact, this is an even more important time to engage the practice. Resting Meditation teaches you to disengage from these feelings and moods so you can find your inner calm.

The practice is not dependent on your mood, just your will to explore your deeper nature. After a while, without deciding to on a conscious level, you will come back into the calm of meditation naturally. You will break free of time into the timeless presence. You will move from a place of “having” to meditate, into relishing the opportunity to meditate and be present.

How Long

Meditate for as long as you are comfortable to sit. As you deepen, this will change. Five minutes of full immersion is more beneficial than a longer period of a half-hearted practice.

Eyes Open or Closed

We are naturally visual, and so closed eyes may be beneficial. If you have deep trauma, closing of the eyes may be overwhelming. The key is to learn to detach from any stimuli.

Sleepiness

It is normal to feel sleepiness in meditation at times.

- Is the time of day appropriate?
- After a meal?
- Open the eyes until it passes.
- Take a deep inhale.
- It is a stage we move through.
- Learn to engage with the vibrancy.

Taking Responsibility

Self Discipline

Discipline is being a willing 'disciple of, ' or devoted to a path. Think of self-discipline as a devotion to your own inner exploration and awakening.

- **The Will to Know**

Discipline is following and honoring your "will to know." It is finding that inner will and letting it guide you in your practice that will foster a natural discipline.

Resistance is Futile

Resistance is a normal phenomenon. Aspects within our surface personality can conflict with each other. In this friction is a lack of harmony. There is a deeper aspect that brings harmony to the surface personality. It is this, the deeper aspect that we connect with in our practice of Resting Meditation.

- **Surface Nature Resistance**

These tensions and resistances can influence your meditation practice.

- The mind may rebel with thoughts.
- The vital might become despondent.
- The body may seem dull and heavy.

This is how the surface personality resists us exploring deeper. It is used to our attention and resists so as to claim it back.

This is our chance to honour the will to know. Engaging with the practice is the answer to this friction.

- **A Wake-Up Call**

The turmoil of the surface personality can impede the progress towards harmony. Practicing will help to reveal our own inner calmness and presence. This is the balm that the surface personality needs. Deeper wisdom emerges.

Use these resistances as an alarm call to rest back into your own presence.

Concentration and Will

The many stimulations of life disperse and dilute our attention. Sometimes our attention can become fixated. Many people feel they lack control over what they give their attention to. Exercising our will and learning to concentrate are two important aspects of this meditation practice.

- **Letting Attention Rest Back**

Concentration is the ability to rest your attention back from external stimuli. Our attention concentrates. With the attention concentrated, we can explore our inner landscape and get to know what we are.

- **Will Power**

There is an innate will in everybody to know themselves, beyond just their surface personality. Most people are not in contact with their will. The surface personality covers this will. When we acknowledge this will, we know what is good, true and beautiful for us at any moment.

Connecting to our will gives us the power to effect inner change. It centralises our focus and our aspiration around what is important and gives us the power to investigate.

- **Exercising Our Will**

We exercise our will to rest back from engagement with the surface nature. Exercise strengthens the will. We come to a witnessing position. It is both a refuge and a resource. Welcome to your base camp for exploration!

From this position we can awaken into the deeper aspects of Soul and also wake up to our Spiritual source.

Inner Landscape

Witnessing Presence

You can only discover freedom in the present moment. Once we have rested back, we can explore what we are in the present moment. The aware stillness we discover is the witnessing presence.

Witnessing Consciousness vs Engaged Consciousness

In contrast with our former 'engaged consciousness,' we now recognise our ability to observe all surface phenomena, this is our 'witnessing consciousness.'

- **Disentangling**

To explore our inner landscape requires a disidentification from our surface. We become the observer of the surface play. We even observe our sense and idea of who we are, in the form of our memories, thoughts, hopes and fears. At the centre of all of this surface play, we hear the internal commentator. Often, we take this to be who we are.

The Internal Commentator

The Internal commentator is the voice that:

- Judges
- Comments
- Narrates
- Labels
- Manipulates
- Tries to predict
- Strategizes

This commentator is related to a network of brain regions known as the Default Mode Network or DMN for short. The DMN is active when we think about the self in time (memories and future planning) and the self in relation to others. This useful function can become problematic when it is overactive. The DMN should go quiet when we focus on a task, but this is not always the case.

It is healthy to find out for ourselves the answer to these questions about our internal commentator:

- From where does it get its credentials?
- What is its authority?
- Is it always right?
- Is it infallible?
- Are its predictions always right?
- Is it consistent?

- **The “I” of the Mind**

The internal commentator is not who you are. It is just a facet of your being comprised of thought; an “I” thought which is only concerned with itself. Do not condemn it, nor try to change it, simply disengage and rest back. Do not let the appealing or shocking nature of its play of thoughts lure you in. This is craving and aversion, a play of this level of mind.

I Am

The Initial Experience

We encounter the noise of our surface nature in meditation. It tries to claim that it is all we are. Our own expectation of what meditation should be can be a blockage. It is not about enforcing a calm onto your surface nature, rather coming to rest in your own inner calm and awakening to all that you are beyond the surface nature.

As we develop in our sense of who and what we are, and as our will and concentration strengthen, we find that we have a peace, power and joy that brings harmony to our surface nature. We are embracing the possibility of our awakening.

Attention - Belief - Identity

Attention is an energy. We can conserve it for useful purposes.

When you give your attention to something, it strengthens. Attention forms a thought into a belief and further strengthens this belief into an identity. We can inherit these identities and beliefs.

- **Beyond Conditioning**

You have the choice when you spot one of these conditioned patterns of belief and identity arising: you can withdraw your attention and say “No thank you.” When you choose not to engage it and to rest back, this opens up the possibility to know yourself beyond your limits, directly. This is how you bring this practice into your daily life.

Sense Now

Our senses help us disconnect with the mind-stream as the senses are based in the now. Once attention is disengaged from the mind, we can more easily rest back. In this way, the senses can be used as a gateway to presence.

I use a practice called Global Awareness to assist in the resting back. The senses are witnessed globally. We come to the awareness that we are aware.

Guidance

A Successful Resting Meditation

Every Resting Meditation is a successful meditation because you are developing will and concentration. Sometimes the mind or vital may be more chaotic. Using the breath as a bridge to the now is a way to step back from these movements. The sense of hearing is another option. Moving attention to the heard environment disengages attention from mental or vital movements. From there we become globally aware.

Ready, Steady, Rest

It is not a requirement to know or understand everything that has been said to practice Resting Meditation. It is a stand alone practice. The words that have been offered will sprout like seeds as you come upon the areas that have been discussed. You will begin to directly see in your own experience.

The explanation of the practice is a support to the practice. A beginner's mind is a wonderful thing.

Consistency is Key

Developing the ability to rest back requires an inner fitness which is developed by consistent practice. Becoming familiar with your inner landscape may bring about visionary components or subtle happenings. These too are witnessed from the inner calm.

The calm of being begins to have an effect on the surface nature. The patterns that are no longer fed with attention begin to dissipate. The process of transformation begins. Each one of us must take the responsibility to develop the inner fitness required.

Unlimiting

Fear - False Evidence Appearing Real

Fear may arise as we disengage from our long-held identity. We are entering the unknown. The greatest gift you can give this fear is your calm witnessing presence. Fear is very sticky - there is a sense of danger. The fear that comes in meditation is an unease at the perception that we are losing control. In fact we are gaining our Being. We are realizing it - the surface nature is part of that. Feelings such as anger or sadness likewise can be offered the gift of our calm.

- **A Beacon of Change**

Fear is often a signal that we are coming to a threshold of change. It is a beacon of change.

“I am leaving the familiar and the known in my exploration of what I am.
I embrace the calm safety of the witnessing presence”

Be present to how any emotion feels without identifying with it, suppressing, avoiding, containing it or judging it.

Unprocessed Patterns

When you are no longer fully engaged with your surface nature, sufficient safety is created for unprocessed content to come to the surface. This is an unwinding or a healing. To be fully present to how this feels is important as this full presence could not happen in the moment that the pattern was formed. This frees the pattern to move in new ways. The inner resource of calm presence allows the unwinding.

- **Surrender and Forgiveness**

Patterns will pass away, diminish or clear. If they do not do so, there may be a possibility that we are holding on, denying, suppressing or indulging in the pattern. Our surface nature is shaped into an identity by incidents in our past. It can feel very uncomfortable to surrender and let go of these identities, identities of the victim or the perpetrator are particularly troublesome. A holistic approach and the help of a therapist can be valuable if there is deep trauma in your history.

Coming back to the witnessing presence is a type of surrender, a willingness to let go, a deep forgiveness.

Embodiment - Transformation not Abandonment

Resting back is not an attempt to abandon our surface nature, rather, we discover what lies beyond the surface and bring this to bear in the transformation of our surface personality. Transformation is possible when we realize all that we are. As we wake up to Spirit and we wake in to Soul we bring a new vitality to how we live our life. Do we live our life from our surface or is it from our entirety?

Off the Cushion

Broadening the Practice

You can easily expand your practice of Resting Meditation to saturate your life, bring a calm, centered presence to any activity. There is an enjoyment in the presence and the calmness which can inform anything we are engaged with in our day. Letting this enjoyment and presence saturate the moment is how we broaden the practice.

Pause, Rest Back, Respond

When we are faced with a challenge in our life, we can fall into old reactivity which is inappropriate and unconscious. Resting Meditation offers a slight gap, a pause before the reactivity sets in. To take the pause that is offered allows us to exercise the will to rest back. From here a fresh and appropriate response is possible. This changes the quality of your life. New insight and wisdom informs our responses. We are no longer in unconsciousness.

What takes you from Presence?

As your practice deepens, you become aware of the triggers or lures that are particularly potent at taking you from presence. These solidify our sense of separation. It is useful to spot these and to give them a name. For example

“This is the “soccer” pattern. I need to be particularly present and conscious *now* not to feed this pattern any longer.”

These triggers are our workout. We garden our surface nature by withdrawing attention from the plants we choose not to nourish.

- **A Means to be Free**

Use any trigger as a means to be free. It is a surface nature movement trying to claim you and tell you what you are. Many of these movements are not problematic. They are functional.

The dysfunctional ones are the ones that need to be used to awaken.

Know Thyself

Awakening from Ignorance to Knowledge

Ignorance has no derogatory meaning. It is an ignorance of the deeper self. Awakening is coming from ignorance to knowledge, knowledge of who you are, why you are here and what you have to do.

- **Egoic Conditioning**

Ignorance is founded on the belief and the conditioning that I am a separate individual cut off from others and the world. It creates the ego. Egoic conditioning is fearful and has a sense of lack. This lack creates powerful desires and aversions. Ego is an idea, a feeling and a sense of separation. It is a useful function in some regards but not a total truth. It is rigid and it fixates in the false security of knowing who and what I am as a small, separate self.

- **Awakening to the One Self**

Resting Meditation is a foundational practice for awakening. It gives us repeatable experience of the deeper self, the witnessing consciousness, the One Self.

The witnessing consciousness says:

“I am the witness of the surface nature.”

The ego says:

“I am only the surface nature.”

Soul & Nature

There are two parts to our being. One is passive and still, the witnessing presence. The other is active and creative, our surface nature. Soul and Nature or Purusha and Prakriti.

- **Awakening from the Dream of Separation**

For most people the soul is exclusively identified with the surface nature and forgets it's still presence. The soul identifies with the surface nature and is asleep to its witnessing capacity. Awakening is the process of regaining the ability to witness.

- **Awakening from the Dream of Separation**

The limited sense of being the doer of all actions is characteristic of the egoic conditioning. The witnessing consciousness of the soul is so identified with the activity of the surface consciousness that it takes itself to be that. The soul is bound to nature - it is in bondage. It is asleep or ignorant to its ability to rest back.

- **Liberation**

The soul can regain its ability to witness, it can awaken from the dream of separation. Most will only glimpse this in a life. We can cultivate this ability. We can realize that there is much more to us than this surface nature. We begin to loosen the bindings to the surface nature and liberate ourselves.

Soulful and Spiritual Living

To awaken from our idea, sense and feeling of separation is the beginning of liberation. Resting Meditation is the primary step for waking in and waking up.

- **Waking In**

The realization of the aspect of our being that has wisdom, meaning and purpose is waking in to Soul. This practice of resting back is the first step. Further steps will be elaborated on in a future

course. Awakening to the Soul allows us to bring soul-wisdom and soul-consciousness - it brings a sweetness in life.

- **Waking Up**

The realization of the higher aspect of our being, our shared source, is waking up to Spirit. It is known by many names: Great Spirit, the Divine, the ground of being, the infinite potential. Bringing what we realize into our humanness and living that is embodiment, and allows for Soulful and Spiritual living.

The Adventure of Consciousness

A Challenging Surface Nature

All surface natures are different. Some are more challenging than others. A challenging surface nature cannot stop the process of awakening. In fact, it can function as a great motivational force, a drive to awaken from its painful and uncomfortable hold. Awakening is an evolutionary process, it is a living awakening. Use your surface personality as encouragement to find out who and what you truly are, why you are here and what you can do.

Faith

Faith is that which the Soul knows, but the mind has yet to recognise. Resting back brings us beyond the rational. It brings us to the deeper wisdom of the Soul. This wisdom is an intelligence that is not of the mind. It is faith that guides us.

The Importance of “Will”

Resting meditation differs from other forms of meditation that bring us to the witnessing presence because it recognises the part our will plays in disengaging from our surface nature. Our will is to disengage, to explore and to realize what we are beyond the confinements of mind, life energies and body.

If we do not recognise this will within us, we may miss the opportunity to wake in to our Soul. Soul is the aspect of our being that can bring harmony to our surface nature. It has a deep wisdom that is an expression of consciousness.

Often the witnessing presence is considered a halfway-house to waking up. Waking up can give us the realization of our silent self, our immutable self. It is another poise of consciousness, like

our mental poise, vital poise, physical poise and our human poise of consciousness. We are not limited to any particular poise.

Often we have the urge to wake up to the unchanging awareness and the peace that this brings. But there is also the possibility of waking in to Soul. For this we must recognise that we have a will, a will coming from the Soul itself: the will to serve. This is what gives meaning and purpose to our life. The Soul has the wisdom and ability to effectuate change in our surface nature and to allow for transformation.

There is also the teaching that you just Wake Up and you leave the mind, life energy and body to their own devices, abandoning your humanness. In this course we open to the possibility of waking in as well as waking up. Waking in to Soul allows you to embody what you realize in your life. Your Soul innately knows goodness, truth and beauty - it knows the clear expression of the oneness that we are and it knows this in our individualised expression. This knowing can alleviate the burden of suffering in our life.

At this stage of human evolution, we need to bring all of our beingness to bear to allow for a greater transformation in our relating to others and relating to nature. The Soul has the will to harmonise. It has never lost contact with the One Consciousness. It can open our eyes to Embracing No Other - to see myself in another. It allows us to recognise that all that we see in the world is our expression, our power, is our dynamic energy. This expression, this dynamic energy can respond to our clear will and transform.

There is a difference between desire and will. Desire stems from lack - it comes from the separate self. Will comes from the Soul - it is in service to the One for the One. Its way is to bring harmony.

Resting Meditation fosters an understanding of will from the outset - how to exercise, develop and implement it. This will does not come from a separate stance, but from the greater will.

“Not my will, but Thine be done.”

We surrender into the greater will, and that will is to be conscious.

You could call it “unity in diversity.”

The Flowering of Consciousness

It is a powerful time to be alive. The old, dysfunctional structures of self-centeredness, greed, fear and hoarding are losing their grip. It is a time of change of human consciousness. People are ready and willing to awaken.

The Soul has never lost contact with its Spiritual source. The Soul has a will; will is different from desire. It stems from the will to serve, evolve, to join and make whole, to express and experience the great mystery that we are. None are excluded from this. We have a shared oneness that we can realise and discover.

We find our own truth and become our own testimony. This is expressed through our humanness and we begin to help others, our community and the world. We have an inner sense of what is good, true and beautiful. This is of immense value in healing the wounds of separation that are crying out at the moment.

Each one of us must undertake the inward journey. Collectively this creates a shift - a new paradigm. It is an exciting adventure to undertake this journey. If your will is there, dive right in!



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