



The 7-Minute Meditation



Out beyond
ideas of right
and wrong
there is a
field.

I'll meet you
there.

Rumi

Sit comfortably in your chair, both feet set firmly on the ground and hands folded and resting in your lap. Become conscious of your breathing and after two or three breaths, close your eyes.

All you are asked to do at first is observe. Simply be with whatever your mind generates. Notice what you are thinking, feeling, and perceiving. Don't become involved in the thoughts, don't judge them or try to change them. Simply observe.

At first, it may seem that your mind is lost in a proliferation of unconnected thoughts, judgments, and evaluations. Observe this. Notice the thoughts that come and go, the residue of emotion they carry, and the pictures they paint. Stand back from it by observing.

The mind will present you with the impulse to do something other than this meditation. The body will also demand attention. Ignore these impulses and bring your attention back to your breathing and this process of observing.

Now lay aside all the pointless preoccupations of the incessantly thinking mind, not separately, but all of them as one. They are all the same. Let go of everything. Imagine sinking past all these thoughts, images and distractions. Feel your brain relax as you let go. No worries, no problems, no goals, no one to please, nothing to change or fix. Let it all go and open to an expanding experience of quiet and stillness. Allow peace to emerge as your experience, all by itself.

Notice that the quality of mind that is able to observe and slip past all the thinking is not a thought. It is the freedom from thought. Relax into the freedom. Feel your mind expand as you relax into it.

Now bring your attention to your breathing. On the next breath, gently open your eyes. Be present, right here, right now and notice how beautiful and kind reality becomes when your mind is quiet and fully present.