Introduction & Instructions

Meditate with the Mystics guided meditations are designed to take you straight into a contemplation of the inner spaces. Whether you're an experienced meditator or a beginner, they will lead you into an experiential reflection on consciousness, awareness, space, and depth.

Novice meditators can find this to be a warm welcome into the world of meditation. If you are new to the practice, experiment with the different gentle instructions. Relate to them as metaphors rather than as literal instructions. Allow the simple guidance to focus your attention on the mystery of consciousness itself.

Experienced meditators will find that this way of pairing an excerpt from a mystic with creative imagery refreshes a familiar practice. Follow these 24 passages, extending the time you sit in silent contemplation.

Feel the camaraderie and support of the countless practitioners who have come before you. This can uplift your practice. Create a sense of connection to others who are just beginning their practice and who are appreciating the experience of those who have come before.

My goal is to stimulate your own curiosity and enable you to come upon inner treasures in the spirit of the great mystics before us and to inspire those to follow our own footsteps.

MEDITATION POSTURE

- Sit in a place that you are comfortable and can remain undisturbed for the duration of the meditation.
- You can sit on a chair with your legs uncrossed and your feet planted on the floor, or sit on a cushion on the floor so long as you are comfortable and can remain still.
- Keep your back erect but not strained.
- Close your eyes or allow them to rest on the floor a few feet in front of you.

QUALITY OF ATTENTION

- Expand your field of awareness so you are taking in much more than you usually do.
- Let thoughts come and go. Like meteors in the night sky, thoughts do not obscure the backdrop of awareness across which they pass.
- Relax and be curious.
- See what you notice about the qualities of consciousness.
- Allow everything to be and simply be aware of it all.
- Let your reactions and judgments about what you're experiencing arise and fall away. Resist the temptation to get involved in all your ideas about meditation.
- If you feel yourself tensing up, open your eyes and simply stop meditating for a moment or two, then gently resume the practice.

CAUTIONS & CONTRAINDICATIONS

Deep meditation does affect our physical and emotional systems. The effect is generally quite positive. However, please be respectful and aware of your own system. If you have had a brain injury or other issue and experience an unpleasant intensity, pain, or emotionalism please pause your meditation practice and seek advice from a qualified health care practitioner.