On My Mind by Michael Brady

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Talking about Meditation…again!

I am finding that meditating for one hour is importantly different from shorter periods of time. One hour gives you a half hour to: get your body relaxed, your breathing slowed and controlled, and your chakras aligned and open. It gives time to develop your concentration on the topic or focus of the day and get it well established in your mind. If you pursue doing an hour meditation it will give you 20 or 30 minutes of deep stillness where the real magic of your UNC (unconscious) mind can be utilized.

So let me take you through my routine. Try it and see how it works for you.

1. Sit upright, comfortably in a chair with both feet on the floor. Place your hands in a comfortable position on your lap or the arms of the chair. Loosen your clothes at your waistline so as to breathe easily.
2. Close your eyes and look straight ahead at the inside of your eyelids. Un-stick your eyelids and let them stay ¼ to ½ open in a relaxed fashion. Keep looking straight ahead so that the visual field is blurry and below you. This is called “half eyelid closure.” When you master this it will come in handy later in the meditation after you are “zoned out.” If your eyelids close as you go on, just re-crack them and focus your eyes straight ahead again.
3. Focus on your stomach. Focus on your stomach muscle. You know, your abs! Use your stomach muscles to push air out of your body. “Suck your gut in.” Do it to the pace of thinking hup, hup, hup, hup. It’s like panting from your stomach rather than your chest! Once you can see that the muscles are pushing the air out of you, play with how fast you pace the breathing (exhaling). Inhaling is mostly an automatic response. It happens mostly by itself. This is called “fire breathing.” Fire breathing wakes up your chi energy in your root chakra. It loosens up and connects you to “feeling how you breathe.” Play with how fast, how slow, how long you can do it. When you decide to stop fire breathing and begin “deep breathing;” squeeze the last few breaths out like wringing a rag tightly. Pull your belly button as far back toward your spine and up under your rib cage as you can. Squeeze all the air out of you. On the last fire breath hold empty and count one thousand one, one thousand two. Now inhale into your stomach first and fill it like a balloon. Then fill your chest with air. Feel the separation of the bottom and the top of your breath. Exhale slowly feeling the “rush” of energy come into your body. Do it 2 or 3 times with full attention. Feeling the sensation of energy and relaxation permeate all the parts of you.
4. You are now “deep breathing.” I like to focus on “breathing through the chakra” to begin with. First make sure you have a mental picture of the 7 chakras. That is groin, spleen, solar plexus, heart, throat, 3rd eye, and crown. While you deeply breath in and out picture doing this through one of your chakras. I breathe through each chakra 3 to 5 times. I alternate top and bottom or bottom and top. If I begin with the crown chakra it goes: crown, root, 3rd, spleen, throat, solar plexus, HEART…whichever way you go you always end up in the middle of your heart chakra as the last chakra you breathe through. I like this because you should be in your heart chakra for deep meditation. By the time I’m ready to let go of everything: everywhere, every when, every who, every what, every how. I’m already there.
5. At this point you can feel timeless, warm joyful loving or loved, grateful, empowered blissful or in awe. Dr Joe Dispenza has an excellent description/explanation of this in Becoming Supernatural on pg. 252. However, most of us, most of the time, who are not adept at getting into our hearts don’t feel this right off the bat when we do the techniques I’m describing. So be patient with yourself. Breathe. Focus on breathing in and out of your heart chakra (heart) and think of some time in your life when an experience evoked such a response in you. I just have to remember back to 2017 when I had a hemorrhoidectomy. Yeah, you heard me right. They gave me propofol as anesthesia. Even though a certain part of my anatomy was traumatized…I felt…wonderful on the ride home. I felt wonderful for a good 6 hours after I woke up. And I was really feeling my heart. I was in my heart and felt blissfull. So I just remember that feeling as I breathe through my heart chakra and I’m there again in short order. You’ll have to find your own “go to experience!”
6. If all goes well you are now “in the zone.” At this point I will mention music and binaural beats. When I am in a quiet place for one hour or more I can just do meditation without these extras. But often Linda is working when I meditate. And as you all know she has a powerful voice. And it’s hard not to pay attention to her when she speaks. Or that may just be me, lol. I find that head phones with a chant I like and binaural beats effectively shuts the world out. I don’t use guided vocalizations with the music. The chanting is repetitive and I don’t pay attention to it much once I get going. Binaural beats pulse frequencies to your ears that match certain brainwaves associated with certain states of mind. They can be helpful in getting your brain to shift into the altered states we want here.
7. Spending significant time in an altered state and feeling blissful has profound effects on us. All of which are positive. In this “state of consciousness” we can have profound insights occur to us. Our brain chemistry changes and we can open new neural patterns in the brain. Our UNC mind and autonomic nervous system is “free” to heal, transform repair, rebalance our bodies. We don’t even have to have anything in mind. But if there is something that you do have in mind, you are clear in this space for your body to respond. I could go on and on about possible benefits. If you take me up on this practice, keep a journal for 2 months and track what happens. See for yourself.
8. Back to half eyelid closure. When you spend time in the zone here you can drift off into oblivion, normally called sleep. However, we get the most benefit from being in this state if we stay aware of our selves. So…whenever you fall off the wire into unawareness…your eye lids will close. As your eyelids close you will notice this and be able to catch yourself just in time. You re-crack your eyelids and carry on.

When you can, get 20 to 30 minutes spent in the zone…look out. All kinds of neat things will start happening.

 Just wait and see!