



## **April 2023 Graduate Program Lesson** **Exploring Lesson 1– Effortless Meditation**

### **Introduction**

The beautiful thing about lesson 1 is that it is always effortless meditation. Let's look deeper at what this type of meditation actually is so that we can relax into it more and enjoy it more. It should be 20 minutes of fun and relaxation each day, without a goal or striving to change anything. If this is not our experience, it is probably just a few ideas that are getting in the way that we can easily release.

**Idea 1-I need to make sure I'm spending more time aware of awareness. It should be changing/I should be getting better at it.**

When we are tuning into the Noumenon (by whatever name) we are actually being the Noumenon. This is because it is effortless, without struggle or trying to change anything. Let's use the Awareness as our example. We may have the idea that we can somehow get to a point where we are aware of awareness the whole 20 minutes and this is just not the case, attention will go to phenomena at some point, always. Instead of trying to get somewhere or change something, we can come to see we are simply BEING more often where we are just noticing the Noumenon and noticing either the awareness OR some phenomenon.

Also, we will come to see that we are trying to change our experience during meditation less and less as the days, weeks and months go by of practicing. We can short cut that right now by seeing that we are always just being the Noumenon. The Noumenon is the effortless witness and during meditation it is watching itself, watching thoughts or watching the urge to change the meditation experience. Whatever it is watching, the

Noumenon is none the less just watching/noticing/being. This is lesson 3 in action! We are actually shifting over to functioning as the Self/Awareness.

**Idea 2-What happens in my meditation is evidence of how much my awakening is progressing.**

The effectiveness of our meditation cannot be judged or measured by what happens in our meditation. During meditation emotions, thoughts and sensations may come up continuously so that we can release our identification with them and come to “just” watch them (as in idea 1). When this happens we may find more thoughts, emotions, desires and memories coming up than outside of our formal meditation and feel that we are not progressing. These phenomena must arise to show us where we are still identified with them and our meditation is the most natural place for that to happen because we are not distracting ourselves any other way i.e. with social media, work etc.

Also, during our meditation and awakening in general we will notice a deep releasing of all thought, emotional and physical tensions that have been trapped in our energy, mind and body. This is going on all the time but during our meditation it may become more obvious. When we think we are a separate being we cannot allow these lower frequencies of thoughts and emotions to move and be transmuted back into peace because we are identified with them. If it is “my fear” rather than “just” fear I will not be able to let it go fully as I will feel it is necessary and important. Finally we can simply allow these energies to move, be felt, release and transmute back into peace as they want to.

All of this adds up the fact that nothing at all that happens in our meditation can be used to judge how well we are doing. Amazingly beautiful experiences don’t mean we are progressing and miserable, restless experiences in meditation do not mean we are failing.

What is happening overall to us in our life and how we deal with it is the only evidence we should use to see how we are doing. Are we allowing emotions to come up easier and not resisting them as much? Are we judging ourselves and others less in general as time goes by? Are we feeling a background of contentment or even peace that is slowly growing? All these are signs of progress and NOT what happens during our formal sitting.

**Idea 3-I have to gradually increase the time I am meditating until it is constant or all day.**

This is simply not the case. We may have seen or heard of awakened beings who are just resting in the natural, effortless meditation all the time and of course we want that too but it is not our job to make that happen. It will come to pass by itself. If we are enjoying our 20 minutes a day of meditation then we may eventually find we want to do another 10 minutes before sleep but not because we should do it.

Effortless meditation is that which is without trying to change what is happening and therefore it is without the “doer” of actions and so it is fun and relaxing. Effortless

meditation will happen more often spontaneously as a function of enjoying it. Simply the intention is enough! Intentions always manifest for the Self!

Perhaps you will just catch yourself just Being as you are driving somewhere; thoughts are just happening and the body is just driving. Perhaps you will find if you wake up during the night time and find it hard to go back to sleep there is less suffering and you just relax into it more.

It is important to recognize that when you are living as the Self more, there will be no sense of “now I am effortlessly meditating all day” because there will be no separate someone keeping score of “how am I doing?” You may just notice, in hindsight, that you are far less stressed these days, much happier and more peaceful. When you actually check your experience you may find that meditation is just happening more and more often and for longer periods of time without you trying to make it happen.

**Idea 4-It is the purpose of meditation to get rid of all phenomena and leave only the Noumenon.**

Again, this is simply not true. Meditation is just watching/noticing and nothing else. Phenomena will always seem to arise in meditation (such as thoughts and emotions, pain etc.) but the difference is that we will encounter them as the Noumenon more often which means we will KNOW what they really are and not resist them at all. That is the only thing that is happening really. It does not matter whether we call something a thought or call it the Awareness. What matters is if we are suffering and separating ourselves from it. Meditation is the ground for letting go of constantly dividing and separating ourselves from phenomena.

In the end all phenomena will be seen as the Noumenon itself appearing as form and met with peace. This will be happening for you gradually ALREADY and may never happen as a big event. Gradually you are resisting, grabbing and separating yourself from thoughts and emotions less often. When it stops completely you may notice because there is no “someone” to notice it and take score. Just peace and joy.

**Exercises for this month:**

I suggest doing these exercises together as a group and/or with your GP buddy/buddies. Discuss your doubts, challenges and insights with each other.

1-Continue your daily 20-minute meditations as in lesson 1 as consistently as you can.

2-Ponder these 4 ideas and see if your meditation is actually more advanced than you think!

3-After your meditation session, take a moment to see how it went. Did you resist less?  
Did you judge yourself less if you did resist?

4-Simply launch an intention to allow meditation to progress at its own natural pace.

You cannot fail at this 😊