



December 2023 Graduate Program Lesson **Exploring Lesson 1 – The Dance of Attention**

Introduction

This month we will study lesson one and learn how effortless and fun meditation can be. If you have ever watched anyone skating on ice or roller skating, you will see they move their left leg, then their right leg and back to the left and so on. This dance or movement of left, right, left, right and left again propels them forward powerfully and in balance. It's also fun (for those that like it!) Can our meditation be as simple as this? Can it be fun?

What if we came to see our meditation as the dance of attention moving? What if, like the skating, attention was moving from an object to Awareness and back to an object again? Can we just watch and smile as we observe the following dance of attention:

Attention goes to a thought (left), then notices the Awareness of it, (right).

Then it goes to a sound in the room you are sitting in (left), then back to the Awareness of that sound. (right).

Then attention goes back to a judgmental thought about if you are doing this meditation correctly (left), then back to the Awareness that is seeing that thought (right).

Then it moves to a muscle spasm in your leg (left), then we notice the Awareness that knows this spasm (right).

Then attention moves to anger arising from the previous thought (left) and then back to Awareness (right).

Are you dancing yet? Are you seeing how effortless meditation can be? Will you watch this dance of attention with me?

Or this:

Attention notices the Presence (left) and then notices a thought about the Presence (right). Then it notices the Presence that is not a thought (left) and then it notices the resistance in the body (right).

Or this:

Attention notices the eyes are closed and then it notices the Stillness, then it notices the sound of someone moving near you then it notices the Stillness they are moving through. Attention then notices words being said and the thought “they are interrupting my meditation!” Then it notices the Stillness those words are happening in.

Does meditation have to be a struggle? We cannot control what the object is that attention notices and we need not even try! We can use ANY object or phenomena to point us back to the Stillness/Awareness/Presence. This includes any mantra (object), breath (object) or even physical pain. Everything is useful as meditation aids now.

And then in the next moment attention will wander again....and the dance continues endlessly and effortlessly. There is no end point to this mediation, it continues throughout the waking state.

Exercises for this month:

Start dancing and enjoy your meditation! Bringing attention back to the Noumenon is always enough. We do not need to try to stop attention moving but simply enjoy the movement!

Left...right.... left.... right.... This month’s instruction is to have fun meditating. ❖❖