



March 2022 Graduate Program Lesson

Redefining Meditation - Exploring Lesson One

Introduction

In this month's Graduate Program lesson we are going to take a fresh look at meditation and Lesson One of the DTE Course. We will look at what meditation actually is, rather than what we may have believed it is. In its purest essence meditation is ultimate simplicity and can be continued throughout our day in a more informal way.

In addition to our 20 minutes seated meditation each day there are many moments that we can tune into the Noumenon when our attention is not engaged with any other activity such as walking down a hallway, on the bus, cooking a meal etc.

We will be learning to use the presence of phenomena such as thoughts, words, objects in our environment to help point us back to the Noumenon. By doing this we will not be in resistance to what is showing up in our internal or external world.

Here are a few myths about meditation we will now dispel:

1 – It is not possible to keep your attention on the Noumenon 100% of the waking state! We only need to bring attention to it a little more and it will become clearer that the Noumenon is always here. No enlightened being ever managed to keep attention on the Noumenon 100% of the time.

2 – If you spend longer meditating on the Noumenon you will not necessarily wake up faster! Awakening deepens by the intensity with which we want to know fully, the consistency of our practice and the willingness to question the ideas we hold onto. It has nothing to do with the amount of time we can spend practising.

Exercises for this lesson

1 – Using objects to find the Noumenon

We can begin to notice which way the phenomena are showing up for us right now in our experience. Are there thoughts, emotions, solid objects or other phenomena in your experience? There is always some kind of phenomena in our current experience in the waking state. Then we can begin to notice the Noumenon by contrasting it with the phenomena.

Examples:

If you see objects in the room you are sitting in – can you notice the invisible Contextual field they appear in?

If you hear words or sounds right now, can you hear the Silence that is noticeable in their absence and that permeates them?

If you see a car driving past, can you recognise the Stillness it seems to move through?

If you recognise thoughts are present, can you notice the Awareness that sees them?

2 – Being to bring meditation more into your day like this

In this way we can bring our meditation into our day more and it will become something we ARE rather than something we DO. We will feel more content because we won't be separating our day into our "spiritual practice/life" and "the normal life".

We will feel more peaceful too because we won't be in resistance to thoughts, emotions and experiences as much because we will see they are actually an essential aid to our meditation.

Consider if you could notice the Noumenon without the presence of phenomena to contrast it with. Would you even have the urge to look?