

Going Deeper: Honing skills in Meditation

General conditions for an effective practice:

- External conditions
- Ethical behaviour
- Awareness in the moment
- Guarding the gates of the senses
- Association with others in the spiritual community
- Nourishing contentment and enjoyment, in our practice and in our lives in general

Work on the basis of the principle of conditioned arising

Importance of consistency No session ever 'wasted'!

Setting Up to practice

General orientation , e.g. Having an attitude of 'I can do this', confidence in yourself and the practice.

Specific intention for this session e.g. To pay attention to each breath

Balanced effort:

Breadth and focus

open / expansive or closed / limited? tightening - loosening - letting go.

Essential skills in meditation :

- Noticing: which meditative qualities are present?
- Reading the signs check body for signals as to what is going on, just outside experience 'knowing' quality 'not thinking about'
- Staying with the positive to gently encourage and nurture take in this underlying state (e.g. stillness, opening) & enjoy
- Gently encouraging : invite an image or word from the body sense
does it resonate?
subtly steer with the 'current'
- Following a quality:
stay with Meditation object in context of quality (stillness etc)
allow to change / develop / fade
light touch : don't push, fix, grasp.

Find what interests you

Be curious

Explore and play!

Recourses:

[Buddhist Meditation: Tranquility, Imagination and Insight by Kamalashila.](#)

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