

Read the whole thing then return to “Starts with...” to get rolling.

Point and Purpose of Meditation

When your mind is busy you can't hear your higher self/intuition speak regardless of whether it uses your body as the language or visuals or some combination of the two. The whole point and purpose of meditation is to create the space for information to show up that comes from higher sources. It will come as a sense or a sensation - a natural knowing. It does not take the form of neon flashing lights. Typically the message is conveyed much more subtly. As long as the mind is relaxed, you can receive. A single point of focus is also a critical part of meditation. Hold a single image in your mind, a word, or perhaps focusing on the breath. Some prefer to focus on a candle flame. Start where it feels easiest and feel free to experiment.

Typical Pit-Traps

Mental Chatter: The mind is actually an entertainment device. Tell it to shut down and it turns up the volume. It wants to be appreciated and recognized for its genius or at minimum for its entertainment value. Jack Kornfield calls the mind an untrained puppy. Tell it to sit and it runs off. Bring it back and do the Sit again. Poofff off it goes. Since consciousness is really the ability to observe the mind you want to notice when your internal entertainment device is running off and then THANK it for its wonderful ability to entertain. It should sit for a while. You might need to keep this up till it gets the idea that it is ok to relax now and again.

Comfort: The pictures show someone cross-legged and sitting most uncomfortably on a cushion. Sparkly feet, numb bum, sore hips and knees are all opportunities to transcend physical discomfort that can be mastered on another day but not this one. Instead, find a chair that you can sit straight in, feel comfortable without your hands or feet or legs going to sleep. Once you have found a comfortable sitting position, feet uncrossed, hands open to receive or another hand position, then you're ready to go! Try not to fidget...hence the need for comfort.

Start with...

Breathing into your diaphragm just below your belly button. That is the way we did it when we were born. That is the way singers, divers, swimmers do it and so do meditators. This form of breathing grounds and centers you in your centre of gravity. A horse's center of gravity is between its front legs. Ours is beneath our

belly button. **Three DEEP breaths.** Breathe in high vibration light and love...
Breath out all that does not serve. You can add breathing through the crown crystal at the top of your head when you feel like it.

Focus on...

... the sensation that there is a crystal at the top of your head that receives all incoming data from the higher dimensions. We have been on the 3rd where all things are viewed only through a physical lens. We are moving to the 4-5th dimensions where the frequencies reflect much higher vibrations of love, wisdom, humility, grace, knowledge and harmony hence the need to operate from the heart/intuition and to accelerate consciousness to adapt to speed. Lower frequency thoughts of doubt, fear, anger, frustration are being pushed to the surface so they can be traced back to source and transformed into higher service. Those who aren't paying attention to this now will do so later and may well feel the intensity of the pressure increase especially when they resist. Compassion for others starts with compassion for you.

Next...

Focus on opening the portal that is about an arms length above the head¹. This opening has been described as a lotus flower, or an aperture on a camera. It connects you directly to the dimensions that stretch up and out on infinite planes far beyond the galaxy. Receive the stream of luminescent energy through that portal into the crystal at the crown of your head. It might start as a thread of light or be a wide shoulder width band that circles and surrounds your body, its golden light permeating and penetrating every cell. Play with expanding its width.

Say...

I connect to my higher self, my God-selected guides, (if religion has tainted the word God then use Divine – you don't want any riff-raff energies to show up cause you weren't specific) You might say: "I call in all the archangels and ascended masters who are helping me fulfill my destiny and purpose here on earth, all those seen and unseen forces who are aligned with my highest good and the highest good for all."

Focus on ... (use one or more till you find what works)

- Your breathing.
- A word: peace, love, Sometimes the mind is happy with a word from another language... how about Sanskrit. Chitta (heart), Soukhya (happiness), shakti (strength for acquiring unshakable joy) are some options.

Just keep doing that. Don't worry about being perfect or doing it right. Anything you do is the right and best thing. You may or may not feel tingling energy through the

¹ Thanks to Nathan Iyer of www.evernewjoy.net for the crown crystal and arms length information.

crown. There is no 'right' thing to feel. You will experience what you are meant to experience. Just keep doing it.

Best time: 4 am or early morning hours and then preferably again before bed. Either way just try to do it every day, preferably in the morning.

Length of time: See how you do. Aim for 5-10-15 minutes to start. Don't look at the clock or treat yourself like a boiled egg - done in 3 minutes. Just note when you start and then step into it. When you feel like stopping, don't. Give yourself a bit longer. Lots of athletes hit a level where they plateau out for a while and then ramp up to the next level. Meditation is like that too. When you exceed your expectations then congratulate yourself and keep on going.

With much love and light!

Evolutionary Provocateur ~ Dawna Jones

P.S. Send me feedback and I will refine this to be more specific and accurate.