

## 4 Stages of Meditation (Channeling Café Module 2)

### 1) Lack of Motivation

In the earliest stages of our mindfulness practice, our biggest hurdle is laziness. Just sitting and setting a timer sometimes takes extraordinary effort. Laziness is frequently disguised as busy-ness. When we say we're too busy to meditate, are we really? More likely, we're just being lazy.

You may have heard me say the fun quote:

"If you don't have 15 minutes to meditate, then meditate for 30 minutes!"

To overcome laziness, **remember WHY** you are meditating. **Recall the benefits you receive from meditation.**

Finally, the better you get at meditating, the more likely you are to do it!

### 2) Lack of Focus

Sometimes we just can't stay focused. We sit down to meditate on the breath, but ten minutes go by and we've noticed just about everything but the breath. Without an intention, you're not actually meditating. You're just sitting still and thinking, although it might feel nice.

To meditate is to intentionally focus on the direction you want your meditation to take. Be clear what your intention is each time you sit to meditate.

### 3) Lack of Rectification

Sometimes it takes a loooong time before we notice we've become distracted. Sometimes we notice we've become distracted, but it takes us a while before we turn our minds around, back to the instructions.

When we notice distractions, but let them go unchecked, we're falling victim to the wandering mind.

Remember, the practice of meditation is in the turning around.

Mindfulness is great, but only in that it changes our behavior.

### 4) Lack of Effort

The final stage of meditation is when you reach 'practiced ease'. With desire, practice, and focused intention, we reach a state where everything is perfect. We practice often. And when we do, it's not that we're no longer distracted, it's that we notice it right away, and then come back to the direction.

Meditation feels joyful because we've gotten good at it.

**Try the following meditation**, and then answer the questions below to bring greater awareness to your experience.

Sit comfortably in a quiet place

Breathe quietly in and out through your nose

Commit to noticing your breath for a set period of time, setting a timer is recommended

Define the direction of intention for your meditation

Recognize that you've overcome laziness and busyness

Rejoice in the fact that you are here, and that you're committed to staying  
Continue to watch the breath  
Any time you notice the mind has wandered, remember the direction  
Return to watching the breath  
Notice the quality of your attention to the breath  
If you notice that your attention has become too dull, or you've become too agitated, rectify right away  
If you notice you're off chasing pleasant thoughts, or fighting against unpleasant ones, rectify right away  
Continue to stay present with breath, equally aware of the quality of your attention  
Adjust the quality of your attention as needed  
Once you feel you have reached 'lack of effort' or 'practiced ease', settle in this energy and enjoy!

### **Journal now...**

A) What did you notice?

Describe your experience with the meditation in general.

B) Do you meditate as often as you'd like to?

C) On the days you do not meditate, what is the reason?

D) In what ways might the above reason relate to the problem of lack of motivation, laziness or busyness?

E) Describe what "lack of focus" means to you?

F) What's more important, never forgetting to refocus, or returning as soon as you notice you've forgotten?

G) Describe what "lack of rectification" means to you?

H) Name 1-3 ways to find balance during meditation when you feel agitated or restless

I) How might you avoid chasing pleasant thoughts during meditation?

J) How might you avoid fighting against unpleasant thoughts during meditation?

K) Why do you think “practiced ease” is called that, and not just called “ease?”

In our mindfulness practice, we’re asked to balance acceptance of where we are right now, with the desire to do better. Where you are right now is perfect. And yet, we can continually refine the quality of our attention.

As goal-oriented humans, we can use our attraction to goals as a carrot in improving our meditations. Our desire for practiced ease in meditation can act as a carrot, encouraging continued effort along the path.

The better we get at overcoming our laziness, sticking to intention, and refining the quality of our attention, the more likely we are to continue meditating daily.

=====

### **Affirm Your Connection**

Repeat the following exercise for 5 days in a row without skipping any days. If you miss a day, please start over period

Light a white candle. Then, focus your energy and breathe according to the following pattern:

Breath in to the count of 4

Hold to the count of 4

Exhale to the count of 8

Repeat the breathing pattern three times.

Then read the following request three times:

=====Dear Divine Presence, God/Spirit/Universe,  
Dear Higher Self, Spirit Guides, Mentors, Teachers, Archangels, and Angels,

Recognizing my entire being on all dimensions and energetic planes, throughout space and time, I ask for your support on all levels of my being, on the conscious, subconscious, in superconscious levels, in order to:

- Create a clear channel of communication and manifestation between my subconscious and conscious levels, and my Higher Self
- Ensure that all my levels are 100-percent connected and in perfect alignment, at all times working together in cooperation towards my highest path and purpose
- Realize an easy and harmonious connection and conversation both ways (from my subconscious and conscious levels to all of You and from all of You to my subconscious and conscious levels)

For my Greater Good and the Greater Good of all, I command this intention to be carried out with Joy, Light, and Love.

Thank you thank you thank you. =====

=====

## **Supercharge Your Pendulum with Vital Force**

Breathing as explained above (4 counts – 3 times)

=====Dear Divine Presence, God/Spirit/Universe,  
Dear Higher Self, Spirit Guides, Mentors, Teachers, Archangels, and Angels,

In the name of Divine Truth, Light, and Love I place the intention of this pendulum that it relay all information exclusively from my Higher Self unless I give specific permission that it be otherwise.

Let all information align with Divine Truth and before my highest good and great is good and the good of all beings everywhere period I command that this intention be carried out with with Joy, Light, and Love.

Thank you thank you thank you. =====

=====