

Class 2 - The meaning of life

*Meditation brings wisdom; lack of meditation leaves ignorance.
Know well what leads you forward and what holds you back, and
choose the path that leads to wisdom. - Lord Buddha*



In Summary

This class is about the mechanics of meditation and dispelling the myths.

- *The tension loop confuses busy-ness with meaningfulness.*
- *The answer to the meaning of life can be found by asking what puts meaning into your life so far.*
- *Real love, real learning and real happiness do not come from outer things as our world says, it comes from within*
- *'Aah' moments are moments of real meditation where we are intuitively experiencing.*

The 2nd class can be on the same day or the next week depending on your pacing.

Make sure you have read class 2 from the online course. It is essential that you spend some time on revision of the last class before moving on to the next.

This is a time to even reintroduce yourself if you think it is necessary and quickly get everyone back on the same page. You should do this for every class.

Don't forget to do your meditation prior to the class, your visualisation of how the class will unfold and most importantly your surrender to your creative source (God, the universe) to be an instrument.

The revision should be sharp, concise, amusing (if possible) and most importantly should re-engage your students. Try to remember funny things that happened or that people said and use them as cues for people to connect with. Make sure you know everyone's name if it is a small class or use name tags and personalise this process as much as possible.

The important points to remember from the first class (*check the summary of the first class again*) are;

1. The importance of a daily meditation practise (self teaching)
2. Three steps - superficial mind, analytical mind and then intuitive 'Aah' experiences of the heart.
3. The monkey mind wants to strain and focus as though it is hard work
4. Heart's concentration is letting go, relaxing, being comfortable in our own skin and letting ourselves surrender to our natural state of calmness, serenity and love.
5. Breathing guided meditation
6. The highest experience in every endeavour is an 'Aah' moment which is of course the moment of meditation.
7. Meditation is extremely simple do not complicate it or make it mysterious.

A visual example that might help

I use a visual example where I ask everyone to stand at the edges of the room. And I tell them the candle (at the centre of the room) is their heart and we are standing at the walls of the ego.

1. Most of the time we look out past the walls away from our heart at all the 'doings' of the ego. We are '**human egos doing**' and we are trapped in time and what we have 'done' or will 'do'.
2. Then I ask them to turn and face the candle and take a few steps to the candle and I explain this is the meditation process. We are concentrating on one thought, imagining peace or love or whatever and looking at our heart. We are beginning to enlarge our ego feeling love and entering into the present moment free from the imprisonment of our past or future.
3. Take a few more steps and tell them now we are meditating we are '**human beings**' because we feel we are in peace or love and no longer just imagining those feelings. This is the aah moment of meditation where we actually 'are'.
4. Take a few more steps until you are all very closely encircling the candle and explain that this is the moment of great love where we realise that we are a part of each other. There is a oneness and a complete awareness of the present moment. Nothing to do we are '**divine beings**' all a part of each other. The candle is a kind of vortex that infinite love flows from and joins and empowers us all.

Spend no more than 10 or 15 minutes on the revision using it as a time to re-establish your connection and re-engage your students. To finish the revision especially after the first class it is a good idea to quickly recap one of the exercises. In this 2nd class spend a moment explaining that this is the meditation exercise that they should do every day this week, that they can add others if they choose but for every day this week this is a good start. This should be the breathing exercise you taught at the start of the first class.

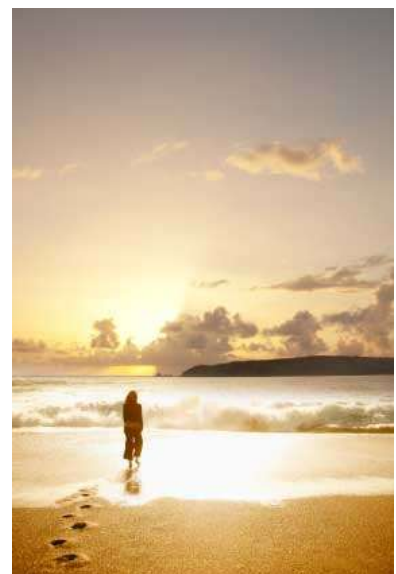
The Meaning of Life

Read about the **tension loop**. There are a lot of important ideas here that people often find they want to discuss.

Move on to talk about the **meaning of life**. Read the whole class and see what inspires you here. To me, one of the important points is that the answer might be extremely simple.

A great exercise is to simply ask people what moments have been meaningful in their lives so far. That if their life was to flash before their eyes ask them to be honest and reflect on what moments might be remembered. You will be able to reduce everything they say to moments of love, learning or laughter.

Be careful to emphasise that we have shown each other that the reason loving, learning and being happy are meaningful is because they are the qualities of the heart.



Spend some time with the last important point that our world thinks of those three qualities in outer ways, but that the real reality of all three are spiritual qualities. People always love this point so spend some time here.

See if you can drill even further down and show them that real learning and happiness are also moments of love, so it is all about love.

The exercise - the drop

Use the script from class 3 exercise to guide this meditation or use the guided meditation mp3 and refer it back to the points made in the class about love.

The wrap

In this second class it is important to begin the process of leading from behind. Try and get people started and guide them but more and more you are becoming a helper and guide rather than a teacher.

As the classes continue your role becomes more and more to paint yourself out of the picture by empowering your students to have a growing faith in their own inner dialogue and intuitive understanding. After the exercise you might like to have a rest and just ask how every one's meditation is going. Are they having any issues?

The main questions that arise are usually;

1. **"I can't meditate, my mind is going at a million miles an hour"**
 1. **Possible answers** - Our ego does not want to change. It fears change. So it resists with all sorts of really 'important' things we have to do. Write a 'to-do' list if you have to, but then be kind to yourself and ask yourself to realise that it is safe, it is ok to relax and be in our heart and it is time to take a break.
 2. Ask if anyone else is having the same problem. Most people will put their hands up. This is very normal. This is the fastest paced society there has ever been.
 3. Explain that it is important to relax by being much kinder to ourselves. Try not to over analyse what is happening or to be too critical, just relax and let it happen. Meditation is not something we do, it is a time we just pause and let ourselves be who we really are. So don't try and make anything happen.
2. **"My back hurts" or "I can't sit still"**
 1. **Possible answers** - More resistance. The more fidgety or uncomfortable a person is, the more likely the ego is resisting handing over the reins for even a moment or two. Ask them to realise that it is safe to meditate, all we are doing is entering our own heart, a place full of love and harmony
 2. The only important thing is to have your back straight and vertical if possible, so sit in a chair or against a wall. If someone is really uncomfortable, lie down, but mostly people will fall asleep if they lay down so let them know this and ask them to as they practise more to eventually sit up. Falling asleep is not entirely an undesirable outcome as for many to really relax might be their starting point, but eventually we are coming to a place of more awareness, not less.