


Class 18 - The life changers

• [Preparation](#) • [Exercise 18](#) • [Download Music for Meditation](#) • [Print this Page](#) *I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures. - Lao-tzu*



Goals

In class 18 you will:

- discover the power to make any change you choose in your life, and lift your life to the highest possible you!

Firstly we would like to take this opportunity to thank you for getting this far. It is now the eighteenth class and you are continuing to offer us the gift of your attention.

We do not receive that gift lightly.

We respect that your investigation of the art of meditation comes at a time that is critical to your life.

And we want you to understand that we are deeply grateful for the opportunity. In this class more than any other, you will find the methods to make any transformation in your life. All of us need realignment from time to time, and most of us must make huge wholesale changes.

The Life Transformers

In my own life, I came to a point where I was amazed at how little I knew about how to increase the quality of my life. I was happy, but I was not getting any happier, and I had no idea how to increase my happiness.

I decided to 'stop everything' until I did understand. I read and went to classes and workshops, spoke to people, Hare Krishna's, Jehovah's Witness, Muslims, Sufi's, New Age Guru's, Christians, Pentecostals – and from them all something was gained. Little insights that drew me closer to knowing a little more about myself. We live in a fantastic time. We can explore all these philosophies so easily. Amongst all this I found meditation, my spiritual teacher and my path.

That decision to 'stop everything' was the best of my life. I stopped thinking about my career or my job or my studies and made a solid commitment to me. I decided to not take another step until I had at least a pathway to success.

Many of us are so caught by the 'things' we do every day that we never get time to look at ourselves. We've got a job and a family and 'things' that take up every moment of our time. It is almost as if someone decided that if we keep ourselves so busy we won't have time to reflect upon what we are doing, or the real reasons for us being here.

So I would like to recommend to you to really be open to wholesale transformation. Many of us would like to be happy or more loving or more in control of our lives, but few of us are ready to do anything about it. That's not anything more than an idle wish and the chances of it actually happening are extremely remote. For real transformation to take place in our lives we need to really make a solid commitment, a concrete decision and then **act** upon it.

The Heart

We all know our physical heart pumps our life blood around the body. Blood supplies all parts of our body with the oxygen and nutrients we need to stay alive. It also carries away waste and infections. The big superhighways that transport blood are known as arteries while the smaller branches are capillaries.

We also have a spiritual heart. Its blood carries our wishes, our hopes, along tiny capillaries - very close to the surface of our life. Committed decisions, however, travel along larger branches and solid life-directions along huge arteries. The difference with the spiritual heart is that it is extremely flexible. New capillaries and even arteries are created often by us by the conviction of our choices.

Did you know that tests have been done with people with what is called multiple



One man with a show of courage, perseverance and a committed choice, peacefully orchestrated progress, development, trust and understanding not only in one nation but in the whole human family.

personalities. It has been shown that birthmarks can appear and disappear, illnesses such as diabetes, appear and disappear, even eye colour can change from as contrasting as brown to blue.

Do you see how powerful our committed choices are? How authoritative these spiritual arteries?

If you think about these arteries for a moment, these are the freeways that are feeding every little branch, every little capillary of our spiritual lives. They are created by our thoughts, intentions, decisions and intuitions. Can you imagine what might happen if we were to create arteries that were going in a wrong direction. Arteries that lead not to a vital spiritual organ, but to a dead end or to an open wound.

For example, if we spent all of our time worrying about how others thought of us, we would direct all of our energy to something that could only lead outside of ourselves. Spiritually it would be like a dead end. That energy would be endlessly flowing out of us to something we had very little control over, continually draining our consciousness or overall state of mind. Or imagine if we continually found ourselves hating people or finding enemies, all of our spiritual blood would be directed to what are essentially spiritual open wounds. We could bleed ourselves to our spiritual deaths.

If our focus in our life is not clear than that is exactly what is happening. Many of us are plainly spiritually haemorrhaging. Think about someone you might know. It might be a divorce, or a death, or resentment, or fear of failure. We're bleeding to death with no one to help.

Now be honest with yourself.

We need to understand our own heart very, very clearly. We need to know how we can increase blood flow to some areas and redirect it to others.

Your wishes are tiny capillaries, so fragile and weak. I would like to suggest that you never wish for anything again. If it is worth your attention, and you have reflected upon its importance to your life, then create an artery for it. Practise and practise directing your spiritual energy to it – this includes making an absolute solid and committed choice, a strong and unyielding decision, then acting. Practising until you become very skilled at your spiritual disciplines. Acting over and over again, to reinforce the decision, physically, mentally, emotionally and spiritually.

For example, if you have decided to meditate every day, physically create a place to meditate, physically get yourself up every morning and physically sit yourself down. Do not think about it, don't procrastinate, act!

Mentally change your attitudes about meditation, mentally visualise yourself as a meditator, mentally practise your concentration.

Emotionally lift yourself. Practise creating emotional triggers and associations that are tied to the meditation practise. Get passionate, get excited, get motivated when it is time to meditate. Practise it over and over again. Identify with how you feel when you are in your highest meditation and use it as the starting point for your next meditation. Reflect upon how badly you feel about yourself if you don't meditate, make emotional associations with not meditating that make it totally unpalatable.

We need to train ourselves to our highest life.

Spiritually value your intuition. Remember your dreams. Reflect upon your 'aah' moments, upon your meditations. Spiritually contemplate the coincidences, the chance meetings, the word that was said, the sunrise, the sunset. Practise and practise and practise.

Exercise 18

Getting to sleep

Prepare for your meditation as usual

Many people ask us about how to go to sleep easily and to offer the best opportunity for spiritual dreaming. Please make yourself comfortable at your meditation place and the first thing we need to do is concentrate on our breath.

As usual we're taking longer, slower and deeper breaths. Gradually shifting our awareness from our mind to our heart. Once you are comfortable I would like you to reflect quietly on what you have been focussing on today. In your mind's eye you might like to run through the events of the day.

Perhaps there were 3-5 things that you were working on during the day. Please write them down leaving 3-4 lines around each thing.

Then I would like you to look at the first item on your list, and place it inside your heart.

Gently reflect upon where it is at. Is it resolved? Are you worried about a problem with it? Do you need help?

If it's not resolved please decide that you are not going to do any more work on it tonight, so please reflect upon exactly what actions you will take tomorrow to get this issue closer to resolution.

See each action within your heart. Go through a process of signing off each proposed action inside your heart, and then write the action down next to where you have listed it.

After you have written down all the actions for that item feel that you have completed the task for tonight. Let it go.

Work through your list in this manner.

Ticking off resolved items with real satisfaction and those unfinished with objectivity and intuition.

Remember that you are not going to do any more work tonight – all we are doing is reflecting upon the actions we will take tomorrow to get those issues closer to resolution.

See each action inside your heart and go through the process of signing off each proposed action inside your heart and writing the action down next to where you have listed it.

Then just relaxing for a few minutes begin to reflect in a similar way on any more longer term unresolved issues that may need your attention.

You might be worrying about your career, rent or a relationship. In the same way, take a moment and write those things down.

Then let's go through the process again. Gently reflect upon where it is at. Is it resolved? Are you worried about a problem with it? Do you need help?

If it's not resolved please decide that you are not going to do any more work on it tonight, so please reflect upon exactly what actions you will take tomorrow to get this issue closer to resolution.

See each action within your heart. Go through a process of signing off each proposed action inside your heart, and then write the action down next to where you have listed it.

After you have written down all the actions for that item feel that you have completed the task for tonight. Let it go.

In this way we are coming to a place where all the things we are worrying about, all the things that are taking up energy when we are trying to go to sleep or even to meditate have been given an endpoint.

We are able to say to our mind, to say to our consciousness, 'these issues are resolved for today, these issues are finished for today – this is an endpoint'.

And then what I would like you to do is to lay yourself down on your bed and picture a golden light flowing into your heart. Feel that upon that golden light is travelling infinite love, infinite peace and infinite joy.

Feel that any darkness that we have in our lives – whether it be a physical illness, or our mental worries, doubts or emotional pain – just feel that this golden light is illumining that darkness. Feel that golden light flowing into your heart and see yourself beginning to glow. Feel it radiating right through your body.

See that light flowing into your legs and hips and chest and shoulders, down to your arms and hands and each finger. Releasing the darkness, releasing the tension, whether it is physical, mental or emotional tension. Transforming that darkness forever. See yourself as a glowing being radiating light. All the darkness in your life is being transformed by this light.

You are calm and at peace.

To listen to Exercise 18 click here (to save to your computer just right click and select "save target as" or "save link as") [any problems click here](#)

Summary

During this eighteenth class you will have;

- perhaps decided to 'stop everything' and address the changes you need to make in your life.
- realised that you have an immense power within you that is framed by 'committed choices'
- slept better