

## **Becoming the Object You Seek**

A few suggestions for beginners at meditation.

By: Max Strom

Sometimes when we first attempt meditating, we can feel like a young child sitting in a lonely room with our eyes closed. It can feel boring, stifling, and ultimately pointless. And then we read in meditation books to, "Quiet the mind! Quiet the mind!" Well, that sounds good – but HOW do you do it? No matter how hard we try our mind can keep hounding us like a demon, plaguing us with negative thoughts and worries and resentments. How do we make it stop? I have a few suggestions. First suggestion: Use the mind to trick itself into stillness. Why don't we use the mind itself to solve the problem? Instead of corralling the wild animal, we will ride the animal. The enemy will become our ally. For instance, if when meditating, your mind keeps lurching into the future and you keep thinking about your job - let's say you're fixated on a problem with your boss. In your imagination, allow your mind to go to your workplace. Walk into your office, and in front of your boss and all your co-workers, sit on the floor and begin meditating. See the expressions on their faces. Then if your mind travels somewhere else, the second you realize it, sit down in this particular dream world and meditate there. Continue this process and eventually the mind will give up and allow you to sit in peace for a while. Second suggestion: Use your emotions For those of you who are more emotionally based, you may find it a more powerful experience to use your higher emotions for a heart-centered practice. Instead of focusing on clearing the mind, and trying to be still, and trying to see God, or Spirit, focus on the Heart Center as if it were the center of our being, and not the intellect, which thinks it is the center of the universe. And inhale into that. Then slowly exhale. Now, focus on the Source, the core

of the core of your heart, the Source of your kindness, the place from where it springs forth. Allow this kindness to radiate outward into the room. And now imagine that this source is the Source of kindness for the entire world. The wellspring of kindness and compassion, for the entire earth, the whole planet, for every creature. All kindness, all gentle wisdom springs forth from your heart. Radiate this healing energy out to heal the world. And breath. This meditation can be very revolutionary, because often if we focus on the darkness and hope light comes in, our true focus is on the darkness and so that is what we continue to see. In other words the mind is busy trying not to be busy! The mind is so literal. But if you focus on your heart, what have you just located? It could be said that you locate the God within your own heart. So, you're not searching for it anymore, you've become, in essence, the resting place, the temple of God. Does this practice make you still? Of course it does. Does it help you heal? Of course it does. Does it make your mind quiet? Yes. And all of these powerful benefits occur as side effects. You have become the object you seek. Afterwards, be in no hurry to leave your meditation and reenter the material world. Try not to rush away from your feelings. Instead, feel the energy you've collected in your heart center and cultivate it. When you do finally go back out into the world, keep the calmness, so as you meet others they may become calm as a result of contact with you, instead of you becoming stressed from contact with them. In this simple way we can affect the world. In our own hearts we reach out to heal the world and by doing so, heal ourselves.

– Max Strom

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