



WAKING/SLEEPING MEDITATIONS

Most practitioners of meditation will do these from time to time, really no matter what. But what we have discovered, again, is that doing either of these with an eyemask increases the profound depth and beauty of it astonishingly, and almost inexplicably.

There is nothing simpler than these meditations. In the morning, just as you are waking, you are still in the process of re-acclimating to being present again in your body. The brain-waves are slow and relaxed, and you really still do have access to realms your consciousness had been visiting with or without you're being aware of it.

If using an eyemask, put it on the moment you awaken but keep your eyes closed. We know. This makes no sense, but neither does the idea that this discovery of eyemasks turns them into a living entity directly programmed for your meditations. We don't know why it works, just that it does. Just lie flat on your back and let the magic happen.

If not using an eyemask, just close your eyes.

In either case, you can use your slow and even breathing to put your attention on, but this should not for the most part be necessary. Most go into profoundly deep and beautiful spaces without even trying, again especially with the eyemasks.

Upon going to sleep, it works the same way but for keeping the eyes open within the eyemask. Lie on your back and keep your eyes open as long as you can, or, if it looks like you'll just stay awake for longer than you want, go ahead and close them after about ten minutes. If you need to quiet the mind, use the mantra discussed here or use your slow and even breathing to get empty. Naturally, you're going to go to sleep, but just before sleep you'll find yourself in an expansive and completely empty space, often accompanied with images coming to your mind's eye, possibly even symbols. You might be vaguely aware of this space just before you drift off, or if well practiced you'll remain there until the experience is interrupted with some sort of thought.