

QUIETER

(Not quiet)



A Meditation Protocol

FOR BEGINNERS

You

If you are like most people, meditation is not your first priority. You probably have a job, a family, and not much time. It's probably not even meditation that you seek; but it's promises of calm, clarity, and focus.

If you have tried to meditate, you probably discovered that these benefits aren't as accessible as you'd like. Frustration may have set in. What you hoped would be relaxing may have done just the opposite.

Quieter, Not Quiet assumes that meditation is not your first priority. It is designed to fit in with busy lives where meditation is the 6th, or even 14th priority. With realistic expectations and frequent opportunities for success, *Quieter, Not Quiet* can help you discover a meditation practice that works for you.

Sticking with the topic of *you*, please take a moment to complete the questionnaire on the next page.



———— MEDITATION ————

Questionnaire

Why meditation?

What is meditation?

If you have tried meditation, how'd it go?

QUIETER (NOT QUIET)

Working Out

THE MIND

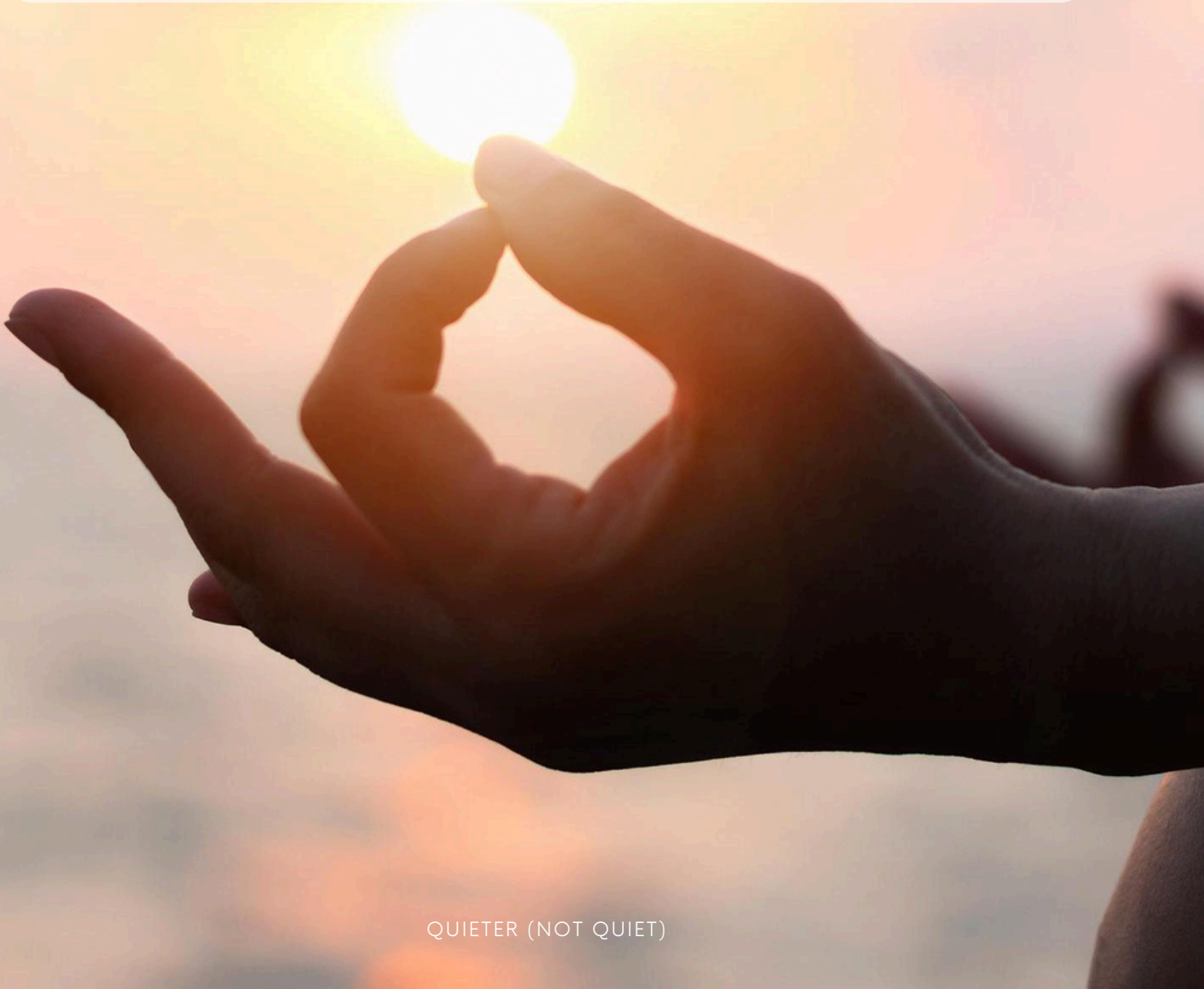
Meditation is a workout for the mind.

If we want big, strong muscles, we go to the gym and train our body. If we want a calm, focused mind, we meditate.

Some of us are naturals; most of us have to work at it. *Quieter, Not Quiet* is for the majority of us for whom it does not come naturally.

The good news is that with a little patience, real progress is achievable.

The mind is ready to be trained.



My Story

My initial experience with meditation was one of frustration and failure. My success rate was near 0%. I simply couldn't quiet my mind. What I hoped would reduce anxiety only caused more, and so I stopped. Then the promises of meditation drew me back. And so it went for a couple years... Start. Stop. Start. Stop. Start.

The fundamental change for me came with a reinterpretation of what success was. This new concept of success led to what I now call Quieter... Not Quiet.

Here's something I wrote while I was struggling to find my way into meditation:



This isn't exactly right, but it gives you a glimpse of how I was thinking when I finally started making progress.

*When meditating, all you have to do is fail.
Once you have failed, you succeed.*

*You sit for five minutes, thoughts creep in
your head, you try to keep them out, but
they keep showing up.*

*You fidget, you fail.
You fidget, you fail, you fail, you fail.*

And then you've succeeded.



My Story (cont.)



As I interacted with more advanced meditators, I began to realize that **almost no one actually quiets their mind**. A truly quiet mind is like Dalai Lama-level stuff. It's the equivalent of LeBron James in basketball. And that's actually good news. We don't need a quiet mind to enjoy the benefits of meditation, just a quieter one, and **quieter is something we can all achieve**.

What's more is that meditation yields many unexpected benefits beyond those that most people are hoping to achieve.

Thoughts aren't failures. That's what my passage got wrong. Each awareness of thought is actually a great success. And if we approach meditation this way, we can succeed many times in a single session.

And now... let's begin.

QUIETER (NOT QUIET)

Phase 1

THE FOUNDATION



Sit

- Comfortably. Whether it's cross-legged, on a cushion, in a chair, or at the edge of your bed.
- The goal is a seated position that isn't disruptive.

Breathe

- We're using an SN5 Breath.
- S stands for "soft."
- N stands for "nasal."
- SN5 is a soft nasal breath of about 5 seconds in, and 5 seconds out.

Stay

- In the beginning we are not trying to empty our mind, focus, or even relax.
- Just stay. That's it. Our only goal here is to overcome the impulse to get up.

Phase 1 develops the physical aspects meditation. You can do this. Then, with this foundation in place, you will be ready to succeed with the mindful aspects we turn to in Phase 2.

Progress

MONITORING

Sit

1 = very hard 12 = got it

1

12

Breathe

Stay

Comment / question:

Target number of sits per week? 1 2 3 4 5 6 7

Phase 2

AWARENESS

Release

Release means letting go - letting go of what you want from meditation. It is a continuation of “Stay” from Phase 1. Having worked through Phase 1, your want for calm, clarity, and focus may have grown. This wanting gets in the way of getting. Please release, and trust the process as we build on Phase 1 with awareness.

Awareness

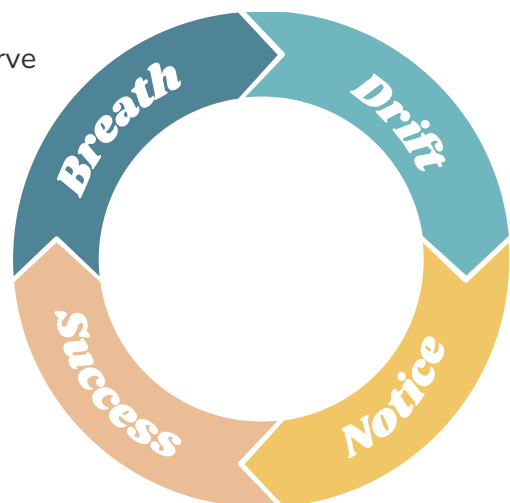
Our minds wander. When we realize our mind has wandered, this is awareness. More specifically, this is awareness of *thought*. Each time this happens is a big success. To practice awareness, we will continue with the Phase 1: Sit, Breathe, Stay mechanics as we cycle through four steps:

Breathe: Draw your attention to your breath. Observe your breath as you softly inhale and exhale.

Drift: After a couple breaths, your mind will wander, or drift.

Notice: At some point after your mind has drifted, you will notice that you are thinking about something other than your breath. This is thought awareness, and it is a big deal.

Success: Acknowledge your success. You might even smile gently. Then repeat the cycle by drawing your attention back to your breath. This step is very important. It's what changed the game for me.



Phase 2 builds on Phase 1. Developing thought awareness is a *big deal*. Other significant things are also happening during this process. They are abstract, so we will wait until later to dive into them. In the meantime, know that all sorts of good stuff is happening during Phase 2, so please, don't rush it.

Progress

MONITORING

Sit

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1

12

Breathe

Stay

Release

Awareness

Comment / question:

Target number of sits per week? 1 2 3 4 5 6 7

Check In

Once you have developed some proficiency with Phase 2, please check in.

Email me at Rick@beatupthesun.com and let me know how it's going.

I'll probably suggest a short meeting over Zoom. A bit of feedback is needed to properly guide you at this point.