

7 Meditations



Steven S. Sadleir

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Other Books By Steven S. Sadleir

The Awakening, (SAI, 1993)
The Calling, (SAI, 1994)
Looking for God, (Penguin, 2000)
Wake Up, Live the Life You Love, (Little Seed, 2005)
(Co-authored with Deepak Chopra and Dr. Wayne Dyer, et. al.)
Self Realization, (SAI, 2005)

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Introduction

It is no coincidence that you are reading these words right now. Your spirit led you to this moment. Your spirit is calling out to you to realize your full potential. You are part of a small, but rapidly growing segment, of the population that is enlightening. Together, we are creating a critical mass of awareness that will shift the collective consciousness of humanity so that we can all live together in happiness and peace. The Kingdom of Heaven lies within; as you realize your Self you realize the presence of the Divine within you and around you...everywhere. Go within to the part of you that already knows this.

This little book contains seven powerful meditations that will help you access your own innate intelligence, awaken your latent faculties of higher awareness and enlighten your consciousness. Your destiny is fulfilling itself.

Self-Recognition

The most powerful meditation is simply to recognize that part of you that is interested in meditation, and to realize that you are being guided to full enlightenment of your consciousness.

Get in touch with the volition that is causing you to read these words and reflect upon their meaning. That which you are seeking is causing you to seek. Go within and acknowledge that part of you that has been, and is, guiding you to realize your full potential and fulfill your life purpose.

As you are reading these words and reflecting upon what they mean, some part of you that already knows who you are and why you were born is making conscious contact with you. Observe this self-reflection.

You already instinctively know that the answers lie within you. You innately know that the source of happiness and peace lies within. In the core of your being you know that you have a purpose to fulfill. Get in touch with that. Look within and realize that the very spirit that is guiding you to look within is who you are.

How far from your house do you have to go to find your way home? You couldn't be anything other than that which you are. Realize that which is causing you to read this. Allow your mind to recognize the consciousness that is directing your mind right now. Take some time each morning to acknowledge that which you are, and allow this awareness to fill your day.

The Power of Breath

You personally don't make your own heart beat. You don't cause your cells to regenerate or direct the myriad of physiological activity that occurs within your own body and mind. There is an innate intelligence, life force, or spirit that has created you and is sustaining your life on Earth.

As you breathe you take in energy. You know this intuitively, for as you exert yourself you start breathing more and when you are not consuming as much energy your heart rate and respiration naturally starts to slow back down. Between the north and south poles lies an electro-magnetic energy field that supports all life on the planet. You can detect it with a compass.

The same life force or spirit that is animating my existence is also animating yours. Observe this life force within yourself. Take a deep breath and feel your connection with your spirit. Release your breath and give yourself over to that which causes life within you. Feel your life force energy; that which animates your existence is you.

Breathe in and open yourself to receive the grace of that spirit's presence within you. Breath out and surrender all your resistances, mental attachments and fears. The more open you are to receive, the more you will receive. Keep breathing until you can feel the energy alive within you. Let your mind behold that which you are.

Any time you feel disconnected, out of touch with your self or not at peace, simply take a few moments to breathe consciously and let your spirit take over your life again.

A Heart Opening

The only reason that most people really have no idea who they are is that they have become attached to their old ideas of who they thought they were. You are not the sum of your minds' programming, your emotional responses or life experiences; you are that which is conscious of it.

Your spirit knows who you are and is guiding you to realize it. Open your heart to receive the insight and awareness of who you are; to the degree that you are open to receive you will receive. There is no trick to it; only the sincerity of your practice and commitment to your realization is necessary. It's as easy and effortless as you make it.

The key is in learning to surrender and allow the part of you that already knows who you are to further guide your body and mind back to the source of life itself within you. Ask and you shall receive, the fact you are reading this indicates that you are already being guided. Simply be mindful of this presence within you and cultivate your awareness of it by reminding yourself each day.

Each day open your heart a little more, allow yourself to feel the grace, the love, of spirit to permeate your being, and surrender any and all limiting thoughts, fears and resistances. Allow this loving feeling to integrate into your thoughts, words and actions, and share the compassion of your own intrinsic higher nature with everyone you see, everywhere you go, all the time, every day.

Your 3rd Eye

Sit up straight but comfortably in a position that you can enjoy for thirty minutes or more. Take a deep breath and close your eyes. Imagine you were stepping into a hot tub and allow your body and mind to thoroughly relax.

With your eyelids closed, allow your eyes to gently roll up and gaze into the dark screen of your mind at the point between your eyebrows. Rather than looking for a visual impression, attune yourself to the subtle current of life force energy that is developing at the point between your eyebrows as you direct your attention there.

This feeling is your homing beacon. Tune into the feeling and let it be your guide. As you focus your attention at this “3rd Eye” point, your spirit will guide the meditation for you. So rather than trying to meditate, you simply allow your spirit to meditate you. Any effort you make to stop your mind only encourages your mind. Simply sit back and allow this pleasant feeling to guide you into increasing happiness and peace.

Focusing your attention at this point between your eyebrows initiates a natural biofeedback response that lowers your heart rate, respiration and other metabolic functions, as well as, rapidly clears your mind and brain waves. You will also begin to more fully develop their area of the brain associated with higher consciousness.

If you imagine I am touching you at this point between your eyebrows, my spirit will join you and guide you. This makes it much easier, effective and enjoyable. We will allow our spirit to guide us both.

The Witness

Take a moment to close your eyes and observe the thoughts that pass through your mind. Without trying to stop your thoughts, simply observe how they come and go like clouds passing through the sky.

Close your eyes again and imagine a pink elephant. Observe this elephant as if you were watching a movie or television show. Your brain is projecting the image of the elephant on the screen of your mind. Observe the projection of mental activity. Now, observe the part of you that is observing the mental projection. Observe the observer observing.

You are not your mind. You are that which is observing your mind. Observe that part of you that is witness to all the mental and emotional activity occurring in your mind. Step back from the activity and observe thought as energy passes through fields of neurons in your brain. Who is observing that mental activity?

Turn your awareness around 180 degrees and observe the witness of your mind. Be conscious of that which is conscious of itself. Just be conscious of your consciousness. The more conscious you are of your own consciousness, the more your conscious evolves...the more you awaken.

Throughout the day observe your state of consciousness; observe your mind. Be the witness of your mental activity, moods and behaviors. Be conscious of your consciousness and watch yourself awaken.

Who Am I?

Reading these words is evidence that you are in the midst of awakening your consciousness. What part of you wants to awaken, enlighten or find greater happiness and peace? Ask yourself this question: Who am I? Enquire into the nature of the one asking itself the question. What part of you wants to know? Go there.

You couldn't be anything other than that which you already are. Your true Self is already realized. It is only your mind that needs to know. Get in touch with the part of you that is curious to know. Connect with the desire to know your Self. Allow your mind to behold that which is reaching out to you even now as you are reading these words.

Look within; enquire into the nature of your Self. Use your mind to transcend the mind by realizing that you are not your mind. Step back from the whirlpool of mental activity, as if you were floating above it. As you disengage from your mind it slows down. As your mind becomes clear, like a placid lake, inner clarity develops and that which you are becomes apparent.

If you wanted to know what you look like, you would look into a reflection of a mirror. Similarly, to know your Self you have only to reflect upon the nature of your self. What part of you can self reflect? Who wants to know? Go there, and be.

Being

The apparent difficulty for most people meditating is in trying to do something to get to some place. The effort of doing anything is to deny what already is. Meditation is not a doing, it is being. Who's the "you" who's trying to do? Any mental effort to stop your mind or attain a higher state gets in the way of being.

You already are that which you are. Cease denying or ignoring what already is. Surrender the doer and allow yourself to simply be. You can even surrender trying to surrender for you already are. Your true Self is already realized. That consciousness brought you to this page and to this moment. Be still now. Simply be.

Be with me. The same volition that inspired me to write these words for you to read and reflect upon also guided you to be reading them right now. In this moment we are one, in spirit. The same life force that animates my existence animates yours too. We are all one in spirit; we are all extensions of the same expression of creation...like leaves on the tree of life.

With your eyes closed in meditation, lift your hands up and face your palms out as if you were trying to feel an energy being sent to you. Connect with me in spirit, and observe the feeling in your hands. It may take a minute; you will feel a gentle current or tingling. One you are tuned in, I can guide you to deeper levels in your meditation. This makes it easy, effortless and enjoyable. Let us meet you within the silence and enjoy the bliss. May the whole world live in happiness and peace.

About the Author

Steven S. Sadleir began meditation as a child and spent over thirty years studying with various meditation masters and has been trained by several enlightened masters to teach. Mr. Sadleir is author of numerous books including *Looking for God*, a compendium of the world's spiritual teachings and teachers. He is director and co-founder of the Self Awareness Institute in Laguna Beach, California, and has trained thousands of people from all over the world to meditate and to teach meditation.

For more information on Steven's distance learning programs, teacher training, retreats, other books, CD's and other course and products contact the Self Awareness Institute at 949-497-9954 and sign up for a free MP3 and On-line class by registering at:

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