



Meditation Primer

Finding peace in the chaos of modern living isn't easy, but is more essential by the day. Sometimes we need to push the "off button" on our thoughts, and hit the brakes on that run-a-way freight train that is our ego mind.

Meditation sounds simple, but it's much harder to execute. We're so conditioned to be at the mercy of our surface thoughts; regretful of the past, anxious about the future, or just emotionally off balance in the present. The real key to "prescence" is to not just to "just be" or whatever platitude exists out there. There's a very specific protocol to follow that, if you can make second nature, can really fast track that state of being as close to present as possible.

W.I.R.M.

- Witness***
- Interdict***
- Re-direct***
- Maintain***

As in most practices, the pranayama breath is the key to sinking into that beta-wave right brain state. Our physiology and psychology is intertwined, and as you slow and control your breathing, your body's own parasympathetic nervous system lays the foundation for a relaxed state: slowed heart rate, vaso-dilated blood vessels, relaxed muscle tone.

1.) Witness

As you begin to slowly settle into a patterned inhale & exhale pattern, begin to watch your thoughts as if they were on a movie screen or projector.

No judgement to whatever comes up, just keep a passive observation to whatever comes up. Create the space between "you" and your thoughts, in an internal, third-party observation that carves out awareness for this clear distinction. After all, if you are watching "your thoughts," who are you?

Your thoughts aren't your identity, they're just a part of you. Now follow to the next step.

2.) Interdict

Internally, either by phrase, acknowledgement, utilize some statement that creates a "pattern

interrupt” of your internal witness process. Don’t go down the rabbit hole of thought attachment, but bring yourself back to the here and now. Something like “stop” or “got this.” Super simple and to the point.

3.) Interdict

Often times we “count” the breath, as it helps us to stay 100% dialed in to the breathwork, and away from whatever non-constructive thoughts take us out of the moment. Once we’ve brought on that interdiction, we have to fill that space with the present moment.

Box breathing, guided meditations and other practices not only make you more receptive due to the right-brained relaxation state you are in, but due to the focus and submission to the moment with your conscious focus on the breath.

4.) Maintain

It’s not enough to get “into” presence, but to keep yourself there. Your thoughts will intrude repeatedly and you will face constant shifts back into your usual trains of thoughts. Calmly repeat the above steps, and slowly win the mental war of attrition.

You can reinforce this with a phrase like “day by day, in every way, I’m getting better and better.” Make it personal to you, and have it run in the background like white noise.

Ironically, presence isn’t just a “state.” You don’t just shift into our out of presence. It’s a spectrum and one that requires constant vigilance. None of this is as easy as it sounds, and 20 year buddhist monks would find staying engaged just as difficult in their own space. Cultivate the conditions with practice and habituate your response. The stressors in our lives only have us at the mercy by which we’ve conditioned ourselves to respond to them.

Try out the above 4 “steps” on the following meditation practice below:

(Insert Box Breathing, waiting to upload it)