



Cheltenham Zen 6-week course

Meditation for beginners

Session 4: Who am I?

In this session we looked at how we can use meditation to investigate our sense of who we are, and how that can lead to potentially transformative insights.

This week we have introduced the following ideas:

- **Meditation can bring us insight** into our minds and our lives.
- **On the personal level**, we might notice patterns we've never consciously seen before, and this can help us to let go of unconscious habits which lead to stress and difficulty.
- **On a deeper level**, we learn how the mind constructs our experience moment by moment, and we come to see the world from a totally different perspective, one of non-separation or non-duality. This is what is called awakening, or enlightenment, in the Zen tradition.
- **We each play many roles**. Roles help us relate to one another, and are not good or bad in themselves, but holding a role too tightly can create stress.
- **Self-inquiry meditation allows us to explore our sense of self using a question, 'Who am I?'** We aren't trying to find the perfect answer; it's the questioning itself that leads to insight, not an intellectual solution.

Suggested home practice

This week's practice is self-inquiry, working with 'Who am I?'

As you go through the week, notice when you become discontented, and investigate what's going on. What beliefs or assumptions are in operation? What can you learn from the experience? What does this tell you about yourself?

Guided audio

10-minute and 25-minute guided self-inquiry practices are available at my website, <https://www.cheltenhamzen.co.uk/audio.html>.