



## Cheltenham Zen 6-week course

### Meditation for beginners

#### **Session 6: Being and timelessness, bringing it all together**

In this session we looked at how meditation can help us to step outside of time pressure, and how we can weave together the techniques we've studied.

This week we have introduced the following ideas:

- **Meditating on 'just being' rather than 'doing'** can greatly help to relieve the sense of time pressure and bring joy and freedom into our lives.
- **Open awareness meditation** combines mindfulness, concentration and the total acceptance of an open heart, and so brings together all that we've studied. **True open awareness is clear and bright, not vague and dull.**
- **We can also weave practices together in any other way that works for us.** Take one practice that works for you and run with it, or do different practices on different days, or even within the same session.

#### **Suggested home practice**

A little sitting meditation each day this week, working with open awareness.

Experiment with a three-minute version of your meditation practice.

Look back over the course to see what's clicked with you and what hasn't. Consider how you can bring the useful bits together in a sustainable way for you, and come up with a plan to keep practising beyond the course. Keep at it!

#### **Guided audio**

Two guided open awareness practices are available at my website, <https://www.cheltenhamzen.co.uk/audio.html>, one 10 minutes, the other 25.