

Rational Meditation Cheatsheet

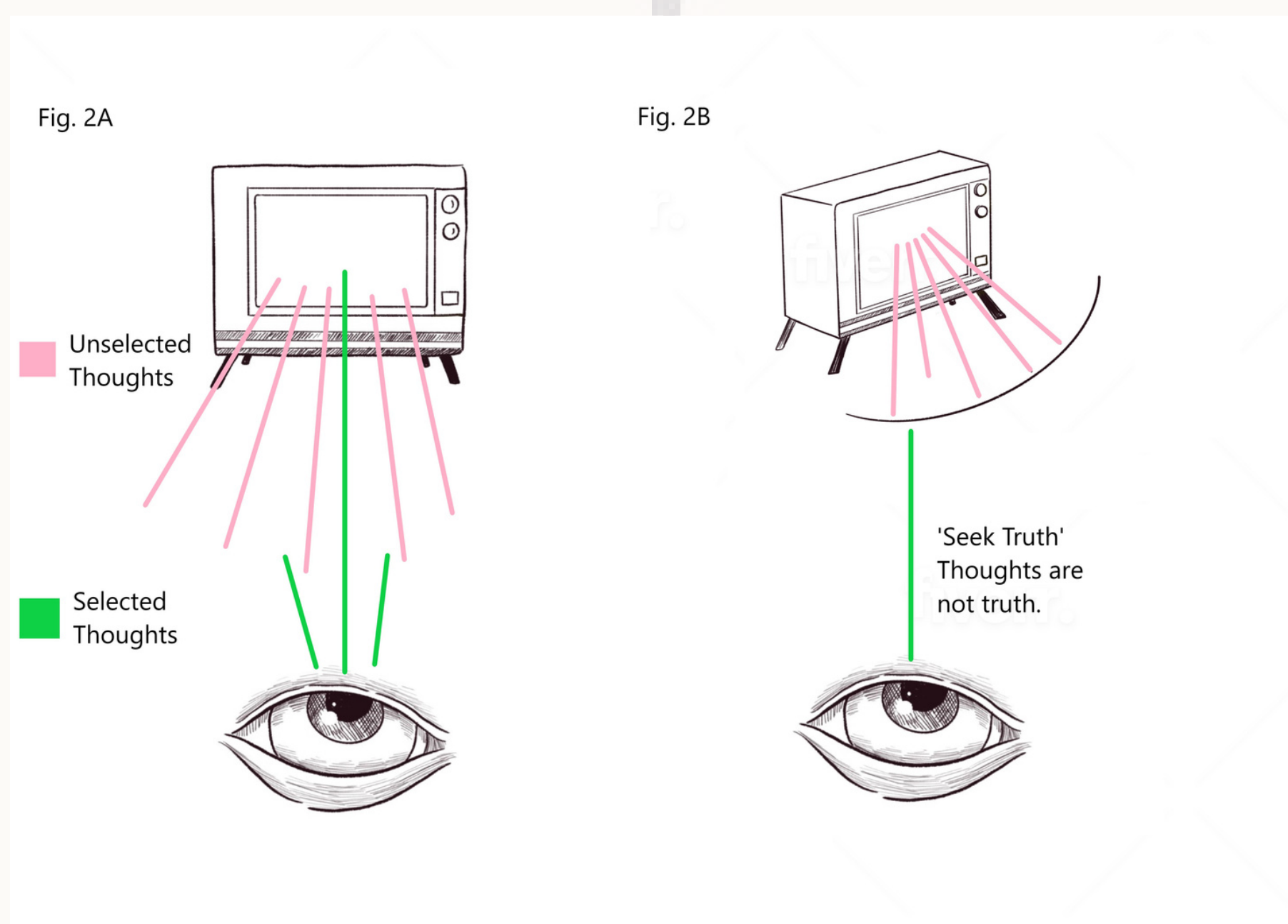
Welcome to the Self Shift Rational Meditation Cheatsheet. This document will give you a brief overview of the ideas required to undertake rational meditation. A deeper dive into the philosophy behind these ideas is available in the Rational Meditation Guidebook available on my website's 'Goodies' page.

Purpose

The purpose of this meditation is first to get our ideas under control and then using different techniques to dive deeper and deeper into our experience of reality and our selves as they truly are.

The primary barrier to meditation can be explained by understanding the difference between what I call 'Selected' and 'Unselected' thoughts. A selected thought is something like telling yourself 'think of an apple,' and you think of it. An unselected thought is a thought that seems to arise unbidden, without you seeming to have any choice in the matter.

The complication most people have when they settle down to meditate is that they are bombarded with unselected thoughts. In this style of meditation we have only one selected thought to return to when unselected thoughts arise; 'Seek Truth.' To understand truth we must understand that no thought is more true than our experience of the present moment; the future is a projection, with a percentage of potential truth, memories of the past shift, with a percentage of how accurate they truly are. Only the present moment is TRUTH: there is no percentage of accuracy, it just is.



Practicalities

Any physical position is perfect for this practice, as long as you are comfortable and not in danger of falling asleep. Personally I like to veg out on the couch. I would recommend placing your hands one on top of the other over your heart, to accentuate your awareness of your body's inherent physical functions, this will be important later.

We seek no goal in this meditation practice, other than the conscious decision to seek truth. Without constraints the mind will want to travel backwards and forth on the rails of time. Commit to a dedicated period of time where your only purpose is to seek truth. This will confine your mind to the block of time we have dedicated to meditation.

We seek no goal, but be aware that this meditation practice can lead to a state of great pleasure. So open yourself to the potential that you may experience pleasure in this practice WITHOUT seeking it.

One reason we experience so many unselected thoughts while meditating is that the conceptual self is so used to walking the trapeze act of 'being a person,' that it will find any thought to maintain this unnatural state. Let go of the trapeze act. Trust that below it is a safety net of the greatest peace and pleasure you could ever experience, and all you need to do is to let go and fall into it. Stop trying to be someone, and just be.

Process

The processes of diving into a state of deep awareness of the present moment are as follows:

Filter/Experience

Observe thoughts as they come in, place them behind a barrier of awareness, the awareness that they are 'less than truth.' Pivot from this redirection directly into experience of the present moment. In this early days of this practice much of your time may be taken up by this stage. Think of it as training the mind, as you would train a fresh young puppy to sit. Be patient.

Experience without labels

Sink deeper into the truth of the present moment by experiencing everything without labels. An example of this is when you go on holidays the new inputs of your situation can seem magical – like the sound of waves at a beach house getaway. But live there long enough and these sounds would be labelled with familiarity and meaning, and not seem so special anymore. Strip away the labels of meaning from your experiences of the present moment and experience every input as though you were a newborn and it was your first time ever experiencing this thing.

Experience sensations on and of the body.

Now we are getting closer to the true self. Experience the sensations on your body – the cushioning feeling beneath your body, the breath of breeze on your skin. Then experience the sensations OF the body – your breath, your heartbeat, the warmth of your being. Experience the body as truth, not as an abstract part of the trinity of the conceptual self.

Experience the Experienter

Finally turn your attention inwards, experience the truth of the thing within you that experiences all these truths. Is it separate to you? Is it incomplete, like the conceptual self? Or is it just HERE, unchanging, observing, finding joy in the experience of the present moment? Sit with this feeling, and notice how it feels. How does it feel to be the pure experienter of the current moment? If it feels good, experience that, experience the potential pleasure of this experience without seeking it. As we said earlier, we do not go into this practice with a goal of achieving a goal, we strip away everything that is stopping from experiencing it right now and drop into this most beautiful state.

Conclusion

These are the basic tenants of the rational meditation experience, which will allow you to go deeper into the guided meditation practice I have recorded. There is so much more to the work I have done, the philosophy I have created. If you are interested to know more please reach out via the contact page on the website or by direct message on social media. I sincerely hope these ideas can help you attain greater beauty in life. Love, Jordan.

