

Meditation for Focusers: TIFI Highlight

With Elizabeth English

This webinar draws on Elizabeth's book, [Journeys to the Deep: A Gentle Guide to Mindfulness Meditation](#).

- For more information on Elizabeth and her work, see:
www.elizabethenglish.life
- Elizabeth also refers to the work of meditation teacher, Jason Siff:
<https://jasonsiff.com>

First half

- Introductions: meeting me, meeting you
- Meditation
- Presentation
- BREAK

Second half

- Short exercises

Ex.1: Circle of Awareness

Explore your 'circle of awareness'.

- Where does it start?
- How far extend?
- Play with shrinking and broadening.
- Where is most comfortable for you?
- What is your sense of this exercise for you?

What do we learn from this? My learning:

- 'Whatever happens in this space IS your meditation.'
- infinite choice - it's your precious time and life.
- How to enjoy it?

Ex. 2: Coming into Awareness

See what happens ... Here's a focusing moment:

- What is the best way forward for me now?
- What is needed here?
- What do I want to do with this?
- Infinite freedom.

What did YOU find happened?

- BODY: Sensations? Sounds? Breath?
- MIND: rambling thoughts
- FEELINGS: Thoughts or sensations fuelled by feelings, or straight feeling
- DRIFTING, DREAMINESS, SLEEP?

Ex. 3: 'BODY Awareness'

When you aware, how does it feel to choose BODY as a place to rest?

- Sensations? Sounds? Breath?
- Is there a feeling tone? Quality of energy?
- Make Notes: where in body, if at all?
- Pleasure, enjoyment or interest: Score BAD/QUERY - MIDDLEING - GOOD?
- ? – ✓ – ✓✓

Ex. 4: 'THINKING-Awareness'

When aware, choosing to stay with thoughts – reflect on thoughts

- stay with them - what happens?
- what 'tone of voice' have your thoughts?
- find feeling tone
- ? – ✓ – ✓✓

Ex. 5: The 'in-between spaces' and Finding a metaphor

Letting your mind drift or dream or daydream or think... letting it 'go off'.

- When you are aware, reflect a little.
- Notice feeling 'traces' as you come aware.
- What is the 'after taste'? In Body or Feelings?

When you come aware, ask':

- What is this like?'
- What kind of 'me' is this?
- What kind of 'awareness' is this?

Noticing the FLOW

Can a sailor control the sea?