

Calmness

by Instructor Stephan Pacheco

Who grants peace: You do, no one else can give it to you.

What we seek: Emptiness, Stillness, Peace.

When do we seek it: Now, always now, always in the instant, constantly.

Why: Through the pursuit of emptiness we can bypass the illusions of the mind that distract us from truth. Meaning, we gain the ability to turn off the psychological defenses that we use to seek approval, comfort and control.

Note: Any disturbance or discomfort we feel is the root of something negative (like insecurity, fear, anger, hatred, loneliness, etc.) within ourselves, not "bad", but negative to our perfect lives. From a point of silence we can learn to guard our minds and ease the suffering we bring to others and ourselves through the negative use of the wanting ego.

How to: (In a group it is easier to utilize spiritual energy, because it is naturally shared among the participators. Plus, people naturally want to adapt to their surroundings.) We focus inwards. We remove the focus of consciousness from the forehead and eyeball area. It is good to rest the focus into the stomach, but avoid applying pressure to the physical system; meaning, keep it light, the spiritual consciousness is light energy, it does not require force, it is relaxed. Focus on stillness. If a thought arises, perhaps this is a sign to go deeper. More still. Present. If one feels despair or anxiety, perhaps this is a sign to feel the emotion, do not think of it, feel it and let it dissolve. Let it lead you deeper as you relax it. We can also direct our minds within this meditation, because we have separated ourselves from the mind and are now more able to control it, so, we can utilize the technique of the Inner Smile. The Inner Smile is a sense of happiness that we can draw across the void of nothingness/stillness that we are seeking. We must focus on our body as an empty shell. More and more empty. More and more into the void. Trusting all along that there is no danger in doing this. Focus more and more that the world around us is an illusion, and we are an empty shell within the illusion. We know that we are doing this correctly because our tension will become less and our sinuses will clear.

What this does for us: Brings us peace, and lets us stop making war with others to prove that we are right and that we are in control. We are able to not fear losing control. And when we are very still we can see that all around us is the same stillness from within ourselves, it is simply masked by the hectic ego that fears.

Note: If you feel yourself becoming sleepy, open your eyes a third of the way and look to the tip of your nose or at a random point in the space in front of you. Do not look at an object. Or, focus more deeply on the empty shell and energy should enter your body. One should not feel sleepy if this is done correctly.