
A Meditation

First Degree Paper for *The Illius Historia Itineris*

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A simple meditation on what is left and what is right.

Posture: lying comfortably supine.

Duration: 20 minutes

Imagine that you are laying on an infinite line in brilliant white light which extends infinitely out from your feet and infinitely out from your head.

Breath out and as you do so move your conscious awareness to the left field, saying to your self on the out breath, "Everything that is left."

As you breathe in, move your conscious awareness into the right field, saying to yourself, "Everything that is right."

Repeat this for several breaths and then switch, with awareness moving to the right on the out breath and to the left on the in breath. (It matters not which way around you do this, i.e. if you do it this way around first and then switch to the other way around).

Once deep relaxation has begun to set in, imagine this white line expanding outwards in all directions filling the space with its brilliant light out into the infinite until it can expand no more.

Visualise the line again, except this time with it off to your right side, so that you are to the left of it.

Repeatedly move your awareness to the left field and right field as before.

As before allow the line and light to expand as before into infinity until it can expand to further.

Visualise the line again, except this time with it off to your left side, so that you are to the left of it. Repeatedly move your awareness to the left field and right field as before.

Allow the line and light to expand as before into infinity until it can expand no further.

Say to self, "All is one."

Imagine again that the infinite line extends through the very centre of your core.

Imagine this white line expanding outwards in all directions filling the space with its brilliant light out into the infinite until it can expand no more.

Say to self, "All is one."

Once you are comfortable with the meditation above, try the following Experiments:

Experiment (i)

This experiment takes some practice before (i) the results can be attained and (ii) the benefits become apparent.

1. Move your pillows to the bottom of the bed, and sleep with your head at that end, and your feet where your head would normally be.
2. Whilst lying in bed, imagine that you are actually the other way around. Mentally build the room about yourself as though this is true.
3. Alternate which end you sleep each night.
4. Continue building the room about yourself contrary to your orientation until you are able to fully experience the illusion to the point that you cannot discern if you are actually imagining it or not.

Experiment (ii)

1. Having mastered the above, begin experimenting with “tipping” - i.e. adjusting the angle you are mentally lying at. This may take several forms: imagine the upper body is raised at an angle, imagine the lower body lowers to raise the angle of the upper. Experiment with variables to find which ones work best for you.

Note: tipping backwards is an effective way to achieving sleep in a “catnap.”