



Zen Mind Meditation

EXPERIENCE
ZEN MIND

ZEN MIND MEDITATION

What is ZEN MIND?

There is the Zen story: "The visitor asked, "What is Zen?" The master quickly scribbled the word "Awareness" on a piece of paper. A bit confused, the visitor pressed him a bit: "Could you elaborate?" The master wrote a second note: "Awareness Awareness." Again the visitor asked for further explanation. The written response was "Awareness Awareness Awareness." In frustration, the visitor screamed, "What the hell does Awareness Awareness Awareness mean?" Undaunted, the master wrote "Awareness Awareness Awareness means Awareness."

This "Awareness" is an externally applicable name of **vast and infinitely spreaded consciousness**. It is pure and potent in its original nature.

MIND is vastly complex field of thoughts, memories & experiences – of this life and all previous lives undoubtedly. These may have good and bad both prints. But looking to various operating aspects of human brain and mind, everyone tends to lean on comfortable, short and sometimes negatively looking options in life. Scientific reason behind this is self protection & preservation. Once one gets temporary success into it, it becomes his autonomous repetitive & comfortable choice every time.

It is said that, "**MIND has no MIND OF ITS OWN**". There is an intellect to validate those choices but we rarely use and rest of all above, we have been gifted with "**Discriminated Intelligence**" (divine intelligence) & "**Will power to make choices**" to validate "**intellect**" and "**Mind**" both which many never use in their lifetimes. To make an effective use of **MIND**, one needs to transcend it and take all empowering decisions based on intuitions derived from these 02 gifts.

ZEN MIND is always a **BEGINNERS' MIND** – fresh and new. **BEGINNERS' MIND** is free from preconceived ideas, clutter and experiences. Rather it is curious, creative and calm. One needs to adopt this to every activity we do, let us take an example of breakfast;

- You start by seeing the activity of eating with fresh eyes, as if you don't know what to expect, as if you hadn't done it thousands of times already.
- You really look at the food, the bowl, the spoon, and try to see the details that you might not normally notice.
- You truly notice the textures, tastes, smells, sights of the food, pay close attention as if you don't already know how the food will taste. Everything seems new, perhaps even full of wonder.
- You don't take anything for granted, and appreciate every bite as a gift. It's temporary, fleeting, and precious.

As you can see, this practice of beginner's mind transforms the activity.

Various modalities including meditation unlocks these 02 gifts in human beings by transcending **MIND** and make it **ZEN MIND – Pure Awareness flowing MIND**. So **ZEN MIND is pure FLOWING AWARENESS rather than processing old database in MIND**. **ZEN MIND sees “What is as is” without any judgements, doubts, and dogma.**

Why ZEN MIND?

- **Better experiences:** You aren't clouded by prejudgments, preconceptions, fantasies about what it should be or assumptions about how you already know it will be. When you don't have these, *you can't be disappointed or frustrated* by the experience, because there's no fantasy or preconception to compare it to.
- **Better relationships:** If you are talking to someone else, instead of being frustrated by them because they aren't meeting your ideal, you can see them with fresh eyes and notice that they're just trying to be happy, that they have good intentions (even if they're not your intentions), and they are struggling just like you are. This transforms your relationship with the person.
- **Less procrastination:** If you're procrastinating on a big work task, you could look at it with beginner's mind and instead of worrying about how hard the task will be or how you might fail at it ... you can be curious about what the task will be like. You can notice the details of doing the task, instead of trying to get away from them.

- **Less anxiety:** If you have an upcoming event or meeting that you're anxious about ... instead of worrying about what might happen, you can open yourself up to being curious about what will happen, let go of your preconceived ideas about the outcome and instead embrace not knowing, embrace being present and finding gratitude in the moment for what you're doing and who you're meeting.

As you can see, the practice of beginner's mind can transform any activity, allow us to be more flexible, open, curious, grateful, and present.

HOW to achieve ZEN MIND?

Instead of sitting in MEDITATION or seeing things with an idea of knowledge and experiences, Just pay attention. See it with fresh eyes. Drop your preconceived ideas and just look clearly at what's in front of you.

A daily meditation practice is extremely useful in developing this beginner's mind.

Here's how to practice:

1. Sit comfortably and upright in a quiet place.
2. Pay attention to your body, then your breath, trying to see them clearly and freshly.
3. When you notice yourself having preconceived ideas, thoughts, problems or anything... just notice that without playing role with them.
4. See if you can drop the ideas and thoughts and fantasies and stories that are filling up your head. Empty yourself so you can see what's actually in front of you. **See what your breath is actually like, right now, its warmth, depth, sensation... all qualities..... instead of your mental theory of breath or slipping into thoughts...**

Repeat the last few steps, over and over. See the thoughts and fantasies, empty yourself and see what's actually there with fresh eyes.

You can practice this right now, with whatever is in front of you. With how your body feels, how your breath feels, whatever else is around you.

You can practice whenever you do any activity, from brushing your teeth to washing the dishes to walking and driving and working out and using your phone.

You can practice whenever you talk to another human being, dropping your ideas of how they should be and instead emptying your mind and seeing them as they are.

Notice their good heart, their difficulties, and be grateful for them as they are. Love them for who they are and find compassion for their struggles.

This is the practice. **Practice of not being identified with anything or anybody – Being dependable yet independent.** Do it with a smile and with love, with fresh eyes and gratitude for them.

Some Self hypnosis suggestions to induce ZEN MIND within our MIND during the time of agitation, anger, frustration:

Mentally or loudly utter all the sentences as a continuous MANTRA:

1. I am not what I believe I am.
2. I am not what people believe I am.
3. I am not what people speak to.
4. I am the divine spirit.
5. I am that. (that means supreme soul – PARMATMA (GOD))

Consciousness & Brainwaves:

Brain cells (Neurons) in the brain generate electrical pulses (current) depending upon perception, thoughts and actions and communicate with each other. Their communications make some wave patterns, are called brain waves.

They are starting from high frequency – low amplitude Beta waves to low frequency – high amplitude delta waves. The low frequency waves are like a deeply penetrating drum beat, while the higher frequency brainwaves are more like a subtle high pitched flute.

At the root of our all behaviours, thoughts and feelings are these brain waves and vice versa. Our brainwaves change according to what we're doing and feeling. When slower brainwaves are dominant we can feel tired, slow, sluggish, or dreamy. The higher frequencies are dominant when we feel wired, or hyper-alert.

Though one brainwave state will dominate at any given moment, the other three remain in the mix at all times. Meanwhile, our minds respond to the sound waves around them.

Brainwaves are detected using sensors placed on the scalp. Brainwave speed is measured in Hertz (cycles per second) and they are divided into bands delineating slow, moderate, and fast waves.

The following descriptions are only broadly descriptions – in practice things are far more complex, and brainwaves reflect different aspects when they occur in different locations in the brain.

1. WAKING CONSCIOUSNESS AND BETA WAVES (12 TO 38 HZ):



Beta brainwaves dominate our normal waking state of consciousness when attention is directed towards cognitive tasks and the outside world. Beta is a ‘fast’ activity, present when we are alert, attentive, engaged in problem solving, judgment, decision making, and engaged in focused mental activity.

Beta brainwaves are further divided into three bands; Lo-Beta (Beta1, 12–15Hz) can be thought of as a 'fast idle, or musing. Beta (Beta2, 15–22Hz) is high engagement or actively figuring something out. Hi-Beta (Beta3, 22–38Hz) is highly complex thought, integrating new experiences, high anxiety, or excitement. Continual high frequency processing is not a very efficient way to run the brain, as it takes a tremendous amount of energy.

How to get & retain BEST BETA consciousness for FOCUS & CONCENTRATION:

- Following YUM (Non violence, non lying, non stealing, non sensuality, Non greed as well as NIYAM (Cleanliness, self study, self discipline, contentment, devotion)
- Flowing Metta (loving kindness) consciousness – can do grateful meditation/visualization

2. SLEEP/MEDITATIVE CONSCIOUSNESS AND ALPHA WAVES (8 TO 12 HZ):



Alpha brainwaves are dominant during quietly flowing thoughts, and in some meditative states. Alpha is **'the power of now'**, being here, in the present. Alpha is the resting state for the brain. Alpha waves help overall mental coordination, calmness, alertness, mind/body integration and learning.

How to get and retain best ALPHA state of consciousness for PEACE:

- By doing frequent FORGIVENESS MEDITATION/EXERCISES
- By vivid visualization of dreams, desires and goals
- By mental vacation (revisiting memories) of loveful occasions, travels, and moments.
- Inducing peaceful sleep (through sleep rituals)
- Through tuning into ALPHA brain wave music

3. HEALING CONSCIOUSNESS AND THETA WAVES (3 TO 8 HZ):



Theta brainwaves occur most often in sleep but are also dominant in deep meditation. It acts as our gateway to healing & programming. In theta, our senses are withdrawn from the external world and focused on signals originating from

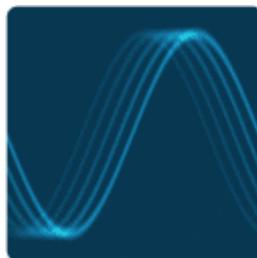
within. It is that twilight state which we normally only experience fleetingly as we wake or drift off to sleep.

In theta we are in a dream; vivid imagery, intuition and information beyond our normal conscious awareness. In theta position, one feels bliss, love & equanimity. This is the consciousness where we hold our wounded emotions, our fears, troubled experiences, and nightmares, so if we perform any meditation or such activities to reach theta level, we can heal them.

How to get and retain best THETA state of consciousness for HEALING:

- Any theta level meditation such as, Heartfulness meditation, meeting the master meditation, Hriday guha meditation...
- Inducing peaceful sleep (through sleep rituals)
- Through tuning into THETA brain wave music

4. TRANSCENDENTAL CONSCIOUSNESS AND DELTA WAVES (.5 TO 3 HZ):



Delta brainwaves are slow, loud brainwaves (low frequency and deeply penetrating, like a drum beat). Delta waves suspend external awareness and are the source of empathy. It removes pain and emotional distress.

Deep Healing and regeneration are stimulated in this state, and that is why deep restorative sleep is so essential to the healing process.

They are generated in deepest meditation and dreamless sleep. It is a doorway between waking and sleeping state. In deep meditation, one experiences expansion of his consciousness beyond his individuality. It can reach where infinite consciousness starts.

How to get and retain best DELTA state of consciousness for DEEP HEALING & REGENERATION:

- Deep meditation – transcending physical, mental, emotional & spiritual expectations and experiences
- Dream therapy
- Through tuning into DELTA sleep music

5. WITNESSING CONSCIOUSNESS AND INFRA-LOW (<.5HZ):

Infra-Low brainwaves (also known as Slow Cortical Potentials), are thought to be the basic cortical rhythms that underlie our higher brain functions. Very little is known about infra-low brainwaves due to little research. They appear to take a major role in brain timing and network function.

How to get and retain best INFRA – LOW state of consciousness for DEEP DETACHMENT:

- Deep meditation – transcending physical, mental, emotional & spiritual expectations and experiences
- Deep awareness/witnessing practices after MANTRA MEDITATION or KIRTAN

6. INFINITE CONSCIOUSNESS:

When in deep meditation, GOAL is not salvation but coming again and again for mass salvation. This is the state YOGIS work for or any high aspired spiritual being should aim for. This is our higher consciousness which we need to attain.

- Keep practicing detachment and deep meditation to merge with INFINITE CONSCIOUSNESS through MEDITATION & DEVOTION.

7. NOTHINGNESS (SHOONYA) CONSCIOUSNESS :

This is the origin of every consciousness. This is where everyone has to merge back. This is that soundless sound – deep silence & stillness.

NEWLY RESEARCHED: GAMMA WAVES (38 TO 42 HZ)



Gamma brainwaves are the fastest of brain waves (high frequency, like a flute), and relate to simultaneous processing of information from different brain areas. It passes information rapidly, and as the most subtle of the brainwave frequencies, the mind has to be quiet to access it. Gamma was dismissed as 'spare brain noise' until researchers discovered it was highly active when in states of universal love, altruism, and the 'higher virtues'. Gamma is also above the frequency of neuronal firing, so how it is generated remains a mystery. It is speculated that Gamma rhythms modulate perception and consciousness, and that a greater presence of Gamma relates to expanded consciousness and spiritual emergence.

WHAT BRAINWAVES MEAN TO YOU

1. Our brain waves are in tune with “how we feel and what we do” in our daily lives. They are inseparable and it means “how you feel and what you do” create and sustain corresponding brain waves.
2. Over-arousal in certain brain areas is linked with anxiety disorders, sleep problems, nightmares, hyper-vigilance, impulsive behaviour, anger/aggression, agitated depression, chronic nerve pain and spasticity.
3. Under-arousal in certain brain areas leads to some types of depression, attention deficit, chronic pain and insomnia.

ALTERING YOUR BRAINWAVES

By rule of thumb, **any process that changes your perception (Way you think & feel) changes your brainwaves.**

Chemical interventions such as medications or recreational drugs are the most common methods to alter brain function; however brainwave training is our method of choice.

Over the long term, traditional eastern methods (such as meditation and yoga) train your brainwaves into balance. Of the newer methods, brainwave entrainment is an easy, low-cost method to temporarily alter your brainwave state. If you are trying to solve a particular difficulty or fine-tune your brainwave function, state-of-the-art brain training methods like neurofeedback and pEMF deliver targeted, quick, and lasting results.

Brainwave music will instantly help manage brain waves to particular frequency for beginners of meditation. This is also choice of PRO meditators also. Brain waves mimic the frequencies of binaural beats and you completely feel calm.

ZAZEN MEDITATION: (ZEN meditation – just sitting):

In ZEN philosophy, they say – just sit, don't do anything. Doing nothing means literally nothing; no judgement, evaluation, concentrating or any sort of mind using tricks.

**“You are simply sitting there..... doing nothing.... and all is silence, peace and bliss.
You have entered existence, you have entered the truth”.**

– ZEN saying.

Meditation:

Sit facing a plain wall, empty wall approximately 02 to 03 feet away. Keep your back straight and arm folded in your lap – put right hand palm on left hand palm touching thumbs to each other. Stay as still as possible for 30 minutes.

Eyes should be half open allowing the gaze to rest softly on the wall. Do not look at particular point – just a diffuse image. While sitting, just allow a choice less

awareness, not directing the attention anywhere. Remain as receptive and alert as possible, moment to moment.

Let your breaths naturally flow... in... and out. Do not try to adjust or take breaths consciously. Let it happen loosely.

Make sure you are not moving your body... as body and mind are no different but one.... it is one ENERGY. So take your comfortable posture... may be on floor... on chair... on soft pillow under your legs. But once you settle, don't move.

In the beginning, it might look boring... silly.... useless..... as mind will play all the tricks to distract you. The key is not to listen chatter of your mind. Day by day, layers upon layers of mind will start dropping and you will enjoy. You are there with NO MIND.