



*Searching for who you are  
Is who you are*

*Breakout Room* Small Group Discussions of *Journey of Life* Handout

1. Choose a few Seed Thoughts that connected with something inside you, some emotion, belief or experience and discuss these with your discussion partners.
2. Please give everyone in your group the opportunity to talk; be respectful of others' opinions and life experiences and insights.
3. If you have a question for me signal me and I will open a communication channel.

# Psychology of Meditation

## Meditation as a Gateway to an Expanded Reality

Richard Bradshaw PhD

*The only limits upon consciousness*



*Are self-imposed*

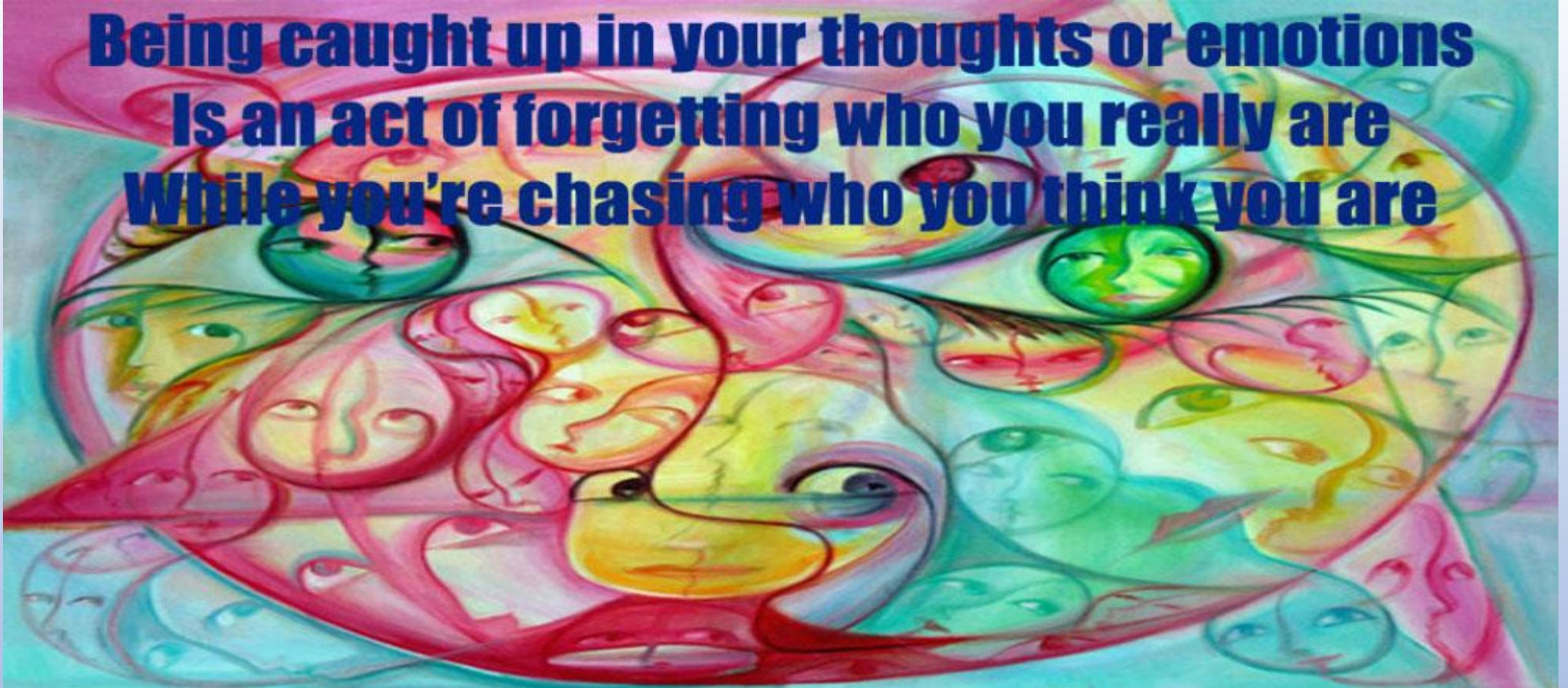
1. The nature of consciousness is instantaneous, spontaneous, unrestrained expansion.
2. We impose limits upon our consciousness through our belief systems.
3. A belief is a structuralizing or crystallization of our consciousness into the form of the belief we have about something.
4. The nature of consciousness is an awareness that believes itself to be whatever form it finds itself within

*Many an unplanned adventure  
Has ridden on a horse named Resolve*

*To an unexpected destination*

- Relationship is a wild, capricious adventure in the crystallization of Consciousness constantly remolded by experience into the fluctuating forms we perceive ourselves and our world to be.

**Being caught up in your thoughts or emotions  
Is an act of forgetting who you really are  
While you're chasing who you think you are**



1. As the awareness within any one structured consciousness interacts with other structured consciousnesses relationship is formed
2. With relationship comes pain or pleasure which results in Ego or the importance of oneself over others.

*The clarity of a still mind is a window sublime  
Into a land beyond space and time*



1. Meditation i.e., a state of mindfulness, allows one to go beyond the conceptual structure of the mind,
2. Freeing personal consciousness to blend with the infinite consciousness that forever surrounds one,
3. Enabling the use of the crystalline intelligence of infinite consciousness to critically, compassionately perceive the true nature of one's experience and present state of awareness.

- The Gateway called meditation leads from the structured mind with its space and time to the infinite cosmos of the purely sublime



- Meditation connects these two realities
- One of form and separation and relation
- And the other, a formless world of unification, bliss and pure, egoless, compassionate intelligence



• From the light within infinity  
comes intelligence, pure and lucid  
by which we may illuminate our  
conditioned minds

1. Control focus, not mind. Energy comes out of consciousness and one's focus directs that energy.
2. If you focus upon your thoughts, you energize those thoughts to come back around repeatedly.
3. If you focus not on your thoughts but upon the present moment and all it contains, your mind will slowly use up the energy you have given it previously and will become still and open.
4. This allows you to go more deeply into meditation and access the infinite intelligence that surrounds you.

*An open mind sees what's there*

*A closed mind  
sees only its own lair*