

Reverse Meditation



Gordon Peerman

Class Five

Reverse Meditation in Four Steps

“Utilize adversities and obstacles as the path.”

— Padmasambhava, 8th century Indian Buddhist

O.B.EY.

Step One: Observe with Compassion

Briefly pull back from the pain and witness it.

Step back before you step in.

“Breathe into” the pain.

That which is aware of pain is not itself in pain.

Step Two: Be with the Pain

Am I willing to be with these sensations of contraction? Am I willing to be with the *resistance* to this pain?

Being with it ... without the usual commentary!

Allowing sensations to be ... and ... leaving them alone.

Not fixing anything!

Step Three: Examine

Where, precisely, is this pain?

How big is it? Is it solid, or moving?

Does it have a temperature, is it hot or cold, or neither?

Does it have a color?

Who is feeling this pain? Where is the one in pain?

Pain is just sensory awareness ... just naked awareness itself.

Step Four: Yoke with the Pain

Become one with it ... merging with ... blending with

Not merely being with, but *being* the pain!

“If you become one with your pain, there is no one to hurt.” (170)

Raw, sensory awareness

The Body Knows the Way

The Essentials:

Unhooking and Stepping back from the story

Turning and Looking at Open Awareness

Tuning In to the contraction ... and Relaxing

The Key

Establishing “the View” of Open Awareness

It’s Open Awareness that does the Yoking, not the small, finite, ordinary, walking around self, a.k.a. “me.”

“Little old me” is not very good at relaxing.

Open Awareness has the capacity to yoke, to merge with sensations of the Contraction.

What if it's not working???



Example: working with anger

Giving the contraction physical expression

An Important Question

What does this part (angry, exhausted, hurt, scared, sad, resentful, doubtful, despairing, blaming, depressed part) need from me?

Not from someone else, but from *me*.

Peace is tucked in with your Pain

Peace = “a binding together”

LINKING: Open Awareness and Contraction

“Your very sense of self is nothing more than a primordial contraction.”

(171)

“When experienced fully, contractions transform into expansions.” (173)

This is “contact spirituality,” as in “contact sport”

The Tyranny of the Shoulds

What is keeping me from giving this contracted part what it needs?

“Have to and need to” vs. “Want to”

Genuine Nurture: what would offer sturdy and compassionate holding, what would I find truly refreshing, truly liberating?

Unfamiliar, uncomfortable territory

Dropping out of commentary and narrative into sensation.

What does this contraction need from *me*, not from someone else?

O.B.E.Y. => with practice, we can go straight to Yoking

The “art of war” ... blending, moving in circles, not resisting

Dedication of Merit

Whatever goodness, whatever blessing, whatever benefit, whatever merit, whatever beauty has come from our practice today, may it ripple out to all beings, without exception.