

Key Steps of Meditation

(developed by Ken and Elizabeth Mellor, Biame Network)

- 1) **Noticing** Be aware of thoughts, feelings, impulses, self-talk, fantasies, and memories. Particularly notice the physical aspects (the bodily sensations) that accompany these, moment to moment.
- 2) **Accepting** Allow all things that you notice into your awareness and accept them as they are. Avoid pushing them away or changing them.
- 3) **Experiencing** Allow the experience you are noticing to expand, so that you “become it”, become “one with it”.
- 4) **Grounding** Whilst noticing, accepting and experiencing the inner (bodily) experiences, also notice, accept and experience all that you notice (through your five senses) in the world around you, in each moment.
- 5) **Centering** Whilst staying fully aware of all that you are noticing (as in steps 1-4), become aware of the “noticer” (the *Observer*) in you, , whatever and wherever that might be. Experience your Observer, and also stay fully Grounded at the same time.
- 6) **Loving** Continue with steps 1-5, and centre in your physical heart. Open up to experiences of love, gratitude, oneness.
- 7) **Spiritual Opening** Connect to your deep, personal (“spiritual”) aspects, the “Absolute” “God”, or whatever is in your own frame of meaning. Also you might add the repetition of significant Affirmations and Mantras.
- 8) **Guiding** Guide your attention to each step (1-7) and bring all steps together at the same time.

Dr M. Davis
