

Empty Mind Meditation

This is an empty-mind meditation being done well in the evening, when it's dark and silence, yet better done outside.

Sit down cross-legged and make sure you feel comfortable. Do calming breath technique. When you're relaxed close your eyes and feel the calm and peace around you. Now imagine the center of your mind. Let's see it as a 'ball' in the middle of your head through which all your thoughts flow. See it and feel the flow of your thoughts through it, but do not think of your thoughts, just let them come and then let them go away.

You must not think now.

Do this as long as you can, three minutes or so, but in the beginning it won't be so easy if you've never done such an exercise.

Now imagine that you cover the center of your mind and so no thoughts will be able to flow in your head (You can create another layer on that 'ball' or just simply imagine to cover it by some kerchief or so, that depends on you). But still see the center of your mind, though covered, it's still there. Your head is now empty of thoughts, pictures, emotions, fears etc., but you're still focused and concentrated.

This is helpful in learning to control one's mind and I also found it very useful in training my ESP. May the Force be with you

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