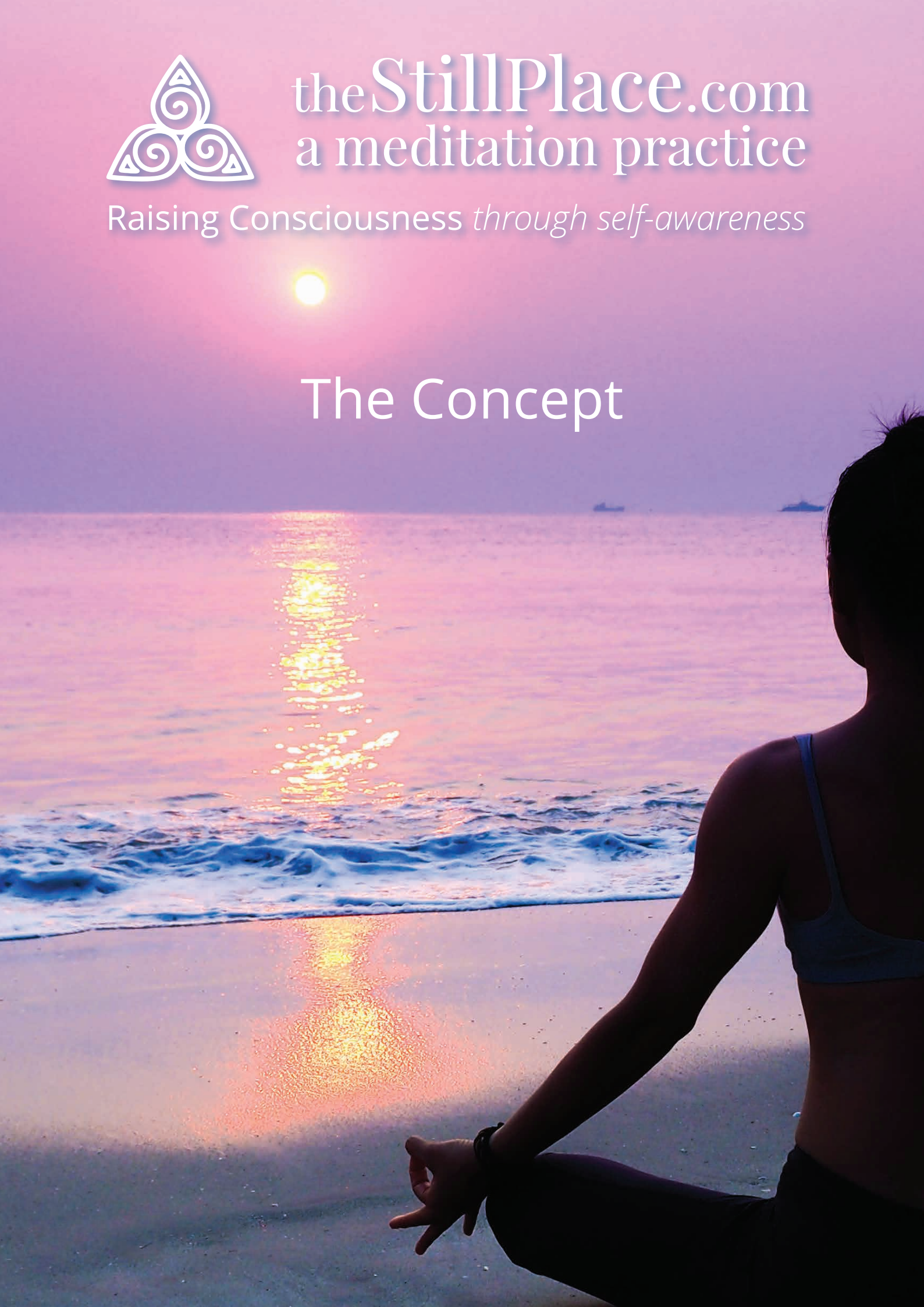




theStillPlace.com  
a meditation practice

Raising Consciousness *through self-awareness*

## The Concept





## *Introduction*

This is a simple and affordable meditation practice aimed at helping as many people as possible to meditate and thus bring more peace, more presence and more love into their lives, the lives of their family and friends, and on into the wider world. It will connect you to that still place within every single human being on the planet. This stillness can unite us all, and will lead you to inner peace, to freedom from compulsive thinking and release you from what might already be decades of your struggle, personal pain and suffering. It will also free you from the many negative effects of the constant cultural conditioning occurring around the world today that is not deliberately, but effectively, taking away your own sense of yourself.

## *The basic concept*

There are in fact two of you, two of me, two of all of us on the planet: the Inner and the Outer. The Inner Self is the real you, your true pure presence and is the primary state of being. We rarely develop our awareness of this as we hit adulthood, as by then we are mostly dominated by the Outer Self, which is the conditioned, egotistical self and a secondary layer of being. In short, we all have an Unconditioned and a Conditioned Self.

theStillPlace.com Meditation Practice has developed a technique that will progressively take you back to that unconditioned self within where peace, love and happiness along with your essential innocence still resides. As adults we have all lost touch with some of that natural beauty we had as a child but it is still there beneath the layers of life experience and any pain and suffering we may have endured along the way. It is still there beneath the protection we throw up as a consequence of that experience and, it is still there beneath the cultural conditioning we are subject to throughout our lifetime. This conditioning can exploit a decreased sense of self that we all have through lack of awareness of the human duality I refer to above.

Now that, my friends, is pretty much it. Don't look for anything more complicated when you either start to meditate or seek a basic level understanding of what meditation is. Just sit still as often as you can and your inner peace, your own presence, will reveal itself to you. The old you will start to dissolve as you heal. Any anger or sadness, the madness of the ego, along with the drama you hold onto from the past and project into the future, will melt away. To put it simply: you are far more than the sum of your parts and your life experiences to date. You are far more than "the story" that you have come to believe defines you as a human being.





## *So how does it work?*

When we meditate and reduce the thinking mind to fewer thoughts, or no thoughts at all, we enter a different state of being. This is the primary state of being, pure being or pure presence. In the 'presence' state of mind, our natural state before the conditioning occurred, we find peace and dissolve past pain and suffering that gets trapped in the body and the body's nervous system. It can remain trapped for decades and if not addressed it can lead to a whole lifetime of stress and stress-related dependency. Prescription and non-prescription drug dependency, alcohol, nicotine, illegal drugs and, increasingly, overeating are just some examples of how we can react to the symptoms but not remove the cause of any unhappiness. This behaviour can result in a whole host of physical and mental illnesses and inevitably more suffering. The good news is that we can in fact break the cycle and the conditioning. The body and the mind can and will heal itself given the right conditions. Developing your self-awareness is central to meditating and meditation sets up the conditions for self-healing.

During your regular meditation routine, slowly but surely you start to change as you heal from within and release the stress and tension trapped in the body and its nervous system. Yoga, good nutrition and regular exercise too are important practices to release this stress and tension, so try and combine them with your daily meditation routine. When you start to experience the different state of being, however subtle at first, more peace and more love enter your world from the true source within you. As a result, "your story", and any pain or unhappiness you carry around with you, start to dissolve. Your awareness of this will grow and over time you become aware of the awareness itself. This is huge! As the awareness or "pure consciousness" is who we all really are beyond the confines of the conditioned ego and the physical body.

Again, that's it! This is not a difficult or protracted meditation practice. It's not a belief system or complex religion that has taken on centuries of human interpretation and influence. There are no tricks and no surprises here! You are there. You have just stepped out onto a road that will take you all the way home. And I use the word home as a metaphor because that's truly how it feels, like a belonging to everyone and to everything around you. In fact you could say we all suffer a longing for belonging at some level and you could argue that that's why it is very common for large groups of people to belong or follow a particular religious path, ideology or even a celebrity or football team. theStillPlace.com Meditation Practice is intended to be complementary with all religions, faiths and belief systems and football teams! : ) It's not a replacement or alternative to them. If your dependency on any of the above fades as you discover more peace and freedom, more love and joy as your essential-self unfolds, then that's a very special place to be, and a profound insight into who you really are beyond the conditioned ego.



And consider this for a few moments: a future where people en masse turn inward and operate their lives from the set of core values that resides there: love and kindness, compassion, acceptance and non-judgement of others, allowing people to be, sharing resources and helping each other.

We have all seen how, during any crisis or emergency – an earthquake, flood or terrorist attack – how the smoke always clears to reveal those core values and “the very best” of the human potential. A coming together as one people *because we are one people* first and foremost before any separation or judgement occurs. Regardless of faith, colour or creed we help each other and those in need. Well, forgive me, but why on earth have we to wait for something terrible or evil to happen before we can show our true nature to each other? And where does it go to once the earthquake is over? Once the waters recede or the blood stained streets have been cleaned? Well my friends, it's still there! It's beneath the conditioned, egotistical self that is easily subject to greed, corruption, envy and evil and ultimately “the very worst” of the human potential that we see in our news media every day.

How super awesome would it be to turn the tide on the ever-increasing human tragedy unfolding in practically every country in the world? That individual's very own inner peace and inner presence, once rediscovered and developed, could grow in us all and change the paradigm!

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## *The Nafina Technique & seven principles for peace*

Sit in a comfortable position and take a few deep breaths. Rest and repeat the seven principles for peace below to lead you into the meditation state and de-clutter your mind of the day's activities and thoughts.

Be still for 10, 20, or 40 minutes – or whatever time you have.

When you get distracted by a thought (which is perfectly normal) repeat one of the principles to bring yourself back to the stillness. This will become a natural response to random thoughts and over time you will lose focus less often and remain in the stillness for a longer period.

### *seven principles for peace*

- 1. Allow everything to be* – resist nothing
- 2. Watch the mind* – stay alert
- 3. Stay present* – free from time, free from drama
- 4. Remain fully conscious* – and forgive the unconscious
- 5. Bathe in true peace* – inner freedom from external conditions
- 6. Surrender to what is* – the flow of being, the joy of being
- 7. Create no more pain* – end all judgement and thus all suffering





## *The seven principles for peace explained*

Allow everything to be – resist nothing. The word allow is hugely powerful all by itself. When we allow people, places and situations or circumstances just to be as they are, any stress, frustration or discomfort that you associate with them starts to fade and can dissolve completely as your relationship to them has now changed. You can test this in a busy supermarket queue when people are stressed and in a hurry. Allow the situation to be as it is and see how calm and relaxed you become and then ask yourself which method of navigating around a busy supermarket you prefer. Then imagine everybody in the supermarket also allowing! Allow doesn't mean that you simply do nothing if something clearly needs to be addressed, it means you allow first, reducing any emotional charge that may be present and then Respond accordingly, not Resist and React adversely, which is a very common form of confrontation. Resistance also leads to labelling and pronouncing judgment over someone or something which is satisfying to, and a negative energy feed for, the conditioned ego and so is best avoided.

Watch the mind – stay alert. As you close your eyes and repeat the seven principles of peace to settle into your meditation just watch the empty space in front of you. Watching the mind promotes the alertness, being alert promotes the stillness, becoming still brings you peace. Alert means being ready for any random thoughts passing through your awareness and as you become adept at this practice you will find that just the awareness of the thought itself becomes sufficient to discard it, and you will settle back into the stillness.

Stay present – free from time, free from drama. As you become acquainted with your own 'presence' self and your awareness of this level of being grows, you will want to blend it into your daily life more fully. So stay present, don't leave it in the room or the place you were just meditating. Take it with you into the day ahead and experience the freedom that brings. Your presence can never leave you of course because it is you. What leaves you is the awareness of your presence as you get busy and stressed with the content of your day. Being free from time and drama means living in the moment and not worrying all day long about things that happened in the past and may or may not happen in the future.

Remain fully conscious – and forgive the unconscious. In this context 'conscious' means you have some awareness of your inner self, who you truly are at the core of your being, and that you are living by the core values that reside there. 'Unconscious' refers to someone with no understanding or self-awareness or someone locked into the denial of it through fear of the unknown. In this context it does not mean someone who is sleeping or sedated. Remaining fully conscious or becoming fully conscious is the intention of this meditation practice. This includes forgiving those who are not yet aware of their true nature and who may have done you an injustice due to their unconsciousness.



Bathe in true peace – inner freedom from external conditions. Being at peace is a totally sublime experience. When you start to feel the love that's already there within you and create a space in your day to do so, you will want to bathe in that experience. When you are present and peaceful you are also free. Free from the ravages of the conditioned ego and all its needy controlling and you are free also from the conditioned ego of others. How the world – with all its judgments and prejudices – perceives you becomes less important because you recognise it for what it is, unconsciousness.

Surrender to what is – the flow of being, the joy of being. Surrender not in the same sense as giving up but surrendering yourself to the circumstances you are in at that moment. Surrender in this context lessens the resolve of the ego, as there is nothing for it to fight against and oppose to strengthen its sense of separation. Ego, which includes the collective ego identity of Nation's, political parties and minority groups, lives through comparison: asserting that it's better than someone else, stronger than, has more or knows more than the other person or persons. Surrender removes that fuel from the fire of the conditioned ego. Non-resistance and allowing together bring about a smoother experience of life, a flow of being. A flow of being that may well flow through many lifetimes to develop the awareness of consciousness fully and completely. Joy is best described as inner happiness. Inner happiness comes from being who you truly are and therefore at peace with yourself and the world, even a troubled world, because you understand that the trouble in the world is largely created by the conditioned human ego. This is also huge because the solution is so simple!

Create no more pain – end all judgement and thus all suffering. When you have fully surrendered, when you can be present and still in your life, regardless of the current circumstances, and live life in the present moment with full awareness of your inner beauty and the inner beauty of all who surround you, whether they be conscious or not; when you can live without judgement, then you have stopped creating pain for yourself and for others. You have not just found peace and resolved your own pain and suffering but are now contributing through your presence and by your example to the growth of self-awareness in others. You have walked away from many centuries of human conditioning and are evolving Complete Consciousness.



*You can not meditate poorly or get it wrong!*

Don't judge your meditation practice as it will  
be subtly different each time.

*You don't need silence to reach the stillness!*

If there is external noise in the street or around  
the house, that's just life, let it be. Allow!

*Be kind to yourself and have no expectations!*

Don't beat yourself up, don't stress yourself with  
expectations of becoming Buddha overnight.  
Be patient. Be gentle.

*The stillness is always there within you. You already have it!*

It is not something that you have to find or acquire.  
All I'm doing here is showing you how to reconnect.  
Understanding this simple fact is the key to  
the development of your self-awareness.  
Developing your self-awareness is key to your meditation.

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