



Developing Dynamic Attention

Using Self-Directed Meditation to Gain Insight

We believe that each of us has the information we need within that can guide us to our best choices. Sometimes this information is hidden, not recognized and not understood. Developing a self-directed meditation practice to access this information requires dynamic attention. This practice supports neuroplasticity.

- **Establish a meditation focus:** Determine a focus for your meditation. For example, if you are troubled by a lingering emotion or concern, frame a question around that issue. You will take that question into your meditation and ask your wise self to give you information on that topic. You want to know what happened, what led up to the experience, what you did about it, how it impacted your life. You want to feel the emotional depth of the experience where the most profound and helpful information resides.
- **Enter a state of relaxed awareness:** Breathe deeply, inhaling and exhaling into your abdomen several times. Image unplugging from all the activity around you, going into a calm and quiet place within.
- **Experience your self-directed meditation:** Pay attention to all sensations during your meditation—what you hear, what you feel, what you smell, what you see in your mind's eye. Important information will be distinguishable over time and will be accompanied by emotion.
- **Record and integrate your meditation experiences:** Journal your experiences with as much detail as possible following each meditation. Journal regularly, capturing daily insights, emotional moods, inner dialogue, physical sensations. Be prepared for insights to occur at unlikely moments.
- **Repetition creates skill and capacity:** Dedication, volition, patience, and courage must accompany this process. Build journaling and “wandering” time into your schedule. Embrace the information (self-awareness) that comes with your meditation practice. Be gentle with yourself and others.