

# Reverse Meditation



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Class One

# Reverse Meditation: How to Use Your Pain and Difficult Emotions as the Doorway to Inner Freedom

Who is Andrew Holecek?

<https://www.andrewholecek.com/>

Where does the practice of Reverse Meditation come from?

# Not about feeling good

“Complete meditation is about getting real.” (2)

Meditation is “habituation to openness.” (103)

Welcoming the unwelcome (3-4)

# Destroying your idea of meditation

More about “waking down” than “waking up”

“Instead of trying to get out, it’s more about getting  
in.” (5)

# Contraction ... Contraction ... Contraction

Evasion tactics ... reactivity ... self-generated obstacles

“Bona fide spirituality is a contact sport.” (6)

The primordial contraction that generates our sense of  
self (7)

“Suffering is an inappropriate relationship to pain.” (8)

# Root Canal

Dental Surgery

Referential Meditation

Non-Referential Meditation

Reverse Meditation, a kind of “psychic surgery” (14)

# Re-ligio ... Recollect ... Remember

“The most important word in the Bible is remember.” -

Abraham Joshua Heschel

“Whatever arises in mind or reality is sacred.” (16)

“You’re trying to tell me that my heartbreak and pain are perfectly pure?” (18)

“The radical truth of basic goodness” (30)

# Form and Formless

Form ... and Emptiness

Emptiness = Openness, Boundlessness, Fullness

Space is timeless ... and changeless



# Reification is Thingification



“Instead of contracting, you can open.” (24)

Is anything missing?

# The Sacred in the Profane



“Every moment, no matter how difficult, is still complete.” (28)

“Ego (sense of self) falls away as you release the contractions that create it.” (29)

Discovering heaven even when we hurt (32)

“Pain becomes a sacrament, a communion with the sacred” (32)

# Distraction

“Our senses operate only in the present moment. So in coming to our senses, we come to nowness.” (34)

“Whenever we lose contact with our senses, we get pulled into distraction. To dis-tract is to draw apart.” (35)

“The profane moment is a distracted moment.” (36)

“Especially when we’re dealing with unwanted experiences, we attempt to anesthetize ourselves by leaping out of our sensory body and into our insensate head.” (35)

"When we hurt, we want out."

A caveat: Reverse Meditation is not about spiritual masochism.

It is about bringing Presence to difficulty.

Tibetans call the Dalai Lama, "Kunden," a title which means  
Presence ... Wholeness ... Holiness

When Jesus says, "You must be perfect," the Greek word used in  
the NT, *teleios*, means complete, whole.

# Dedicating the 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.