

Reverse Meditation



Gordon Peerman

Class Two

Lovingkindness Meditation

May you be filled with lovingkindness ... and held in
lovingkindness ...

May you be calm and peaceful ...

May you be safe and happy ...

May you awaken to the beauty of your true nature ... and be
free.

Sunlight of Self-Acceptance

When love meets suffering, it turns to compassion.

“When we suffer,
we give ourselves compassion not to feel better,
but because we feel bad.”

“True Compassion has no agenda.” - Dustin DiPerna

Compassion Practice



Putting a kind hand on the contraction:

“This is hard.”

“I care about this.”

“Other people are experiencing this, too.”

Referential Meditation

Hitching Post: body, breath, mantra, image

Provides stability ... an incubator

“But ... if we only follow our bliss, we just get blissed out. What happens to your bliss ... in an emotional blast furnace?” (41)

Befriending Contraction

The definition of meditation (*gom*): to become familiar with (41)

“Contraction is ultimately a form of self-defense” (42)

“The energy that’s been trapped in these contractions is directly proportional to the depth and duration of the contraction.” (42)

Contrast Mediums



Calm abiding ... open awareness

“I never realized how contracted I am!” (43)

“We’ve been practicing contraction for a long time ...
it’s our default.” (45)

“The Obstacle is the Path” - Tibetan saying

“Any experience of contraction can be a portal to deeper states of Being and expansion.” (45)

-Zvi Ish-Shalom

Forceful Super Contractors

“Pain is inevitable ... suffering is optional.”

- The Dalai Lama

“Contraction is the great elephant in the room.” (47)

Healthy and Unhealthy Contraction

Secure boundaries ... saying no ... gathering and
collecting the mind

Fight ... flight ... freeze ... please

“Contraction has a place ... we wouldn’t survive
without it.” (53)

One: Self-Consciousness

Awkwardness ... insecurity ... shyness ... reticence ...
apprehension ... the countless ways we pinch on
ourselves (54)

Contemplation: the simple act of being with it starts to
transform it. Don't try to get rid of it. Stay in your body
and let the narrative go.

Two: Anger and Aggression



Anger is a superglue of contraction.

Contemplation: hit the mute button on your
commentary.

Three: Fear and Panic

Anxiety, worry, suspicion, mistrust, agitation

Anger reifies the past, fear reifies the future. (60)

“Run toward the dog that’s chasing you.”

- Tibetan proverb

Complaining

“Waking down” into the felt sense of what I don’t
want to feel in my body

Exiting the body into the concepts of complaining =>
descending back down into sensation

Self-Centeredness and Reactivity

Observation without evaluation (judgment) is the highest form of spiritual practice (67)

Chapter Six explores this territory in fine detail: the primordial contraction of “me.”

Grasping and Attachment

“ Grasping is the ego’s most inexorable expression.” (68)

The sense of lack, that something’s missing

“The whole of the dharma is found in grasping and non-grasping.” - the Buddha

Grief is a [necessary] form of withdrawal.

Knots in the body are “knots” to every time we say “no” to our experience and reject what’s happening.

The antidote, simple but not easy: open and relax

Dedication of 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.