

Fifth Care Group Guided Meditation

Listening to ourselves and being our own therapist as we work with Loneliness and Depression

LONELINESS & DEPRESSION

- Loneliness is a loss of connection.
- We lose connection when the mind is filled with junk conditioning. Grasping to hold junk conditioning.
- Junk conditioning is confusing because it is less than truthful and not congruent. We will lose perspective.
- We are playing far from the present moment when we grasp and hold onto junk to believe in.
- We are involved at an extreme where we grasp with desire what we believe. We have no real perspective.
- It naturally brings up the opposite duality of aversion and we are then lost in the extremes of duality.
- This is Dukkha. Incongruent duality! All conditioning is this way and at the extremes it is extreme.
- It is tiring. it saps our energy. We are bouncing back and forth between desire and aversion.
- Depression follows --- We are far from the sanity of the present moment. Lost in Samsara.
- Bi-Polar mental illness can result. Wild movement from Future and Past --- Anxiety and Depression.

REALISATION

- Loneliness and depression can be a real friend to those practicing Dhamma.
- First it highlights Dukkha --- The First Noble Truth.
- Second, the Dukkha forces us to find the 'Noble Eight-Fold Path --- the Fourth Noble Truth.
- Right Speech, Right Action, Right Livelihood, sets us up to be comfortable with ourselves morally.
- Right Concentration (Samadhi), Right Mindfulness and Right Energy develops our meditation practice.
- Right View (of life), and Right Intention gives us the insight and wisdom to see clearly.
- So, Dukkha signals the need to practice, to recondition our mind, to retrain our mind away from extremes.
- Meditation allows us to understand the need to be balanced in the present moment.
- The present moment is where the past is finished and gone, and the future has not yet arrived.
- As we learn to uncover the present moment, we also learn to see the still consciousness that is always there.
- This practice allows us to understand the Buddha's Five Hindrances to peace.
- First, we know contentment, naturally present between Desire, the first Hindrance and Aversion the second
- Second, we find balance between Restlessness, the Third Hindrance and Sloth and Torpor the Fourth.
- Thirdly, the Fifth Hindrance of Doubt starts to clear up as we develop insight and wisdom.

RESULTS OF PRACTICE

- Grounding our-selves to practice meditation shows the naturalness of relaxation and how it is achieved.
- Relaxation of body and mind sets us up with insight to see the Buddha's Second and Third Noble Truths.
- When we see still consciousness at the heart of the present moment, we can use it as a datum.
- Bringing troublesome conditions into mind shows how their movement arises in the still consciousness.
- This is the Second Noble Truth at work for us to experience.
- When we can sit and be with conditions, we see also that they finish in the still consciousness' of mind.
- This is the Third Noble Truth at work for us to experience.
- Still consciousness is the matrix of our mind. It 'is' our mind and the entire Universe is also there.
- This conditioned movement is at various scales. A breath beginning and ending. A day. A year. A life.
- Insight shows us the nature of the mind, how it begins and ends "countless times in the wink of an eye".
- The still consciousness resounds very fast, while the scale of a universal cycle is lost in deep time.
- Still consciousness allows us to penetrate and relax conditions so we can let them go.
- Still consciousness also allows us to create conditions. The Buddha recommended cultivation to let go.

Being connected into the present moment unifies and completes us. It connects us all, every being, everything. The still consciousness at the heart of the present moment is the transcendent space that opens the door to enlightenment. So, take heart, Dukkha can be our friend when it guides us with wisdom. Its suffering can brighten us. Loneliness and Depression only exists at the extremes. The Peace of the Buddha is to be found in the moment.