

Reverse Meditation



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Class Four

“From Where, This Inner Spring?”

by Rosemary Wahtola Trommer

“I didn’t even know I was frozen ...

Was it always possible, this openness?

Perhaps we cannot know it

without first experiencing constriction.”

Meditation

Establishing the Posture

Naming our Intention

Asking for Help: the Retinue of Masters/Exemplars

The Breathing Body => Open Awareness

OBEY Acronym with the Contraction

O.B.E.Y.

Observing raw physical sensation with compassion

Being with the contraction

Exploring the felt sense of the contraction (shape/solid-
fluid/temperature/color)

Yoking: merging/blending with the sensation of contraction

“Birdwings” by Rumi

Your hand opens and closes and opens and closes.

If it were always a fist or always stretched open, you would be
paralyzed.

Your deepest presence is in every small contracting and expanding.

The two as beautifully balanced and coordinated as birdwings.

Reverse Meditations: Not for Everybody!

Feel-good spirituality vs. Real-good spirituality

Do you simply want to feel better, or do you want the truth?

“There is no birth of consciousness without pain.” - Carl Jung

Industrial strength meditation: a crucible for transformation

Francis Weller, *The Wild Edge of Sorrow*

James Finley, *The Healing Path*

Metaphysical Valium



“The comfort plan of New Age spirituality” (147-148)

Hurting ... and Wanting Out!

Distraction from pain or boredom

Reverse meditations invite us directly into “that discord that the diversions are designed to allay.”

(149)

Turn toward your negativity (150)

The Body as a Crucible

Embodiment more than transcendence ... “waking
down” (151)

“Pain is hard-wired into our DNA as a signal that
something is wrong.” (153)

Alchemy: lead into gold, poison into medicine.

Reverse Meditations: Not a Panacea!

“Be kind to yourself with these meditations.” (154)

Reverse meditation should be used “in concert with traditional methods for working with pain.” (155)

Reversing your relationship to legitimate pain (156)

You feel things more ... but they hurt you less. (157)

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.