



~ January 12, 2012 ~

Bacash Meditation Therapy

The purpose of the exercise

We can have extreme emotional reactions to what comes to mind involuntarily. It may sound strange but mental illness like anxiety and depression can come from just being freaked out by our own thoughts. We can become addicted to “great ideas” which are soothing and develop an aversion to “depressing ideas” which are painful. What we are doing here in this exercise is cultivating an inner freedom such that we move freely between positive and negative experiences. That we learn to be open to our own thoughts and not get freaked out by them or seduced by them. Then we can be free to act powerfully and appropriately because our innate sense of reality is freed up to inform action spontaneously.

Primarily, the step by step process we are employing here is designed to raise awareness i.e bring to salience the painful issue by a series of unpacking steps. Then we practise a procedure for processing that pain in a safe therapeutic space. Remember freedom to act creatively comes from exercising faith in the face of admitting unknowing about the relevance of awareness for action. In other words we are not doing this exercise to find “the answer” which we must immediately “act out”. We suspend our judgement about the value of our great ideas for problematic personal issues. The purpose of the exercise is to cultivate a habit of openness -while being aware of painful and pleasurable options, which are addictive and therefore undermining of our inner freedom. We are building up our inner freedom which underpins our ability to think clearly and act freely on our feet in the risk opportunity moment. Below are the steps.

Number 1,

Outline:

What is problematic in my life????

i.e. what do I find doesn't shift regardless of my best efforts??

Write a page or two bringing to consciousness your experience of this problematic issue

Number 2

Once your problematic issue has become salient in your mind the naturally occurring question arises -

What are you going to do about it?

In this issue

- [Bacash Meditation Therapy](#)
-

How we deal with this question determines our mental health: creativity and destructivity.

In other words, the question is potentially an agent for destructive behaviour -if we don't learn to deal with it in faith and openness. Taking the question literally in the sense that it must be answered absolutely, -that the answer must be adhered to fully, and the answer is knowable now in advance of action- is a recipe for destructive 'acting out' behaviour. Once we are absolutely convinced of anything compulsivity generally is inevitable.

The question, which can be so oppressive in overwhelming circumstances, (like for example job loss and relationship breakdown), needs to be allowed to generate awareness not compulsivity -in the false reality of omniscience. Through an attitude of faith and openness we can allow it to disturb us without it compelling us in anxiety and self denial, i.e. denial of self as sane and capable of being creative – problem solving.

Number 2 A

My goal and values

In attempting to respond to the question it is helpful to be systematic. Firstly we could note our goals and values. Do I value family over money, money over relationships? Are these false dichotomies?

Number 2B

My solution --which I embrace like it is the only solution

For the purpose of this systematic exercise it is good to deeply involve oneself in presenting one solution, like it is the only solution. This single minded focus has research value because it forces us to see the limits of the efficacy of that option. Then we see the findings of those limits. We get the data back from the research, so to speak. We get the awareness and facts which come from that particular perspective. At least we can say then that we have thought it through. We have checked out if and how it could work. Our systematic conscious research may uncover genuine risks or opportunities. Then we know the real limits of the option. Then that awareness works against any denial of risk or opportunity which we may have been holding onto. Hence the dialogue between the conscious and less conscious mind is enhanced and facilitated. In the less conscious mind lives creative and destructive instincts waiting to be activated. An open dialogue reduces the possibility of unleashing destructive defensive forces.

Number 2C

The "how to" of that solution

What are the actual mechanics of that solution?

How would you do it in time and space? How would you execute your plan? This is an extension of 2C -pushing you to think out the limits of your proposal. You may realize it was a great idea in theory but in practice it involved something you just are not will or able to do..

Number 2 D

Pros and Cons of that solution

Draw a line down the middle of a page.

Randomly list pros and cons down either side.

Don't worry if the items on the list contradict each other

Brainstorm. Just get your fears and doubts, ambitions and hopes for your solution on paper.

Remember the idea is to bring to salience. In absolute terms we are not really trying to solve the problem literally here and now.

Number. 3

Meditation 20 mins.

Just stick to the three steps

You don't need to be processing the issues

Check out: Keywords "[Bacash Meditation](#)" on You tube... this is a concise 4 minute description of the meditation method.

Number 4 A

Re Read what you have written above

Three or four times

Note your involuntary feeling, thoughts, associations, symbols, memories as you read

Note thoughts and feeling on the "edges" of your consciousness. "Edge" means the thoughts and feeling sitting on the peripheral of your mind as you read. They are experienced as distractions i.e. not part of the focus of your mind or not seen as the main event. These edge experiences are your subjective reaction to your objective plan.

Number 4 B

Are you aware of some ambivalence emerging in these edge experiences?

Can you note that change of heart or that retreat from single mindedness?

Do you notice a different emotional reaction to your original solution now?

EG "I can not be bothered with this plan anymore" or "I feel so exhausted by this exercise" or "Great ! I feel so good about what I have written" or "this reminds me of being with a caring friend who is listening to me"

Number 5

Mediation 20 mins.

Just stick to the three steps again

When and if those edge feelings or thoughts etc arise in the meditation surrender to them without judgement about their value. If nothing remarkable happens in your meditation that is OK. Just because you are not actively processing issues doesn't mean the meditation has not value. Most healing/synthesizing happens unconsciously anyway. Just stay with the three steps till the end of the 20mins.

Number 6

Finally, write:

My name is X and this is my story.....

Free associate... allow your pen to do the writing... don't think too much about what you are going to write...

Remember we are not focusing on the end realization or awareness.... Rather we are emphasizing listening and expressing... touching base with our sense of reality, our sense of self, our sense of truth, our sense of relevance.... and acknowledging that we can never capture that completely and consciously. They are just clues and symbolic sign posts; illusive and mysterious. Awareness always requires faith and openness to be allowed to help inform action in situ ie in the risk/opportunity moment.

.....