

Still My Mind.com *Short Discourse* series.

# Meditation Course

by Adrian Newington © 1991

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A meditation course based on the philosophy of the book  
**I Am the Heart** ©, by Adrian Newington

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In enabling the reader of this topic to gain a solid understanding of the material presented, it is important to be prepared with a clear understanding of "the Sense of Self".

Rather than entangle this discourse with extended definitions of the "sense of self", it is recommended that you consider reading the short discourse on "[Defining the Sense of Self](#)".

This will be most helpful if you feel that the references to the "sense of self" on this page are unclear in your mind.

	Physical	Mental	Emotional	Spiritual
An illustration of the various relationships amid body, mind and spirit which help define or qualify the Sense of Self	<b>I know I AM because of my body</b>	<b>I know I AM because I think I AM</b>	<b>I know I AM because of my feelings</b>	<b>I AM</b>
	<b>My body verifies my existence</b>	<b>My thoughts verify my existence</b>	<b>My feelings verify my existence</b>	<b>Pure Existence without the need for validation.</b>
	<b>I exist among other physical beings.</b>	<b>I exist in a network of intellectual associations.</b>	<b>I exist by feelings expressed from and for others.</b>	<b>I alone exist</b>
	<b>Physical associations bring me fulfilment</b>	<b>Intellectual associations bring me fulfilment</b>	<b>Emotional associations bring me fulfilment</b>	<b>Self fulfilment is inherent.</b>

**Table1: The levels of Self Identification.**

Through the various stages of a persons human , social and spiritual development, the sense of WHO a person is (*that is, the inner identification where self fulfilment, and the recognition*

*of self worth emanate from*), should progress to new meanings as the individual experiences life more completely. I purposefully use the word "should" to indicate that many people do not necessarily progress to a more refined view of their existence beyond a basic sense of self identification aligned with the physical or mental levels.

From the table above, we can examine each level of being and see how the human psyche matures in life. Each level of existence re-defines and matures the sense of self through relative experiences, associations, comparisons and other qualifications. These can all serve us by ultimately allowing a revelation, that one day we can cast aside the need for external qualifications and rest in the knowledge that we exist because we exist. Such an attitude is devoid of comparisons and analogies, since we see ourselves as forever being complete. Our true self is a spiritual being and to paraphrase, "we are spiritual beings on physical journey".

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Let us walk through each section of the table and briefly expand on its meaning.

### **Physical**

From day 1 of human existence, an individual grows up in a 3 dimensional world, initially learning about spatial relationships and the conditions of environment,

*Examples:*

- The understanding of Up, Down, In, Out, including Distance.
- The sense of the physical body reaching out and touching something.
- Things that threaten physical safety and survival.
- A sense of what is physically pleasing and comforting.

These impressions are fundamental to the understanding that "I am a living being" because my body and its sensations validate my experience as a living entity.

In various stages of life, a person can derive a sense of personal power as well as feelings of fulfilment and competency from positive physical achievements like sports and athletics. On the other hand, a negative use of physical attributes like "Bullying" may also bring about a sense of personal power or self. However, to continue the use and cultivation of ones personal power in this way will lead to problems, as one day such a person may encounter someone stronger and more assertive. Here the persons personal power or sense of self would be Taken Away.

### **Mental**

As a person grows physically and develops mental faculties, a more refined view of existence evolves as powers of perception and reasoning mature. To gain the understanding that Self identification can be obtained through intellectual pursuits, advances the person in to a more meaningful understanding of ones humanity and potential.

Once again, in various stages of life, a person can derive a sense of personal power and feelings of fulfilment and competency from successful use of logic and intelligence. But mental abilities can fade, or people with grander capacities can be encountered, possibly leading to feelings of inadequacy. Such a thing could also take away personal power, or a sense of self.

### **Emotional**

Having experienced 2 distinct aspects of human development, the encounter of emotional involvement and attachment to both people and objects further defines and matures the sense of self in the individual. From the experience of joy derived from something simple like a favourite toy, to the deeper connections to living things like a pet or more importantly

people, a still higher sense of self arises from the experience of... "I know I exist because of the feelings I have for things and people, along with the feelings that people have for me". A persons sense of self matures into something higher.

Further to this, the experience of love and more importantly un-conditional love brings a degree of release to the "sense of self" derived from the physical and mental experience linked to external dependence. From the experience of true or un-conditional love, the need for external validation *from physical attributes* greatly dissipates.

Yet again, in various stages of life, a person can derive a sense of personal power and feelings of fulfilment and competency from the experience of being loved by another. This too is vulnerable should the love or other emotional support of others not be forthcoming anymore.

### **Spiritual**

Finding a "sense of self" from the spiritual experience is the goal of humanity. YOUR GOAL! It is here that the noblest attainment of the inner human experience can be found. Serene and confident. Compassionate yet assertive. Self assured but humble. Wise and profound yet simple of heart and uncomplicated.

How can such an attainment be secured?

By purposeful contemplation of our spiritual nature.

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### **And now, The Meditation**

In this meditation course we strive to cultivate, nurture and permanently attain a sense of self which has an identification in our spiritual nature. It is not the purpose of this exercise to deny the "sense of self" built up from an identification of our physical, mental and emotional nature rather, we proceed to embrace them and bring them to unity with the spiritual nature. So long as we do not distort these identifications and allow them to be nurtured or maintained by external circumstances, we will not become dependant on them. They will not lead us, but rather we will lead them... we will lead them to wholeness.

The fundamental principle of this Meditation is based on the technique of Mantra Repetition, but with the cultivation of a high degree of awareness of its meaning.

"I am the Heart"

"I am the Heart"

"I am the Heart"

"I am the Heart"

Over and over, but always cultivating remembrance for the meaning of the phrase. This is absolutely vital for without that remembrance, the Mind will find no real motivation to seek and explore an elevated level of consciousness.

It is vital that your understanding of the phrase "I am the Heart" has been prepared in your mind by the reading of my book, "I am the Heart"

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This book is purposefully rich in metaphor and parable and delivers a lengthy yet absorbing discourse to prepare you for the journey of self discovery.

The word Mantra means, "That which protects the Mind". The ancient and time proven technique of mantra repetition serves to keep the individual focused on the object of the Mantra, (that being a conscious awakening to the true self). This leads to mental purification and elevation, from the utilisation of concentration empowered by the higher ideal of love of self.

The "protection" afforded by mantra repetition serves to assist in the elevation of consciousness into a more clearer and illuminated realm. This illumination is the ability to perceive spiritual realities which come in the form of insights, inner knowing, and more importantly, the goal of this meditation, the revelation of the intimate connection with God we all have, and that "God dwells within you as you"

It then makes beautiful sense to say "I am the Heart"

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There are some other important points to keep in mind about this repetition.

When I say that the phrase "I am the Heart" is to be repeated over and over, I do not necessarily mean constant and without rest, or at a rapid fire pace. Sufficient is a cycle of repetition whereby you can allow for the all important remembrance of the meaning of what you are saying.

By all means incorporate this form of meditation whilst into traditional forms of meditative techniques as adopted by followers of yoga and other eastern traditions. Even whilst walking down the street or in the park or riding on a bus... choose the remembrance of your essential nature and say, "I am the Heart"

### **Consider these also:**

Are you feeling afraid? "I am the Heart"  
Are you feeling lost? "I am the Heart"  
Are you feeling weary? "I am the Heart"  
Are you feeling sad? "I am the Heart"  
Are you feeling happy? "I am the Heart"

This, and your duty is all you have to remember.

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### **Also, keep in mind these points.**

Do not be distracted away from what is your daily duty,  
for in duty there is concentration, and all concentration is meditation.

It is vital to maintain a high awareness of any thoughts you are about to express  
as you consider using a sentence starting with the words "I Am".

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For whatever period of time (weeks, months), that you are going to practise the meditation of "I am the Heart", activate your awareness and do not say such things as "I am sad", "I am happy", "I am lonely", "I am (whatever)".

Rather than say such things as "I am sad" replace it with, "there is sadness". This disempowers the potential of negative enforcement to swell in your consciousness, without the denial of your current state of being, (*the truth that is yours for that time*). Replacing such a thought with "there is sadness", protects the mind from illusive thinking. To also finish off that train of thought with "I am the heart", helps maintain the upward journey you are choosing.

Have periods of contemplation and look into yourself and gauge how you are progressing. Do not become too anxious about your progress, but rather, know that success will be assured by your persistence. Please be patient with yourself. You are in the process of rising above a lifetime of conditional behaviour and worldly thinking. Your brave and dedicated efforts will not go unrewarded.

Pray for assistance and guidance of this mighty and very noble task.

Believe in the noble thought of wanting to attain an intimate union with God.

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**THIS ENTIRE WEB SITE IS TESTIMONY TO MY SELF EFFORT AND THE  
REVEALATIONS  
PROCEEDING THAT HAVE UPLIFTED MY MIND, HEART, SOUL...**

**AND OF COURSE MY LIFE.  
I AM NEW BECAUSE I HAVE FOUND AND KNOWN MYSELF.**

**I NOW KNOW WITHOUT ANY SHADOW OF A DOUBT THAT  
I AM THE HEART**