

# Just Turn Up

---

## How to make best use of this CD and book

Before using the CD for the first time, I suggest you read the first part of the book, 'Getting Started'. This gives you practical advice on preparing to meditate.

There are no introductions or explanations on the CD. I have done this deliberately as the meditation tracks are sufficient unto themselves in their simplicity and I personally have found it irritating to hear preliminary instructions over and over. It is more helpful to switch on the track you require and just meditate, instead of going into all the whys and wherefores.

The CD has six tracks of meditations. Tracks 1 and 2 are for use everyday, the remainder are for occasional use as suggested in the book.

On each track you will hear me speaking intermittently to help you meditate, and there are periods of silence. Meditation is done in silence in order to be alert to what is happening within. When you hear the sound of a bell you will know that I am going to bring the meditation session to a close.

As your meditation practice becomes established you will find what time is best for you, and this may vary depending on your frame of mind and daily activities and commitments. It doesn't matter, trust the process and meditate regularly to get the best results.

You will find as you become more comfortable with the process that you will be able to use the technique anywhere anytime to take yourself to the stillness within.

---

## Contents

### Part One - Getting Started

- 1.1 Where to meditate
- 1.2 When to meditate
- 1.3 Preparing to meditate
- 1.4 After meditation

### Part Two - About Meditation

- 2.1 What is meditation?
- 2.2 Why meditate?
- 2.3 What does meditation do?
- 2.4 Placing an intention in meditation
- 2.5 Asking a question in meditation

### Part Three - Hindrances to meditation

- 3.1 The busy mind
- 3.2 Inability to concentrate or focus
- 3.3 Expectation
- 3.4 Putting off meditation
- 3.5 Body sensations

- 3.6 Feelings and emotions
- 3.7 Fidgets
- 3.8 Sleepiness
- 3.9 Restlessness
- 3.10 Worry
- 3.11 Time
- 3.12 It isn't working for me

## Part Four- Other meditation techniques

- 4.1 Using a mantra
- 4.2 Loving kindness meditation
- 4.3 Thankfulness

---

Hindrances to meditation

---

### 3.3 Putting off meditation

Do you know, there are some things I will put off doing until I really have to, such as mending clothes, filling in forms, filing my nails. I notice myself thinking 'I'll just tidy up, mop the floor, prepare the vegetables etc, and then I'll do the mending'.

Of course, I manage to run out of time or put it off for another day. The amount of mental energy I use thinking about how I really should do the hated job is amazing, and I beat myself up about it. When the job is done I'm astonished at how quickly it was done and how good I feel when it is completed.

This process also applies to meditating. I call this problem 'resistance'. When you become aware of it, drop your excuses and thoughts of 'I'll just do this or that first' take yourself by the scruff of the neck and go to your meditation place to meditate.

Resistance is a mind game. You may recall how a small child will suddenly find something very interesting that must be done when mother says it is bedtime.

The thinking mind is the same, it resists being managed, imagining that it is not in control. This is the way I see it, why else would you not do something that is so enjoyable and good for you!

Everyone goes through phases of resistance and unless you recognise this and acknowledge it, you may give up meditating as not being for you.