



Transforming Problems Exercise at Guru Yoga Retreat, Land Of Joy with Paula Chinchester by Dekyi-Lee Oldershaw, November 2023

I've been doing what is now called Transformative Mindfulness Methods with people in 15 countries for 35 years. We have also trained medical and health professionals in 5 universities, including the first Mindfulness-based Masters program. The understanding around it has developed so explaining it and why it can change at a causal level, often so radically, is now neuroscience-based. I've led it the same for 35 years because it works whether someone can explain it or not. Five year olds up to elders often experience radical change and healing in surprising ways.

Paula suggested that, while we can experience everything that arises in concentration meditation as emptiness, there are times in or out of meditation when our minds get stuck on something repeatedly that we can't just let pass on... a thought, emotional situation or a sensation in the body.

During this process, you will actively ask for help. It's source is actually very simple. You've already taken refuge. You may choose to use the guru yidam, another deity, or source instead. Children often use their grandmothers or gameboy hero.

You will be accessing three parts of your mind:

- The mind that is observing and experiencing this process.
- the mind that is directly speaking for the challenge, giving it its own expression.
- And a part of your mind that's connected to a higher source or refuge that you can depend on or better yet, surrender to.

So enough said, let's just do it!

Take a few breaths and drop your focus inward...

Now consider... Something that seems to arise during meditation, that you seem unable to let simply pass by is...

It could be a concern, a physical sensation or challenge, a situation, anything...let yourself simply focus on only one for now...

Notice where you feel it in your body ...Where do you feel it? Rather than the situation itself that you've chosen, you are sensing how that feels in your body.

Let it be experienced as a metaphor...with its own voice, feelings, purpose...

So ask it what size it is, that feeling...big or small?

Again ask it, what shape is it? 3 dimensional or flat? Anything else?

Ask it what colour is it...? Light or dark. Same inside as outside?

How old is it? Young or old...old or ancient...?

When it was first put there, it probably had a job to do. Sense how it helped you then? Let it tell or show you...

Is that still needed? Ask it whether it is willing to change? Maybe retire? Or is it still needed? If so, would it like a promotion?

Is it willing to change in a way that benefits both it and you?...If not, that's ok too.

Either way, get yourself out of the way and ask for help from your refuge. This is now totally receptive...simply allow, don't try, observe only.

Notice what is happening to the colour, shape, feeling? Let it show itself to you...

You can ask for help again anytime you want. Then notice what happens....

Take a minute to allow whatever wants to happen now... even if it's nothing, that's ok...1 min

How are you experiencing it now? Let whatever has happened be enough for now. You can always easily repeat this if there seems to be more to attend to.

Notice now how that feels in your body... mind.

Based on doing this, what do you now know?...

Next, you could more easily return to your meditation, breath this out and let it pass by more easily. Allow a couple of weeks for any transformation to integrate fully and allow any possible detox by drinking extra water.

This is simple enough for you to do for yourself again whenever it can help. That has always been my wish. Of 6 simple exercises like this, this Transforming Challenges is the main one and is available free on my website.

<https://lamponthepath.org/node/19>