

MEDITATION EXPERIENCE

BY THOMAS LEIGH

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THOMAS LEIGH – MEDITATION EXPERIENCE

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PREFACE.

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“(Direct your eye sight inward (...).”
(William Habington)

A couple of years ago I decided to write down my own meditation experience – mostly because I find it worth sharing. I think that the observations and conclusions I've made over the time may be helpful for anyone who would like to give meditation a try, or is wondering how to begin the practice, or even what is all about.

First, it took a form of a blog post series (2015-2016) – then I decided to gather all the knowledge in one place, mostly for convenience. This way, after a little bit of a refinement, at late 2017 I've published my e-book on meditation, titled *Meditation Guide*.

Some time later I learned about *Meditation Assistant*¹ Android app, which allows You to share Your session “log” with other meditators (a pretty neat idea: You can see who has just finished meditating, therefore You might feel like being among other members of “the meditation club” :)). It inspired me to ask those people if they also would be willing to share their own experience. I thought it could be a great input, significantly widening the book's value. In the meantime I've conducted an experiment to address the question: *How it could be like to meditate on a daily basis?*, which lead me to write another couple of posts (the first half of 2019), which also seemed to be a genuine new knowledge worth to include.

Finally, there was also a technical facet of this book: when I was first working on it, I hadn't enough experience in creating e-books in a mobile form (.epub). Although I've managed to design a pretty nice .pdf file, its .epub counterpart wasn't so well-done. Recently, however, I've begun to learn new software called *LibreOffice*. Its

1 <https://play.google.com/store/apps/details?id=sh.ftp.rocketninelabs.meditationassistant>

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word processing app (*Writer*) allows to create .epubs pretty easily – so I've instantly recognized it as a great opportunity to finally reach a well-done mobile e-book :).

INTRODUCTION.

(((...) the meandering smoke is such a pleasure to look at, like cursive calligraphy forming in the air. If you meditate on its ever changing lines, you'll gain more insight into the transience and impermanence of life.”

(Mingmei Yip, *Petals From the Sky*)

I never needed to practice meditation on a daily basis. Nevertheless I have found this concept very interesting and worth attention. I use it from time to time, spontaneously – when I just feel I'd like to do it. And that was enough for me to discover its values and role it can play in my life – like for any other person. However, regardless of those values I also discovered **some unique sensations** which meditation may bring while its performing. Those alone were interesting enough for me to be willing to continue my interest in meditating.

I remember quite well how I began and also how my technique evolved over the time. Now it's a little surprise that I am meditating again – **in fact, more on a daily basis, than occasionally**. I suppose it has been triggered/inspired by *the Hemi-Sync* technique which I recently re-discovered. So now I meditate again – and in essence **I do it in order to be and feel more myself**.

In the meantime I realized I would like to share my knowledge about meditation with You. Maybe “sharing” is not the most accurate word for my intention – maybe I will just **report** all to You ;) . Because now I feel like I'm at that point when I'm supposed to give some “final thoughts”, some summary. So I will.

When I was wondering how to put all of it I came to a conclusion that it would be more clear to split it into several chapters. So I decided to do it that way. I'm going to tell You not all I know – but all I consider **important** and all of that together would give You a complete **big picture**: all what is needed to meditate, to begin meditating, and **gain benefits** from it. Some kind of *a guide*, in other words.

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WHAT MEDITATION IS AND WHAT IT CAN BRING INTO YOUR LIFE?

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((Bees in the lavender. Then the lazy owl.”
(Emily Dickinson, from the movie *A Quiet Passion*)

WHAT MEDITATION IS?

Before I give You some examples of how meditation can benefit You – let me explain what meditation is – because it’s not so obvious.

I could describe it as *a state* in which You use deeper relaxation as a background to help You in **focusing Your attention in a specific, intended way**. During the meditation You are focusing on some particular thing: most often on just *being* (or in other words: *being aware of Yourself*).

What does it mean: *to be aware of Yourself*? You can simplify this question to the form when it goes: *who are You*? But be careful: this time it is not about *labels* (“engineer”, “teacher”, “teenager”, “man” or “woman”, and so on) - it’s about **feelings**. What is it like to feel Yourself? What is it like to be You, without labels? **What remains?**

((Waking up begins with saying am and now.”
(Christopher Isherwood, *A Single Man*)

While meditation You leave Your labels for a while and discover that answer. You are seeking to reveal it. What does it mean, “to be me”...? What does it mean... what is it like... who am I...? Who am I – when I leave all the labels...? What remains...?

These are key questions providing You with the crucial basis to become more grounded in so called “being”. You don’t need to answer verbally, what is important are **feelings**: what You **feel** during this thought process.

WHAT MEDITATION IS AND WHAT IT CAN BRING INTO YOUR LIFE?

An interesting thing is when You ask Yourself *what do You feel right now* – You need to **focus Your attention in that direction** (“inside You”), You might call it as *listening to Yourself* – and You are right. While You live on a daily basis, managing various day-to-day activities, at some level You may be not aware. *Habits* are the first to turn Your attention into “sleep- or “autopilot mode”. Or just *being busy*. And when You live that way, You may not have so many opportunities to **listen to Yourself**.

But why You would need to listen to Yourself? The answer to this question will come to You as a result of meditation practice – I don’t give it to You now, in order for You to have a surprise :) . Because it may be very surprising when You discover what has been hidden within You, so to speak, which couldn’t be visible earlier. While meditating, You are free of distractions (various activities and thoughts) so You are able to reach Yourself in a completely new way. And to **discover Yourself again**, as a new land – with all the curiosity.

THE BENEFITS

If I would be asked to explain what profits one can gain from meditation, I would mention as follows:

INNER PEACE.

This quality began to mean much more for Me over the course of time. For example, I’ve realized that being more rooted at the Inner Peace I can perceive things **much more deeper**. I can also appreciate their presence in my life more than before. The Inner Peace allows me to see my own creation – and myself – **in a new perspective**: with freshness and vitality.

I often visualize the Inner Peace as a large, spacious, empty cathedral. Full of echoes, full of unique acoustics – it is also full of peace: when all is focused on one specific consciousness of mine.

Besides, the Inner Peace improves Your ability to concentrate and clarity of Your expressions/communications with others.

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CONCENTRATION & CLARITY.

As I wrote before – those You can gather staying as long as possible at the Inner Peace. It is like charging, so to speak – and when You leave “the cathedral”, **You feel different**, You feel changed. But **the meditation alone may improve Your concentration and clarity** – because what You are really doing while meditating is **focusing Your attention** on the particular “thread” - so called concentration :) . This is the very basic skill required and necessary to meditate. But have no doubt: whatever level of concentration You’ve attained now – **You can improve it** via meditation practice (performing the same practice in a repeatable fashion You should quickly realize that You can concentrate more and more).

GETTING BALANCE.

Imagine Your *life* as *the ocean*. Imagine *emotions* You experience in this life – as *waves*. And then realize that You need – at least from time to time – to rest, to allow water to have a completely **smooth surface**. This is what You get by meditation: regardless of how many *waves* You experience – when You meditate, *the surface of Your life* is getting smoother and smoother. There is no wind, there is no sound, there is no movement – just stillness and You, filled with it, **recharging** and breathing deeply.

With that balance You can face Your life experience again – refreshed and renewed. Without tiredness and busyness You can handle much more and – on the other side – You can manage anything much more effectively, because You do it with a new power, like being newborn – without stress, without fear, **without any emotion which could disturb You**. You can be literally a new man every time You get “the Inner Peace shower” :) .

MORE HEALTH.

In my opinion relaxation is always good for Your body. And the relaxation which You attain with meditation is **even deeper than a standard one** – so it may be even more helpful. It is known that the body can regenerate itself quite well while You sleep, especially sleep deeply. Deep relaxation often involved in the meditation

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practice, is close to the sleep state. It may be even similar, if You want/prefer to. For example, I am used to reach some deeper level of relaxation, but only recently I like to use even deeper form of it, when my physical body is in fact asleep. But it is a curiosity and may be difficult in the beginning, when You need rather to learn **how to stay awake while relaxation** than obtain such a deep state.

So because of relaxation meditation can make Your body healthier, can help to regenerate it, refresh and recharge it. I believe the more often You practice, the more effects You gain in that matter. **I personally like to know that I do something good for my body every time I meditate.**

MAKE A CONNECTION WITH YOUR HIGHER SELF.

One time I described it as follows: imagine You have a very close, old friend. He (or she) is **very important** to You, and always could give You **priceless advice** whenever You talked with each other. But now You are finding Yourself in **a very crowded place**: there are much noise around You, much movement, and much is happening. Although Your friend is still nearby, **You can't see and hear them** because of the crowd. It's almost like they doesn't exist any more – and You are alone. But You still care about the relationship, so You want to find Your friend in order to be in touch with them again. At some point You can feel their presence, perhaps You can see their figure, but You still can't hear – although You can see them talking to You. **And eventually You can hear it.** What a relief :) !

This was a metaphoric description what could happen while meditation in the long run. You can discover **a part of Yourself You weren't aware of before**. Some people call it “the Higher Self” - in my metaphor I called it “Your friend”, a very close friend – with whom You lost connection. But meditation can open the door for You – the door leading to “Your friend” and the situation in which You are able to hear them again, You can experience Your relationship again – and it may benefit You a lot (remember priceless advise and the feeling not being alone :) ?). In other words, when You meditate – You leave the crowd, so it is quiet, calm and serene again. And Your friend's figure is clear again, and perfectly hearable. So You can again

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enjoy and appreciate that very much. And as a result **You can feel better in life – having a personal guidance.**

POSSIBLE OoBE EXPERIENCE.

Although it is not a goal of meditation, it may be its **side effect**, so to speak – because the deeper relaxation combined with concentration can trigger *the OoBE* (*out of body experience*). It is a set of feelings which resembles being out of Your body, floating, being weightless, observing Yourself from the outside, and so on. Not anyone is interested in those sensations – but without Your intention of deepening and exploring it, it shouldn't evolve. Just be aware this is one more interesting thing which may happen during the practice. And if You are not interested in *the OoBE* – just ignore it and keep meditating in Your way.

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THE VERY BASICS WHICH GAVE ME SUCCESS.

THE VERY BASICS WHICH GAVE ME SUCCESS.

“When You’re busy, the clock is ticking unnoticeably – whereas when You ‘just’ exist, You realize that there is no clock.”

(Thomas Leigh)

Thinking about my meditation practice I came to a conclusion that there is **one particular element which helped me a lot** in achieving deeper level of relaxation, concentration, and so on. The element I refer to is a **special attitude towards the body**. Let me explain.

When You start meditating, usually **You relax first**. In order to do that You use some relaxation techniques. Whatever technique You choose – its goal is always the same: **to move Your attention away from Your body**, as far as possible. It is usually achieved by relieving tensions, slowing down Your breath and relaxing every area of the body. The goal is the situation when nothing could be distracting to You (whatever sensation originated in the body). That’s why even so simple thing as **Your body position – can be crucial** – because in the long run (meaning, while meditating) **You will feel Your body differently**. So let’s stop for a while and look at choosing of the most proper position.

THE MOST PROPER POSITION

This is the very first thing You do when You are going to meditate: **You take the right position**. What the position should be? For me there is only one rule: **the more relaxed You feel with Your position – the more proper it is**, and it will be working more effectively for You. But “feeling relaxed” sounds a little bit abstract for me so I prefer that form:

The less You feel Your body in the particular position – the better it is. When You are wondering what position to take – consider **how much You feel Your body** in particular positions. For example: if Your legs are one on another – You can feel

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them more than in the situation in which **both legs are lying freely**. Or another example: if Your body touches some hard surface or edge – You can notice more feelings from that particular area of Your body than in the situation in which You **don't touch anything hard or unpleasant**. So the goal is: to feel Your body as little as possible.

There is one more thing about choosing the right position: **You shouldn't choose the position You're used to take when You go to sleep** – because it is highly linked with falling-asleep-habit (Your body got used to it as a tool to fall asleep). As we don't want to sleep while meditating, it is recommended to choose other position :)

Similarly You should consider **physical state of Your body** as another factor. If the body is very tired – it could be an obstacle in terms of meditating because **tiredness serves sleep**. So the best imaginable condition is that when You feel **fresh and full of energy**. However, it is an extreme – **what is important is not to be much tired or sleepy**.

RELAXATION IS NOT EVERYTHING

All right, so now You know how to take right position and care about proper body condition. But regardless of the relaxation, during the meditation **Your body will be delivering some sensations**. There will be less of them (because of the right preparation as I described before) - but still there will be some. And now the point is: **what will You do with them?**

For example: what will You do if You are feeling some itching? Or how will You react if the fly lands on Your arm? I'd like to tell You how I handle this – but please don't consider it as a universal, objective method. **I don't recommend it to everybody** because I think it won't work for every person. But it works for me – and it works as **a perfect “lift” to deeper states** – so I'd like to share this with You.

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THE VERY BASICS WHICH GAVE ME SUCCESS.

When I begin meditating I take a particular attitude towards my body: I decide not to identify with it for the time of meditating. And by that I mean: no sensation originated in my body refers to me while meditating. What does it mean? It means that when I meditate – I **treat my body like “another person”, “a stranger”** whose voice – for example – I can pick up and overhear unintentionally. But it is not my voice and I’m not interested in listening to another person while meditating – so I don’t do that, **I don’t listen**. Like a radio hearable from the distance – it is not my goal to listen to it while meditating so I just ignore it. **It is possible to treat any sensation originated in the body the same way:** like it would have its source outside, somewhere else – not within You. And by no means it is referring to You – so You can easily ignore it and keep going Your practice.

I discovered it is possible to be independent and free of any possible rooted-in-the-body distraction. In order to succeed in that attitude I needed strong willpower and determination – but **over the time it was easier** and turned into the habit. Some part of me got used to that approach of literally not identifying with my own body in the sake of meditation – and today it is quite easy and also interesting thing to observe if I would like to (Your own body as a body of another person, for example – with no links attached to You).

So, for example, if I am aware of some itching – **I ignore it**. If I am aware of some fly or mosquito nearby – I ignore it. If some part of my body doesn’t feel pleasant – **I ignore it**. As a result I learned not to be attached to my body while the practice. Although that attitude may be a little controversial, for me every reaction linked with the body **would be only an obstacle:** being a reminder I have that body and “I have to be aware of it all the time”. For me it turned out to be **easier to do the opposite**. Furthermore, it turned out it has **a significant impact on the depth of my relaxation and on the amount of time needed to reach particular depths**. In other words: with the help of that attitude I can be deeply relaxed – and I can reach that level very quickly. It has similar impact on the level of concentration/focusing my attention in the context of “mind noise”.

HOW TO HANDLE THE MIND?

HOW TO HANDLE THE MIND?

((What a liberation to realize that the 'voice in my head' is not who I am."
(Eckhart Tolle, *New Earth*)

Previously I told You what could be a very helpful attitude towards Your body. Now I will tell You **what about the mind** or – to put it simpler – Your *thoughts*.

We used to think a lot on a daily basis. But for the sake of meditation You need to manage this activity because **while meditation You don't think so much**. Some people perceive meditation even as **a non-thinking state**, but in my opinion it isn't necessary. **The point is to have much more silence or much less activity** "in Your head". Here is my way of achieving this.

YOUR THOUGHTS AREN'T YOURS

It may probably sounds familiar at this point :) . Because in fact my attitude towards my own *thoughts* is similar or even the same like the one I've described in the body context.

Remember? The whole thing was about **treating Your body as it wouldn't be Yours**. For example – when You are aware of any sensation originated in the body, You consider it as **an external sensation**, not originated in You, **so by no way referred to You**. The same thing about thoughts which we're used to consider as "ours". You can also treat them as something originated **outside of You** and **not belonging to You**. You can treat them as voices which You may sometimes **unintentionally overhear**.

I consider the mind as a source of our thoughts. And for the sake of meditation I **visualize the mind as a radio**, blaring at full volume. On top of that, it is broadcasting several stations at once – and some of them interweave each other. But usually it is like being at the disco when music is very loud, and You can also hear many, many voices around You (the crowd). **Although You can be quiet** – You

HOW TO HANDLE THE MIND?

are surrounded by that “storm of sounds and noises”. Like in the eye of the cyclone, where is total peace – although everywhere around is a raging storm. In the center is always peace.

What I do next is I **ignore the radio**. Because in fact it is the same thing as it would be in the situation in which You physically hear a radio somewhere in the neighborhood: **You ignore it**.

What the mind produces is very similar. If You have visualized the mind as a radio – and thoughts as stations or programs, **You can visualize Yourself as a person who can listen, but who hasn't been forced to do that**.

You know, one of my childhood dreams was **to live nearby trains** – because I love trains. At some point it came true and I heard trains day or night, oh, every hour! :) . But if You would ask me how many trains were passed by today – **I couldn't answer because I usually wasn't aware of that (!)**. Oh, it would be even hard to tell when the last train has passed by! **Why it was that way?** Because this is a matter of focusing Your attention. Usually I focused my attention on **something different than the trains noises**, so **I literally hadn't heard them**. They didn't exist for me (what made me even sad if I reminded myself of that childhood dream, knowing that I can't derive any pleasure from it ;)).

So **You are the person who can listen – but is not forced to do that**. While meditating I can treat “my” thoughts the same way: as **a radio from the outside**. What I do while meditation is **observing**. And **it is possible to observe “Your Own” thoughts**, isn't it? But if it is – **who does observe them?** You were probably used to think that You are thinking, that You are producing thoughts. But if it is possible for You to observe Your Own thoughts – **are they really Yours?** Are they really originated in Your activity – **if You didn't do anything but observing?** It is very easy to check that: stop for a while, don't think about anything and **just observe if any thought happen?** When it has happened? Were You careful while observing? Not really? So try again, be more careful this time and be sure that You are observing

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all the time. Sooner or later **You will catch some thought** :) . Because the mind is up and running – and **it is running outside of You!** Or, to be more specific: it is running outside of Your consciousness – which makes You a really free man :) . Because whenever You want – You can stop listening, being solely aware instead. **Be aware – but not necessarily pay attention.** It works like that: when You realize You've caught some thought (You've noticed its presence) – consider it as an **unintentionally overheard voice from the outside** (like a train) and **forget it.** There is no reason to remember, there is no reason to pay attention, there is no reason to hold it. But if You choose to pay attention, the music will be louder, the program will be louder, or a train. As long as You want to meditate, however, **You choose not to engage with all those “outside entertainment”** – and focus only on observing. And when You just observe thoughts – **the realization of their presence may be the last thing about them** – it won't be “to be continued”. Because in order to hear anything – **You have to listen to it.** And in order to listen to anything – **You have to pay attention to it.** But if You have that attitude in which You don't pay attention to any thought but You only consider them as an external broadcasting – they already lost their power. And **as soon as You realize their presence – they can disappear** in the blinking of an eye, just because of that approach, just because of that decision not to pay attention, but to only be aware of and ignore them – if they have been noticed.

WHAT HAPPENS THEN?

Then **You'll find Yourself free** and You will be surprised **how easy it was** to achieve. Or even better: You realize that it was always that way – but You've just believed in other interpretation: that thoughts are really made by You. **While You are only the one who turns the radio knob.**

As a post-scriptum I'll tell You that **this attitude can also be very helpful in everyday life.** We sometimes blame ourselves for our own thoughts – for example, when we are in a bad mood, we may think about ourselves badly. With the eye of

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the mind we may see ourselves in dark colors. Then we can call it “a lack of self-confidence or self-esteem”. But in fact **who was thinking** badly about You – were not You, but Your mind! It was only “**a radio**” **playing music similar to Your mood** at the time. Because that way the thing works: it plays mainly that kind of “music” which is similar to **how do You feel**. So when You feel good – it will play “good music”: positive, motivational, full of self-confidence thoughts. And when You feel bad – it will play “bad music”: negative, dark, doubting thoughts. But in both cases You are still the one who listen – and “Your” thoughts are still “outside music”. And **the knob** is in Your hand – although You may not be willing to listen to some uplifting music when You feel low. But back to the topic – whatever music You listen, You are not its author. **You only select channels**. And Your radio, Your mind can play many, many channels at Your command – and it can play them very clearly and convincingly. But when You hear some music via headphones – You don’t say that You were producing that music. **You’ve just only listened to it**. The same with the mind and its thoughts, its “channels”. **It always can play the music adequate to the moment** (Your feelings).

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NATURAL BREATHING TECHNIQUE.

NATURAL BREATHING TECHNIQUE.

“ Being aware of your breath forces you into the present moment – the key to all inner transformation. Whenever you are conscious of the breath, you are absolutely present.”

(Eckhart Tolle, New Earth)

Ok, so now You know how to approach Your Own body – and “Your Own” thoughts – in order to make Your meditation much easier. But this is not all what You can do to help Yourself in achieving **deep relaxation quickly**.

First let’s remind **why does relaxation play a key role in meditation practice?** This is not only a question of feeling nicely. The reason is:

The more relaxed You feel – the less You notice Your body. The less You notice Your body – the more You will be able to reach “Your Inner World” (the place where the actual meditation takes place).

So in the upcoming chapters I’m going to tell You about some **relaxation techniques**. Let’s begin with a very basic one – and probably the easiest.

BREATHING

As You know, we usually don’t need to pay attention to our breath – because all thing happens “by itself” (under control of our subconscious). But **there is one interesting thing about the breath**: that when You pay attention to it, it may work similarly to hypnotist’s pendulum, i.e. **it can “slow You down”, deepen Your relaxation and draw Your attention away from possible distractions** (both external and internal). Also **it helps You to concentrate**.

SO HOW WOULD YOU USE THIS IN PRACTICE?

I use different variants – experiment and choose the one with which You are feeling the most comfortable.

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NATURAL BREATHING TECHNIQUE.

JUST OBSERVING.

Start to pay attention to Your breath: become aware of **how Your body is breathing right now**. Don't affect it by any way – **just observe**, as You observe someone else breathing. **Observe and be curious**. *How that person is breathing? How that person will be breathing after a while?*

Try to take that attitude as if You never had that experience of breathing, as if You never became acquainted to it, so it would be **a completely new thing to experience**. And remember: do not affect this external thing – just observe it and stay curious.

SLOWING DOWN.

Start to pay attention to Your breath: become aware of how Your body is breathing right now. And decide to affect the breathing pattern – by **slowing it down**. Slow Your breath as much as possible: inhale very slowly, and exhale very slowly. But don't put any force into it – take as deep breath as You can do effortlessly, but **don't force Yourself to inhale as much air as possible**. Just do it to that degree when it is not needed to put any force. Exhale the same way.

In order to make this easier, You may count while breathing – for example You may count from one to five while inhaling, and the same while exhaling. But again: experiment in order to find the number with which You don't put any effort into breathing. It should be just smooth and comfortable.

And one more thing: **the time between inhalation and exhalation**. Try to make that time happen. And when it happens – also try to **elongate** it to the point when it is still not required to use any force. You may count while this time also – but counting isn't really necessary, it is just a tool to help in the beginning. When You gain some practice, You can do it without counting.

NATURAL BREATH: THE FUSION.

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NATURAL BREATHING TECHNIQUE.

This is a kind of a hybrid technique made out of two previously described. It consists both observing and slowing down aspects. Perform it as follows:

Start to pay attention to Your breath: become aware of how Your body is breathing right now. **Don't influence it for a while.** And then – slowly, very slowly and carefully – start to slowing it down without putting any force or effort. Just make Your inhaling, exhaling and time between the two as long as possible till You can perform it effortlessly. Then, **when You feel You've set the pattern and Your body follows it** – switch to observing again. Don't try to elongate Your breathing, just observe it – as Your relaxed body is breathing slowly and serenely. **Don't decide when to inhale and exhale** – let the body decide for itself. Let it go. Observe and be curious: *When it will decide to take another breath? When it will decide to exhale? How long it will decide not to breathe at all (the time between)?* Observe and let the body perform the whole process by itself. Put Yourself completely outside of this. Don't be engaged – just observe this external, self-conducted process.

As a curiosity I will tell You this: what surprised and impressed me most while using this method (variant 3) was that my body doesn't need to take another breath just after a previous one. Actually it is often that way that it doesn't need to take another breath **for quite a while.** And that amount of time surprised me most when I realized that in that time it **really doesn't have that need to breathe!** Observing the body while this time span is really interesting for me – because it is still effortless (another surprise). In the beginning I much enjoyed observing how long my body can exist in that state (in my case I believe it takes a few or over a dozen seconds). And when I think about it, perhaps I would consider it as yet “another kind of inhalation” - when my body inhales **something else than the air** (because I am aware that it feels very well in that state, very pleasant – **those moments are very peaceful** and regenerating). It is also surprising that **breathing can be pleasant ;)** .

RELAXATION TECHNIQUES.

Previously I described some breathing techniques as one of relaxation's facets. Now we will take **a closer look on various relaxation techniques**. But first let me explain when they could be helpful.

From my experience I concluded that it is not necessary to use any of more complex relaxation techniques in order to improve Your meditation. But consider this as a my case – I don't need to use them, because for me simple breathing techniques and proper firm attitude **are sufficient** to achieve a good enough state of relaxation. But it may be an individual thing – and for some people broader relaxation technique would be **significantly helpful** – at the beginning of their practice or always. So I recommend to use them in following cases:

1. When techniques described earlier are not sufficient.
2. When You are going to perform the *Affirmative Prayer* or gain visions (I will address those cases in subsequent chapters).
3. When You intend to perform some guided meditation, hypnotic regression or another session of this type.

In the second and the third cases wider relaxation techniques may be **significantly helpful** in terms of effectiveness of a whole experience – because they have bigger potential, mainly due to much more time and attention involved in achieving deeper relaxation state. So let's get to the point.

PREPARATION (PERFORM BEFORE ALL THE FOLLOWING TECHNIQUES).

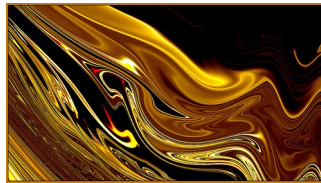
Take the most comfortable position. Close Your eyes and perform one of breathing techniques You prefer. Also keep in mind the most appropriate attitude which works for You – including Your intention (what is Your intention in doing all of this). Keep all of this in mind and stay open for the new, unexpected and interesting experience.

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RELAXATION TECHNIQUES.

SPHERE OF LIGHT.

After performing a breathing technique imagine a small sphere of light. It is the size of an apple and it's made of **warm, liquid, bright light**. Now it is placed just above Your head, close enough for You to feel its **pleasant heat**. It is still and suspended above Your body, levitating.

Then imagine **You feel its pleasant radiation** more and more, like its warm and liquid light is **poured slowly into Your body**.



Become aware how that dense, warm, liquid light spreads very slowly throughout Your body. And wherever it reaches – You feel **more relaxed**. Wherever it reaches – the muscles placed in those spots **become relaxed**, more and more – to the point where You don't notice them any more.

Then imagine the sphere of light **starts moving** – slowly, very slowly – **down alongside Your body**. And its radiation affects most intensely those areas of Your body above which it is placed. Be aware that more and more dense, warm and pleasant light energy **fills** Your resting body.

After a while You'll become **filled with bright light**, which is quite pleasant, calming and balmy feeling. You are **fully at peace**. Your body is resting aside – while You are able to go **any place You want**, through Your mind, through Your awareness, through Your imagination. Now You are able to explore fully vast realm of existence. Through Yourself, Your Essence – You are crossing the door behind which the new world is located. You are aware, mindful and ready to explore this realm. Begin Your journey.

RELAXATION TECHNIQUES.

PLAYING WITH THE OCEAN. (DON'T CHOOSE THIS ONE IF YOU DON'T LIKE WATER OR HAVE A FEAR OF WATER)

After performing a breathing technique imagine You are lying on the raft in the middle of the ocean. Your surrounding is **serene and calm**, the air is **pleasantly warm**, the sky and the water are **bright and sparkling**. You hear nothing but subtle breeze smoothly surrounding Your body. The sun warms You. You can feel its rays and warmth on Your skin. You can feel pleasant sensations of the breeze touching Your skin like kisses. You can feel **astounding peace everywhere**.

Then imagine that: while Your body is lying **still and relaxed**, savoring all of this – You are **leaving it** and begin to **float above**. Maybe You will do it slowly: a little bit higher and a little bit higher. Or maybe You will do it fast – like a rocket just fired towards space, catching big air, with all the **joy and excitement**. Either way **You feel free** now – young, vital, energized. You are flying towards the sky, toward those nicely looking fluffy clouds, serenely drifting up there. When You are flying, You feel the wind flowing around You, touching You, kissing... and this is a nice feeling. You feel **safe and free, boundless and limitless**. When You're crossing the cloud level – feel its touch, touch them, smell, take a deep breath of that **air, filled with sunlight**. Let it fill You also – and take it back with You.

Then turn around and go back, go down toward the water. Note Your body still **resting and fully relaxed** on the raft – but intend not to stop at its place. Instead, **accelerate and go down into the water**, dive into it. Feel the accelerating speed and note all the sensations attached to crossing the surface. Dive deeply, deeper and deeper – effortlessly and excitingly. Hear nice humming of the water surrounding You, flowing around. Feel it. It's so clear You can see far away all directions. You don't need to reach the bottom of the ocean – just dive as deep as You please. **Treat it with joy, play with it**.

And then go back again – toward the surface and next toward the sky. In Your Own pace, in Your Own way. You can fly straight – but You can also take some fancy positions (like spinning). Feel free to experiment and have fun :) . And every time when You reach Your body level – smile to it, greet it, say 'hi' and **keep**

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RELAXATION TECHNIQUES.

playing. Take as many deep breaths as You can, savor it, savor the warm light of the sun, the balmy breeze, the pleasant, sparkling water.

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THE AFFIRMATIVE PRAYER.

THE AFFIRMATIVE PRAYER.

“When your mind is relaxed and you accept an idea, your subconscious goes to work to execute the idea.”

(Joseph Murphy, *The Power of Your Subconscious Mind*)

So far I've introduced You two wider relaxation techniques. You can use them for various purposes: they can help You in achieving deeper relaxation state and therefore they can improve Your meditation experience. Also they may come in handy if You intend to perform some more advanced sessions (like hypnotic regression or the Affirmative Prayer). Today I'm going to discuss the last one.

DEFINITIONS.

First let's define *an affirmation*. My definition goes as follows:

Affirmation – a sentence or set of sentences describing **our desired effect** as accurately and precisely as possible, and as the one which has been already achieved.

From that point it should be easy to understand the Affirmative Prayer concept – which You could define like that:

The Affirmative Prayer – a mix of relaxation or meditation combined with visualizations and affirmations performed during it.

In other words what I call “the Affirmative Prayer” is an application of affirmation while meditation.

WHY TO COMBINE THE TWO?

The point is to use all meditation profits as an “elevating force” (or “fertile soil”) for our affirmations. You can look at it as growing and watering the plant You care about. It's obvious that **the proper soil** will be an important matter for You to pay

THE AFFIRMATIVE PRAYER.

attention – because this is the major factor which influences the quality of Your plant's growth (its speed and scale). The same in the meditation context: You can use all its benefits as the fertile soil “to cultivate” Your desires (through affirmations). So...

HOW TO DO THAT?

If You have read previous chapter on wider relaxation techniques it should be easy because the only thing You need now is **to add one single element** to Your relaxation session. And probably You already know what it is: affirmations.

In this section I'm not going to focus on affirmation subject as such, so let's focus on the essence: what You need to care about before the session. First, You need to **define Your affirmations**. It goes along with the proper intention – because they both are quite similar things, with that difference that **affirmations are extended intentions**. For example, You may have the intention of improving Your relationship with God, the Universe – or to **gain guidance**. You can verbalize that intention to the affirmative form, constructing sentences in the following mold:

I'm in close touch with my Higher Self.

I'm wide opened toward receiving guidance which significantly helps me take the right direction in life.

I receive that guidance, recognize and understand it. I am able to apply this knowledge into my everyday life.

Although classic definition of affirmation emphasizes putting Your desire as already achieved – I find very useful to use another – more prayer-like – form as well. For example:

“I ask You for guidance and help in life. Please guide and help me to take the most right direction in any circumstances. Please light my path and help me to achieve my desires in the most appropriate and comfortable way which could suit and

THE AFFIRMATIVE PRAYER.

satisfy me most. Lead me every day, let me feel Your presence close to me; let me feel better, more certain, self-confident and grounded in the Inner Peace and Knowing. Let me feel safe, secure and comfortable knowing that every situation, every circumstance has its temporary hidden purpose; **it is supposed to benefit me one way or another**. Help me to perceive the Universe and the whole life as **friendly, kind and caring about me**. Help me to take the positive attitude most often.”

And so on and so forth. These are just examples to give You a brief understanding how other way You can define Your affirmations. In that way it is easier to think of it like a prayer. Imagine that You are meeting Your closest friend ever (it may be God, it may be Universe, it may be Your Higher Self – as You prefer). And then imagine **You are supposed to tell Them how do You feel in life and what You would wish to achieve**, what way of everyday life You would like to lead. You need just to render all of it, like talking with Your closest friend after Your heart, being completely honest, sincere and feeling comfortably with that candidness.

So when You have Your affirmations already defined – keep them in mind and begin Your deeper relaxation session. Perform the technique You prefer – and when You feel You are engaged deep enough. perform Your affirmations. Start saying them out loud in Your mind. And **feel them, feel their meaning** – the meaning of every sentence, every statement. Feel all the feelings attached to it, feel Your intentions – and Your desires; become aware how does it feel when You can in fact talk with the one who cares about You a lot and who is listening to You carefully. Be as precise and open as You can – and in the same time be as mindful as it is possible in order to be aware of every feeling. Feelings are very important because **they indicate how appropriate Your affirmations are**. The most appropriate are the ones which move You most – and move You in a positive way.

So You can treat *affirmations* like *seeds* which You sow in Your spiritual space, and in Your subconscious also – in order to reap desired effects in Your so-called reality.

MEDITATION ALWAYS WITH YOU.

((Can you take the thinking out of the perceiving?”
(Eckhart Tolle, *New Earth*)

In the beginning of this book I've described meditation as “a state in which You use deeper relaxation as a background to help You in **focusing Your attention in a specific, intended way.**” Then I have told You that this “intended way” means a way directed toward “focusing on some particular thing: most often on just **being (...)**”. But it is also possible to define meditation in a simpler way, touching its essence. And **what would be the essence of meditation?**

I think this is a particular **state of mind.** I've touched it by describing a specific attitude towards Your Own thoughts. I could describe this unique state of mind as **the Independent (Detached) Observer Mode.** I mean that we can perceive the essence of meditation as a state in which we are not focusing on anything at all. Instead of this **we just are,** we are aware of everything, we are observing everything – but **without any labels and judgment.** So, for example, when You are aware of some particular thought – You don't label it as a pleasant or a negative one, interesting or boring, etc. You don't engage in it – but You don't push it aside either. Because **in order to decide You have to label it first** – to recognize what kind of a thought You're experiencing and then You become able to decide what to do with this thought. But while meditation You don't do that – You are **just observing,** You are **just aware,** and that's all what You “do”. So if You are aware of some particular thought – You allow it to exist, You let it go by itself, without Your contribution. An independent, detached observer doesn't play any role in this process of thinking, so **thoughts can exist by themselves.** They can emerge – and fade away – without Your decision. If You do it carefully enough – You can explore how unique feeling can be taking that position. Maybe for the first time You will be able to observe Your life (or Yourself) without any judgment, without anything, in a totally free way. What was bad, stressful and “heavy” - suddenly may lose its

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power and become neutral. What was so much exciting – may be neutral as well. If there was any topic which often drew Your attention and maybe was eating You – at this point **may vanish** much quicker You could expect. Suddenly You may realize that You are free. Once You realize that – nothing will be the same. Because once You discover it is possible to be free – You will be willing to experience that freedom again and again. How amazing could be to discover that **You are independent** of Your “own” thoughts, emotions, circumstances, self-esteem, and so on...?

So You could define the essence of meditation as **being an independent, detached observer** who just is, just exists and observes, but without any involvement. When You think about meditation that way – You may realize that it makes no difference what the surrounding is. While earlier on You could think that it is highly recommended to be provided with as much silence and peace as possible (turning off cell-phones and choosing time with as little distractions as possible). But when You think of meditation the way described in this chapter – You can realize that the surrounding of a busy city, a bus or a large department store are not worse (!). They are in fact the same, they are useful the same way as any other setting. So “a little surprise” emerges: **You can meditate wherever and whenever You want** (!). Because from that perspective meditation doesn't require any preparation – but simply a specific attitude. The attitude in which You are just an observer – **independent and totally detached from all what exists**. Surprisingly, it is possible to do nothing but be aware. And that is the essence of the meditation's taste, so to speak, the cherry on a cake :) . Once You discover it – You will be able to do it any time and place.

PERSONAL REMARK.

Until I wasn't aware of that way of perceiving meditation, I considered the particular experience as my first meditation ever (described in one of subsequent chapters). But later on I had realized that throughout this lifetime I meditated much often than I thought. The reason of that conclusion is **I recall many times when I**

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took a very specific state of mind – and I did it spontaneously, instinctively and unintentionally. The state in which I did nothing but being, existing and observing without any – physical or mental – response (including labeling and judgment). From the outside perspective it looked strange or odd for some people – because they saw me completely motionless, like frozen or hibernated, suspended in time. And the look was also unique – because it seemed like **I was looking somewhere else** than You could think – at some far, deep space hidden from the rest. For some people it was definitely too strange or confusing to observe, let alone understanding ;) . Some people could even be afraid of that – simply because of lack of willing to accept what they can't comprehend. But they could realize that only because I did it **long enough to be noticed**. But it is possible to do it any length of time – for example, while commuting, when You are sitting or standing among other people anyway, it should be easy to shift Yourself to that state even without being noticed – because You will be considered probably just as another person engrossed in their thoughts. Nothing special, nothing out of the ordinary. Being that way is rather predictable than unique – so You have many opportunities to perform that kind of meditation freely throughout Your day, wherever and whenever You want.

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GAINING VISIONS.

GAINING VISIONS.

At this point let's summarize what we know so far. You should know:

1. What meditation is and what would be its benefits?
2. What would be very helpful in meditating?
3. How to relax? And also how to achieve even deeper relaxation state?

From that point You know all the pieces You could need to meditate effectively. How to do that? In essence, there are two possible approaches:

One – in which You perform the whole process: taking the most proper position, using some breathing and relaxation techniques, and then focusing on some specific attitude towards the surroundings and “Your Own” thoughts. All of those will be the main part of the practice.

That part alone also makes the other, **simpler way of practicing meditation** which You can use wherever and whenever You like. In this case meditation becomes rather a particular state of being than a practice.

Besides all of things mentioned above, You also know that You can use meditation as a background for Your affirmative practice (performing the Affirmative Prayer). Now I will reveal another, more advanced application of meditation – which is **gaining visions**.

WHAT THE VISIONS ARE?

If You carefully listen to Yourself, to Your “Inner Voice”, and especially if You often visualize – at some point You may realize that there is a difference between what You've imagined intentionally and consciously – and what emerged “by itself”. Because it is possible to find those “pieces of information” **which You know** that

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GAINING VISIONS.

they haven't been created by You. They rather “popped up”, showed themselves in the light of Your awareness.

Those pieces of information I call “**visions**”. I consider them as **a way of communication** between me and my Higher Self and/or God/All That Is. They can be also provided by Your friends or guides who exist “on the other side” (the spiritual plan).

Regardless of their source I think it is highly valuable to be able to pick up those visions/messages, which I believe are send to us on purpose. Learning and practicing of gaining visions may also be very helpful in terms of Your relationship with entities I've mentioned. In my opinion it is quite valuable because I believe we are not alone here, on our Paths (i.e. in this lifetime on *Earth*). Although sometimes we can feel that we are... - then it comes in handy to reach our Friends Who are present nearby and care about us. I guess an average person usually isn't aware of Them – but it can change. And once You've changed it – it may significantly extend and improve the character of Your experience in this lifetime.

So cut to the chase and talk about **how You can learn to gain visions.**

First of all – from my experience I know that **it is not necessary to meditate in order to receive visions.** They may be equally easily presented to You in other circumstances, for example:

- while You are just relaxing listening to favorite music,
- when You are completely awake and engaged in whatever activity,
- while sleeping;

The most common form of visions is **an inspiration**: an idea You've just realized, out of nowhere – which often energizes You and moves You toward some particular

GAINING VISIONS.

direction. But they can take also more “classical” form which I could describe as “a movie” displayed “by itself” in the light of Your awareness.

What is the most important thing about gaining visions for me is **to be mindful**, to remain a mindful observer – in order to be able to determine when You are dealing with visions.

WHAT TO OBSERVE?

Thoughts, feelings, “movies”, pictures, sounds... - everything which emerges “in front of You” (in the space of Your awareness). Remember an independent/detached observer attitude described earlier? This full-of-mindfulness approach can be significantly helpful now: when You intend to be ready for receiving visions, whenever they come.

HOW TO DETERMINE WHAT IS A VISION AND WHAT NOT?

While observing You should know which thoughts (pictures, “movies”, and so on) are created by You. For example, while listening to favorite music or meditating I could decide to think about some particular subject, for example I decide to imagine a girl. Maybe the girl I would love to meet in my life :) . Or maybe I decide to imagine that I meet someone who was very important and close to me, but who left this plan of existence some time ago. Or maybe I decide to imagine that I meet my Guide or Higher Self. I can imagine what that meeting would be like. For example, I can begin with imagining how that person looks like. How we are welcoming each other. Where we are located... and about what we’re starting to talk.

While imagining various elements of this meeting at some point I may discover that something happened not necessarily “by myself” (meaning I haven’t imagined that). For example, being a mindful and careful observer at some point I may realize that the person I’m meeting with said something (or did something) unexpectedly. Something which I myself didn’t create (I wasn’t the one who “put

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those words into their mouth”, etc.). Something “out of nowhere” which I am able to tell that I didn’t make it up.

The matter is well explained in Bruce Moen’s *The Afterlife Knowledge Guidebook*:

“Sometimes I know for certain I’m making up both sides, and sometimes it might take **an unexpected turn** that I play along with. (...) This nonphysical experience may be a complete fantasy, or **some of it may be real**. Willingness to allow Yourself to actively pretend is one of the keys to using **imagination as a means of perception.**”

In *The Afterlife Knowledge Guidebook* Bruce explains this matter in very detail – so I highly recommend to read the whole description.

So on one hand it should be easy to determine what was made by You and what had its source somewhere else – if You has been mindful and careful enough. Because in that case You should have more chance to know what You’ve created intentionally. All the rest (if present) will be Your vision.

Sometimes the distinction is not so clear – but rather subtle. Sometimes You won’t be sure if You’ve imagined something or not. In that case You can use several ways to clarify what You’ve just experienced:

1. Sometimes it is possible to verify information (through researching, asking people who would have the knowledge, or browsing the Internet).
2. Sometimes it is enough to confront Your experience with Yourself – by asking *Could You really imagine anything like that?*
3. Sometimes it may be helpful to recall **what You were feeling while experiencing**. In one of Dolores Cannon’s books, *The Convuluted Universe – Book Three* we read:

“How can we be sure if the thoughts that come through in meditation are our thoughts or coming from higher planes?”

GAINING VISIONS.

A: It is the amount of emotion and feeling that is connected with that thought. Random thoughts that occur and flit through Your mind about things past, things desired, speculations, hopes and dreams, **do not have the emotional impact that impressions from Your larger self have.** The feeling is Your key. If You just think the answer in words, with no feeling, it needs to be critically analyzed. It seems that **feeling is essential.**”

HOW TO TRIGGER VISIONS

Another important thing about visions is that **You don't have to wait for them not knowing when they'll come.** It is possible to trigger visions. One way You can do that I've just described: in that case the trigger is **Your imagination**, when You decide to begin with some concept/visualization and then **to observe** what will happen. It is like calling a friend – when You wait for their answer. First You dial the number and then You wait and listen – of course without disconnecting. When You imagine something – it is exactly like calling: You hear those unique tones and wait until Your friend picks up the phone. Sometimes You need to wait short, sometimes longer – and sometimes nobody will answer. But in order to check what will happen this time, You need to wait “on the line”: by **imagining, visualizing.** Whatever You are imagining, visualizing or creating – those are Your “calling signals sent from Your phone”.

If You will receive a vision – You will recognize it as “an interference” existing somewhere between all You've created intentionally. It will be something **new** – which You didn't create consciously but which You can discover, You can be aware of.

Another way of triggering visions is to use affirmation containing Your intention of receiving a vision. It could be a good idea to **be more precise** choosing that intention. For example, instead of just asking for a vision You can **ask for an answer** to a particular question, You can **ask for help** regarding some particular subject, or You can just ask for contact with Your Higher Self, Your Guide, etc.

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GAINING VISIONS.

When You have the affirmation done – in order to give it additional power You can perform the affirmative prayer described earlier on. And as a result You may receive a vision while this practice.

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MY FIRST MEDITATION.

MY FIRST MEDITATION.

Today I'd like to describe my first formal meditation – partially as “a souvenir” (to preserve this memory).

It started with some book. I suppose at the time I was interested in the subject and especially how to do that (how to perform meditation), so I've borrowed some book from a library, read it and... finally decided to begin my first meditation.

I sat upright in a chair (because I've read it is not necessary to take the lotus position), closed my eyes and... started. I don't remember the whole experience in details but **I recall one particular thing quite clearly** – because of its intensity.

From the very beginning I took the attitude I've described earlier on (being independent and detached from anything I would hear, feel, and so on). I was very determined to keep myself in that state by all means.

I suppose that at the time I was alone at home. But suddenly I had a very strong, realistic feeling that someone else is in the room (!!!). It clearly scared me – but although I was frightened, I decided to keep myself still and motionless, even without opening eyes. I suppose the whole incident lasted a while and ceased. Nothing else happened, but the whole thing was challenging during its presence and I was a little bit shocked :) . Since then nothing similar happened – but that experience effectively fixed itself in my mind.

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MY PERSONAL HEMI-SYNC SET.

MY PERSONAL HEMI-SYNC SET.

I've meditated, but only occasionally – definitely too little. Recently I've even found myself in **the strong need of gaining more Peace**, or being more “in tuned” with my True Self/My Core Nature. And I quickly realized that **meditation can be a great tool to achieve those things** or, at least, it could be helpful to some degree at the beginning (and later, I hope, it would be easier). This is the very recent realization. Funny thing: that in the meantime the *Hemi-Sync* technology came along.

It's an interesting piece of concept: that two sounds provided to each ear separately can create the third one – by our own brain (for my understanding it works like a resonance). And it has been discovered that this “third sound” may initiate – or be helpful in initiation of – some specific states (like deep sleep or deep relaxation, or even the *OoBE*). The Robert Monroe's thing.

So approximately in the same time I've realized I need more Peace (not only that, but for now I don't want to elaborate), the *Hemi-Sync* “popped-up”, “by itself”. The All-Knowing Universe and Its impressive ability to neatly composing pieces at any given moment – It can create beautifully arranged pictures made of so-called accidental, random parts without any connection to each other. Oh, I'm grateful for that.

...but I digress...

So the Universe placed *Hemi-Sync* on my Path again. Not really “again”, as I've heard about it before – but nothing beyond that. And in fact I didn't need it at the time – but now it is more... real, “touchable”. Accessible to me. So I started to use it with a bit more fresh attitude (in comparison with the one in the past). Because of greater awareness I **feel more trust and less need to force myself to obtain anything**. So when I am doing *Hemi-Sync*-aided meditation I feel more comfortable,

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MY PERSONAL HEMI-SYNC SET.

more mentally relaxed – because of no expectations (when You trust more, You expect less).

A little bit earlier (before I started to harness *Hemi-Sync*) I discovered some simple exercise in order to achieve the *OoBE* state. It was very simple: while meditating (or just relaxing) **You just simply listen** in order to hear any sound “from within”. And when You realize You hear some – You concentrate on that sound in order to make it louder (or hear it better, therefore gaining that impression). Using that technique I discovered (maybe not the first time) **sounds “from within”: multiple various sounds**. A little bit later I have realized they may be accessible even in a full-conscious state (while being fully-awake throughout the day), which was a little surprise, but acceptable. Using that technique of utilizing those sounds I had experiences of some “near-*OoBE*” sensations.

But now I want to tell You a funny thing: while I use *Hemi-Sync* as a curiosity and help with my meditations, I’ve realized that 40-minute session isn’t enough more often than it is. And then I quickly became aware that those “inner sounds” I’ve described before (naturally “inbuilt” in my body) **may be helpful as an equivalent of *Hemi-Sync*** – because I have discovered **they work similarly** (!). Oh, what a nice surprise :) . That I have “My Own inbuilt *Hemi-Sync* set” - and it is available for me whenever I would like to use it.

And as I said, I can use it similar way to *Hemi-Sync* technique: it acts similarly, even the same, and sometimes **even better** for me personally. For example: when I concentrate on those sounds they quite fast **make me feel like in trance** or something like that. They can slower my breathing quite fast also, which is very helpful in process of getting more relaxation. Sometimes those sounds work for me better than *Hemi-Sync*, so I like to keep they in mind while *Hemi-Sync* session. When for example I realize my relaxation is too slow, I just reach my “Inner Sounds” and, voilà ;) .

SOUNDS WITHIN.

SOUNDS WITHIN.

Referring to the previous chapter about the sounds I hear “from myself” (“from within”): what characteristics those sounds have? I will describe it as well as I can.

First of all: there is rather **a range** of different sounds than **a single** specific sound. A group of – maybe random – sounds, but there are often the same, they are often **repeatable** (so often that You can recognize each sound when it arises or when You’ve just realized its presence). They usually come in a set of various types – **it depends on You which one You choose to concentrate on.**

I’m not sure what is the source of the sounds. I either have got the impression I hear them by my ears – or inside my head – or inside my mind. The only certain things are: **I can hear them and differentiate one from another**, I can pick one specific sound and concentrate only on it, or I can tell what sounds are present, and – finally – I can of course describe each sound’s characteristics (so I will do that now).

CHIRPING (LIKE A CRICKET)

This is the most frequent sound I’m used to be aware of – if I concentrate a bit. It has **a various rate** and speed, and for me it resembles a clock ticking or a cricket chirping.

HUMMING (LIKE ELECTRIC CURRENT)

This one is a static sound often similar to electric current sound. It takes various “shades” of the sound: of a higher or a lower tone.

BEEPING

This sound is **very clear**, has the shortest length and the most random presence (I have the impression it is present more often during the normal-living-mode than while relaxation/meditation). It resembles a sound of TV set when is on but has no

THOMAS LEIGH – MEDITATION EXPERIENCE
SOUNDS WITHIN.

signal, displaying a special image made of colorful figures. It's so clear that it is **very easy to notice when it starts or ends** (it can end suddenly or gradually).

SOUGH OF THE WIND

This particular sound is most impressive for me. I can pick it up only sometimes, but when I eventually do and concentrate on it long enough, it is incredible experience: to hear a very gentle, but recognizable sound **inside You, quite resembling the sough of the wind** (!). It has its own dynamic, usually without recognizable patterns. A very interesting thing is that when I concentrate on this sound – **it often gives me quite unique and special sensations** (like, for example, me myself am distinctively and physically moved by the wind). It gives me a sense of trance-like state – or makes it deeper.

WHITE NOISE

I'm not sure of the presence of this particular sound because it's too weak – but more often than not I have the impression of its presence. It is like “white noise sound” - the sound accompanying a TV screen filled with white and black dots when it has no signal.

MEDITATING DAILY: THE SHAPE OF THINGS TO COME.

THE FIRST WEEK.

Although I meditate for years now, I've never done it as a habit, let alone doing it on a daily basis. It just never was... exciting enough.

But this has changed when I recently discovered an Android app called *Meditation Assistant*² - which generally allows You to **record the timing of Your session, track their streaks** (if You meditate - or would like to - daily) and **share them with other meditating people**.

The latter feature I find especially amazing because thanks to it **Your meditation practice gains an extra dimension**: in a way You may feel as if You are in a group of beings sharing Your interests. It is an especially nice feeling when You are - let's say - meditating late night, it's so calm and quiet around, almost like You are the only person in the world - but then You open the *Community* screen within the app and notice that there are a whole bunch of people accompanying You in the practice.

Moreover, it is nicely connected with the feature of **tracking meditation streak** (a number of consecutive days with at least one session performed per day) - so that You can see both who has just meditated and how long they meditates on a daily basis now.

As You might guess, it may be also **a great tool to inspire**, motivate or even excite You on the idea of **meditating daily**. As I've mentioned earlier, I myself haven't done that before - but this small app amazingly triggered me to do so :) (!) - so I've begun meditation as a (daily) habit for the first time in this life :) - and **I feel excited thinking about the possible way of how it could affect my being**, especially in the long run (during my sessions I am often focusing on this awareness of the impact

² <https://play.google.com/store/apps/details?id=sh.ftp.rocketninelabs.meditationassistant>

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MEDITATING DAILY: THE SHAPE OF THINGS TO COME.

I'm building and developing this way – day by day – which is a very positive and energizing thought).

How I perceive the power of habit here? I suppose it may significantly influence:

- the Inner Peace,
- balance,
- emotional independence;

In other words I believe that this way I can develop the Inner Peace “inside me”, both making it “wider” and **giving it more strength** (it nicely reminds me of “the cathedral association” - in which I visualize my Inner Peace as a spacious cathedral which I've just entered – see the “What meditation can bring into Your life?” chapter).

The Inner Peace, however, is one part among others which make up Your Being – or vibration. Probably You often handle some set of diversified - “themed” - energies: some of them stronger, some weaker – some more significant, the other more “in the shadow” - but there is usually some overall mixture of them. If You don't pay attention to this, those energies can easily “take You over”. so to speak, leading You “which way the wind blows”. But if You do are used to pay attention – You know that it is like a constant and careful management (almost like being surrounded by a group of children of a pretty diversified characters). Each “child” requires a separate, dedicate approach from Your side to handle it in the most proper way. And, more importantly, You need to constantly maintain the bigger picture in mind – for You to always know how balanced all the children are. What dominates? Is any inappropriate behavior there? And, especially: do they live together **in peace**, in general consent? This is Your balance.

The latter one is **independence**, the emotional independence. It is – in a way – a thing similar to the balance described above, but this time it's more about

MEDITATING DAILY: THE SHAPE OF THINGS TO COME.

emotions/moods. **How do You feel right now?** How do You feel while experiencing various things? And, especially: **how it affects You?** What power it has on You? To what extent external circumstances may affect Your Being? How often You really are able to **distinguish: what is Yours, and what's not?** Remember that: ***emotions are just indicators of the nature of Your current experience – especially in relation to Your Own nature.*** So be careful of what You consider so important that You allow Yourself to integrate as a part of Your Own state of being at the moment.

Back to my very beginning of the current meditation streak, the very first attempt of meditating daily – I have one more thought to share with You: I discovered that meditation can be used to **facilitate Your falling asleep process**. Although it is often pointed out that Your mind should be awake and aware while meditating, and You should shape Your meditation practice as something distinguished from overnight regular relaxation preceding falling asleep – You can still use it as a facilitating tool in this regard. Maybe it won't be available for You on the very beginning of Your practice, but as soon as You learn Your mind/body not to treat meditation as a synonym of falling asleep – Your window of opportunity is wide open: now You may use meditation both to meditate and to fall asleep as well. Moreover, it could be a surprising, new and refreshing approach: to fall asleep this way. Maybe it will even help You to set up of **what will You be dreaming about this night? :)** (because it is much easier “to plant” anything in Your subconscious during meditation state) So, be brave to practice meditation-aided falling asleep :) .

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CONDENSED TIME AND MORE UNLIMITED SESSIONS.

CONDENSED TIME AND MORE UNLIMITED SESSIONS.

THE SECOND WEEK.

I reached the second week of my current meditation streak and therefore I find it a good opportunity to share further reflections.

What was most interesting during the recent 7 days of practice – was the one particular 15-min. session. When I first learn that *Meditation Assistant* app propose 15-min. time span as a default one – it successfully encouraged me to begin the challenge without really perceiving it as such (as something difficult to accomplish) - because 15 minutes seems pretty doable ;) .

So I've begun my streak with that thought in mind: being happy on *meditation quarters* :) .

But this has changed during this week in which I've realized that **unlimited sessions are the ones which I like more and more** (?!?). It was a little bit of a surprise, but a nice one :) . Earlier on I was a little uncertain (shy ;) ?) on longer time span because I was afraid that I could fall asleep. But soon enough it became clear that this is not the case and I am always (so far) able to finish my session, however long it could have been (my concern had also to do with the timing, which is currently late night/early morning hours).

One thing worth to note is that I usually have a good-enough sense of time – i.e. more often than not I could say almost for sure if something last or didn't last longer than (e.g.) 15 minutes. One session I had that kind of a feeling in which **I felt like meditating for a much longer time than just a quarter**. I was pretty surprised when I felt a characteristic smartphone vibration indicating that I've reached a default – one quarter – time span (!). I found it an abstract and surreal experience: to feel very realistically that it must have taken much more time (half an hour, maybe longer) - and in the same time to have the proof that it hasn't. Maybe the

CONDENSED TIME AND MORE UNLIMITED SESSIONS.

reason is simple: I could have “blackouted” for a little while during the session, not being aware of it, which could be enough to lost sense of time, or – to be more precise – **to gain a new one.**

There is something incredible about “blackout moments” and their timeless character, which may totally distort and confuse Your perception.

Probably it is the same thing like while dreaming, when You may experience time in an extraordinary, amazingly surprising way (for example, You could take a few minutes nap whereas the dream You’ve been dreaming could last much, much longer for You – it can be amazingly authentic and realistic experience).

Besides the phenomenon of such "condensed time" I could say that indeed I like unlimited sessions more and more (currently I treat 15-min. time span as a final solution to take when I feel too tired and have serious doubts if I could avoid blackouts).

Nice to say that almost every time after the session I post and check other meditators gathered “in the app” - **it is always a pretty nice feeling** to be aware of all of them (as I’ve mentioned before), various beings from all over the world, sharing the same “theme”. In the app’s description there is a mention on someone who posted over 500 days streak which impressed me first, but then I’ve realized that much longer streaks are not so rare in the community gathered around *Meditation Assistant* :) . The longest streak I’ve seen so far was probable over 800 days :) . Congratulations :) .

Oh, and **in terms of a background**: I sometimes apply *Hemi-Sync* recordings during my meditation – or I use just some nature-themed, ambient sounds (ocean so far, I’m thinking about birds, etc.). **I especially like the idea that I could use an Internet radio to stream – let’s say, ocean waves – directly during my sessions** :) . But I guess most of the time I just meditate without any additional soundtrack (although it may change, we’ll see :)).

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OCEAN BREATH AND FURTHER INSPIRATION.

OCEAN BREATH AND FURTHER INSPIRATION.

THE THIRD WEEK.

I often like to listen to ocean sounds (for example the *Abacus Ocean*³). What was most interesting this time was one particular session during which I realized that my **breathing resembles those ocean sounds** to which I've become pretty accustomed. It was a little bit of surprising realization – but a nice one. Since that time I **often recall this association which makes me feel similarly pleasant during sole breathing.**

Probably thanks to my practice over the years now I am able to reach deeper relaxation quite quickly. I mentioned earlier that **it can be used as a facilitating factor for falling asleep** – so I've started to harness this more and more often, in order to better my nights' sleep. It seems it works fine, making a significant difference the same way like in case of meditation.

One more thing worth noticing is that *Meditation Assistant* comes in handy by helping You stay on track while Your meditation streak: if You miss today's session – it may remind You about it (see app's settings), and Your streak won't reset and start all over again. Good to know, because I once almost miss my session because the app hadn't ascribed it to another day – due to the time I've begun meditating (near 4 A.M.) and finished close after (the default time to switch to the next day in the app is 4 A.M. – You need to begin meditating after that time in order for a session to be ascribed as taking place on the next day).

3 <http://www.abacusradio.com>

THOMAS LEIGH – MEDITATION EXPERIENCE
AM I MORE OPEN FOR WISDOM?

AM I MORE OPEN FOR WISDOM?

FIRST MONTH

Highlights:

- I virtually stopped using 15-minute session model,
- I didn't notice any particular effect on my Inner Peace level – or on anything else,
- the practice is still a pretty nice experience which I like to perform, though;

In the meantime, however, I've had some valuable insights which maybe came to me easier because of meditating daily. Thoughts like:

4. **Love is the most important thing** – don't put it on the back burner to be engaged in life, because there is no real life without Love. Furthermore, don't treat Love as a life condiment. Treat it as it's main ingredient, the main driving force – and the main thing to focus on as often as You can.
5. When it comes to Your lifetime, **this is not about what or how much You can gather, preserve or achieve**. All those things are only temporary tools for You to define who You really are = who You decide to be. There will be always much more "in queue" - and, on the other hand, it is not possible to really save anything for ever. What really does matter is what is Your intention, and what is Your vibration – therefore: **what is Your state of being?**

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NEW APPROACH TO LOVE.

NEW APPROACH TO LOVE.

45 DAYS.

For some time now my sessions are less mindful because of tiredness/exhaustion. Since I've decided to write down every thought which I find worth mentioning within a current meditation streak...

I've received a surprising idea regarding Love:

Whenever it comes to a Love-based relationship, Your mind is not a good choice as Your sounding board, because **it may confuse Your perception with ego and emotions**. Since **Love is not something worth missing** – it is highly recommended to always give it “a clear view”, i.e. based on Your Heart and Heart only. This way You may discover Love as a fresh new dimension in Your life, which can liberate You from all the misconceptions. However surprising this statement may be, Love is independent from all the mind stuff, as well as from Your ego and emotions. It never should be subjected to Your mind suggestions. This way it can blossom to a surprising degree, reaching it's true potential – and by that leading You to the core truth of every being.

THOMAS LEIGH – MEDITATION EXPERIENCE
SWITCHED BACK TO SPONTANEOUS SESSIONS.

SWITCHED BACK TO SPONTANEOUS SESSIONS.

The first half of this year I spent meditating on a daily basis. I was very intrigued especially by the potential effects, with the emphasis on how this particular way of practicing could affect me, mood-, energy-, vibration-wise, etc. After those six months, however, I came to the point in which I changed my mind about it (initially I didn't look at it as "an experiment", but rather as my new desired route to take). Below You'll find to what essential conclusions all that time lead me.

FORCED SESSIONS ENSURED EVERYDAY "TASTE OF PEACE".

I had exciting expectations here, mostly based on my current, several year long meditation practice: I thought I could expect high chances for the daily practice to provide some surprising improvements, or even open a completely new "dimension" of the experience. I knew that a regular, full-length meditation may give You a very interesting results – so I couldn't wait for this day-by-day-formula-driven experiment to be performed – and reap a glorious harvest.

The thing is that switching meditation into a habitual daily form turned out to act in an opposite way – mostly due to the character of my current lifetime. What I mean here is that, for example, I don't feel like meditating each and every day, let alone I can't always provide a proper time span for it. To obey the habit, however, I was in the need to meditate anyway – so it was often **forced rather than desired**, and – moreover – could take even only a few minutes, spontaneously put somewhere between tightly arranged bunch of other activities – just enough to take a little breath, **a glimpse of Inner Piece** simply by easing Your mind for a moment.

Keeping that in mind it's not so surprising that the whole thing did not result in anything worth mentioning, anything noticeable. Although there were some interesting exceptions/experiences, their frequency was similar to that accompanying my earlier and regular (although not daily) practice.

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SWITCHED BACK TO SPONTANEOUS SESSIONS.

If You would like to look at it through rose-colored glasses, You might say that it gave at least the certainty that each and every day I could rely on “the Inner Piece Moment”. Reached on a daily basis it could, in theory, influence my being = strengthen inner balance. But, again, I haven’t observed any significant changes here (so perhaps just a few minutes is not enough, at least in my case...).

FULL-LENGTH SESSIONS USUALLY ARE REQUIRED TO PROVIDE TANGIBLE EXPERIENCE.

Full-length sessions, performed 100% out of “the mood” (or “intuitive drive”) for it, **have always been much better**. First of all, they usually provide some interesting sensations and/or experiences. They usually provide a tangible level of relaxation and frequent opportunity “to meet with Yourself”... to visit *the Spiritual*. Last but not least, they are never forced – so oftentimes when I’m going to meditate in this way, I am already in a much more favorable state, meaning: higher energy level, more appropriate vibration, much more time to devote to the practice (i.e. without any subconscious rush = I don’t need to be concerned about time at all), and so on.

Full length sessions usually satisfy me, being accompanied with several positive associations, including positive attitude on the very beginning. I’m sure that all those factors are of great importance to the practice.

THE FINAL CONCLUSION: HABITUAL MEDITATION IS NOT ALWAYS THE RIGHT CHOICE.

So what would be my final conclusion here? **Is turning meditation into a daily routine really (not) a good idea?** I think that it depends on Your individual aim and how Your typical satisfactory session looks like. If, for example, 15 minutes of meditating is enough for You to notice tangible impact – I’d surely recommend to keep going, especially on a daily basis, because it seems it works great for You, as well as it should give even better results in the long run. Or maybe it would be enough for You just to ease Your mind for a moment and that’s it – it’s completely fine to take advantage straight from the surface instead of diving any deeper.

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SWITCHED BACK TO SPONTANEOUS SESSIONS.

But if Your case is similar to mine – i.e. You are interested in gaining much more experiences and impact (e.g. spiritual-wise), and a few minutes of practice usually are not sufficient – it could be a waste to disperse Your time and energy into unmeaningful chunks. Go ahead and think full-length by **always choosing the proper time and place as Your habit** – rather than force Yourself to meditate daily at any price.

That is my choice after those six months of the experiment: I switch back to spontaneous, full-length practice. I am aware that it could be rare – but on the other hand I have the intention to make it at least a little bit more frequent (fingers crossed :) !). Furthermore, I'm gonna to label each and every session via *Meditation Assistant* to give it a little “blog-taste” - and maybe this way will encourage me to perform more often :) .

YOUR DAILY TREASURE.

YOUR DAILY TREASURE.

REACHING 100 DAYS.

I almost hasn't been aware how it came to the first 100 stage. In the meantime I've just meditated daily, with one "small" concern about all of it: that it's not quite of a good quality, so to speak – regarding my own idea of a well-done session, and most of those 100 day meditations haven't been of this kind, so I had some... doubts (?) on their credibility. Taking the second thought, however, I've come to the conclusion that **even a small dose of meditation has its value**. It's like garnishing Your everyday life with a jewel, or a treasure – which might be perceived as a very rare occurrence, but You've decided to pay attention to it each and every day of Your life, even for a couple of minutes. And those couple of minutes count, because otherwise it would be a day without it, without it at all.

Think about it this way: what if You've known Your Second-Half, the Love of Your Life – but You are able to meet each other only for a few minutes? Would You be willing to go on such a meeting? Would it be worth Your attention? Or maybe You could consider it a hassle, given its ephemeral character – so You will rather stay at home?

I personally would choice the Love of My Life, even if for just a couple of minutes. The same way I perceive meditation: even if there are days with sessions taking just a few minutes, it is worth it, because in fact **every time when You deliberately take this special mind-awareness attitude, You give Yourself a treasure**. A treasure which is not an ordinary one, a treasure which – if taken habitually – may bring a totally new dimension into Your Life, a situation in which You will be able to say that the inner peace, all this unique inner and in-depth perspective are present within You every day (in other words, thanks to it You are noticeably and tangibly accustomed to this particular quality of beingness on a daily basis).

YOUR DAILY TREASURE.

So You may perceive the meditation practice this way, in which – regardless of session duration – it's always worth being present in Your life, always valuable – because it creates a habit, as a result of which this unique quality of beingness is “always on”, so to speak, within You, always up and running. Every time You meditate, You are – in a way – a different being, a one closer to their true nature. If You do it every day, You become this being more and more, regardless of how big or small “dozes” You take – You are always connected, never went ‘off-line’. Every day is the day with this treasure, and You're constantly embracing what is worth it the most: the truth, peace, awareness, the core of Your Being, something timeless and spaceless, a dimension which overlays all the rest ordinary dimensions You are accustomed to.

So, dear Reader, happy the first one hundred :) !

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FURTHER READING.

FURTHER READING.

“ Light a candle, sit down and set the candle near eye level. Notice that the center of the candle flame is dark, like there’s a shadow within the flame. Stare into that shadow. It’s a neat trick. (...) when I stared at that flame, it was like my mind became like that shadow. Very tranquil. And I never meditate or any of that stuff.”

(Tom Sowders)⁴

1. **Advanced Hypnotic Regression** You can explore in details within a wide range of Dolores Cannon’s books.
2. **Spiritual Plan exploration** (alongside with a new, fresh and easy way to reach it) You can examine within Bruce Moen’s books.
3. **New approach to “Your Own” thoughts** You will find in Eckhart Tolle’s books (i.a. *A New Earth*, *The Power of Now*), as well as Anthony de Mello’s *Awareness*).
4. **How Your Child may benefit from mindfulness** – You will discover the answer in *The Mindful Child* by Susan Kaiser Greenland.

⁴ “Staring at a Candle Flame Daily Can Increase Your Life Expectancy”, <http://blog.pegasuslighting.com/2014/03/staring-candle-flame-daily-can-increase-life-expectancy/>

THOMAS LEIGH – MEDITATION EXPERIENCE
ABOUT THE AUTHOR.

ABOUT THE AUTHOR.



I am. But If You really want to know, look at my expression through this plan:

- **web & graphics design** (one of my passion since 2000; I consider myself an artist, specialize in individual design, i.e. rendering/reflecting Your Own style, or Your Company 'spirit' – [here](#) You will find out more about my approach and works),
- **spiritual growth** (meditation, awareness, 'timelessness', etc.,
- **reading books** (I love reading (audio)books, which is probably my very first and the oldest passion during this lifetime; You can find out what I'm currently reading on the bottom left area of [my homepage](#)),
- **cooking & eating** (I love all the culinary things, from wondering about the next dish, to shopping, preparing and actual cooking, to savoring delicious tastes),
- **computers, smartphones, apps, etc.** (although we are nowadays more and more into the mobile era, I'm still enchanted by extremely wide possibilities of a classical PC – even today I still consider it a real renaissance tool; I am deeply interested in various software, hardware, and design matter – both desktop and mobile),
- **podcasts** (I conduct several podcasts in my native language and would love to do the same in English),
- **English language** (years ago I discovered that this is a foreign language I definitely like and find resonating with me; now I am extremely happy and grateful that I can explore this world's creation thanks to my current language skills; now my aim and dream is to be able to speak fluently in it),
- **paranormal phenomenon** (I am very interested in this matter since elementary school, remain a declared fan of *The X-Files* tv series);

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ABOUT THE AUTHOR.

In case of any question or idea to enrich this book feel free to reach me at thomasleigh5@outlook.com.