FREE BIE

skillfulmeans

FOLLOW A CLEAR MEDITATION SYSTEM

GUIDE TO A MEANINGFUL PRACTICE

William Jackson PsyD

Why Should I be Practicing Meditation?

The popular perception of meditation is that it reduces stress, helps with relaxation and is a way to clear the mind.

When in fact meditation has the potential to do go beyond just stress reduction to transform your whole life. Meditation brings clarity and focus to your unique personal path, aligning your mind, behavior and transforming your relationships and environment to fortify a new way of being.

But there is a problem!

Usually meditation is only taught in one of two ways:

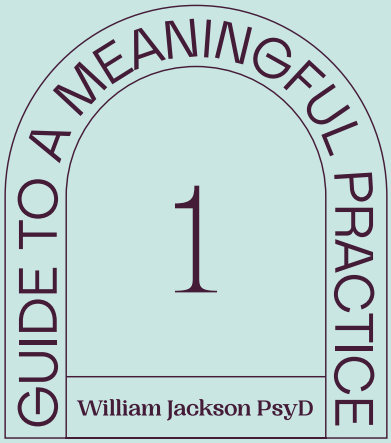
1. Sitting Meditation:

   This is meditation on the meditation cushion, insight meditation practice, most forms of focused attention meditation (attention on the breath, mantra, body scans, imagery etc.)

2. Mindfulness Practice:

   This is mindfulness in daily life exercises where one uses the meditation techniques to be more mindful in our day to day actions like walking meditation, mindfulness while doing chores, mindful communication etc.

These methods do not teach you how to apply meditative insights to your life!



Develop Focus and True Motivation

Finding true motivation

To discover your true motivation and unique value set you need a systematic approach. When we develop a clear inspirational vision for our future it pulls us forward. This is an essential to developing a consistent mediation practice yet other meditation training programs often stop at asking you to create an aspiration for your practice. Creating a detailed vision of why and how meditation fits into your life is at the core of our program and we call it 'The Anatomy of Well-being'.

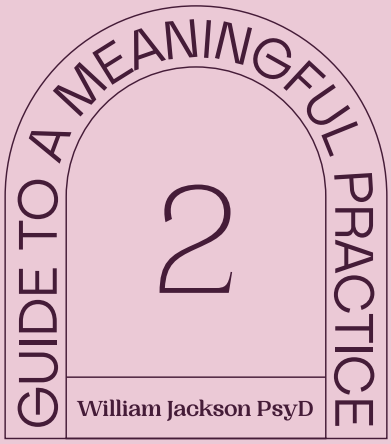
What is well-being?

Well, it depends on you because there are many different perspectives as to what it means to thrive as a person and yours is unique. It could be defined by:

- Health
- Relationships
- Productivity
- Morality
- Spirituality
- Mental clarity
- Money
- Meaning in your work....

It could be defined by your mood or the amount of pleasure in your life or all of this together. Everyone defines it differently! However, most have not intentionally defined it at all.

When your anatomy of well-being is clarified the motivation starts flowing. Then you know why you are meditating and where you want your life to go. It becomes clear how meditation is an essential driver of momentum towards that vision.



Systematic Training that Blends Wisdom and Science

SYSTEMATIC MINDFULNESS TRAINING 2

Each meditative tradition has its strengths and weaknesses.

Throughout The Skillful Means Program we utilize these strengths drawing on the best practices from each tradition.

There are benefits and trappings of other approaches to meditation.

Here are a few experiences I had while studying meditation over the past 20 years:

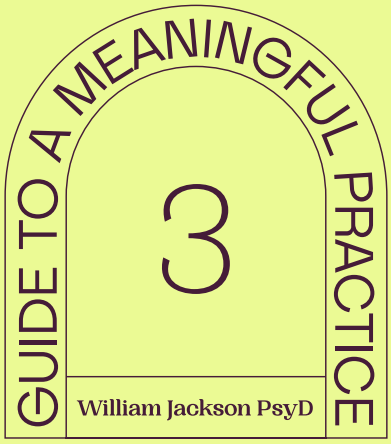
I learned a clear systematic meditation practice but had to live in a sweltering hut in the jungle in Burma where I almost died of typhoid to learn it.

I practiced effortless walking meditation with an incredible Sangha (group of practitioners) but they doubted the future of their personal practice without their guru.

I have researched meditation with top universities that clarified essential practices and validated effects of meditation but they were constantly pressured with unhealthy expectations of academia.

I taught meditation helping people in hospitals address anxiety and depression but was hampered by a bureaucratic medical system that goes so far as to not allow the use of a bell to start meditation because it is too religious and may risk programs not being covered by insurance.

The format of this program allows us to use the structured systematic practice and researched backed strategies without the guru or trappings of the medical system.



Integrating Insight

Methodology of this program

Compare personal assessment with Ideal picture of well-being

Develop a stable mind to look deeply with acceptance

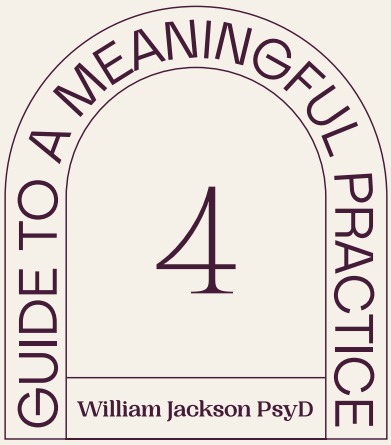
Journal insights about aligning with personal picture of well-being

Clarify picture of well-being

Practice aligning thoughts, speech and behavior in meditation with partner & group

Broaden techniques, specific mental muscles and personal support to align your mind

Intentionally take specific action to align your environment, relationships, work...



Intentional Community

“Good Friends are the whole of the holy life.”

SIDDHARTHA GOMATA (BUDDHA)

Instead of teaching you a method and then leaving you to the fishes we will support you to build your chosen comunity. It is the key and only way to a steady practice.

When we spend our precious resource of life chasing something that our family or culture told us will bring well-being instead of pursuing from a place of personal insight the inevitable disappointment can feel like a betrayal.

We are social, herd animals and it is difficult for us not to do what the herd is doing. The group, company, family, school... is being led by their own needs and desires. Their action is aligned to their picture of well-being not always yours.

When we are clear about our own picture of well-being, have built the mental muscles to align our mind, aligned where we spend our time, shed or distance relationships that are not serving us and pursue and cultivate those that are, we start live a more fulfilling life.

Joining this course is the first step. Throughout we will intentionally challenge you to clear a path for your personal development and create a personalized community of support.

Start Now!
or your habit of doing it later will win

In the Skillful Means Program you will immediately start on a new life-long journey of learning how to integrating mindfulness and insights into your daily life. We teach you how to translate your insights into actions that will align the trajectory of your life toward well-being.

Below are the essential components to a modern meditation program:

Teachings	Weekly videos covering topics such as the physiology and psychology of meditation, Zen stories and applying meditation to your daily life.
Q & A Calls	Get answers to burning questions about your practice and share success and struggles with fellow meditators on weekly calls.
Insight Journal Questions	These are prompts to help you recognize insights and think about ways you can bring this practice into your real life.
Partner exercises	Start creating your supportive community. Meet with a partner on a weekly basis to practice applying mindfulness skills and get personal feedback.
Daily Meditation Recording Prompts	Guided meditation recordings that build in a systematic program to get you steady clear results. Curated Content Readings, videos talk curated from the best practitioners in the field to create a coherent narrative.

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