

Vicki Bennett - Changing Your Mind (Broadcast Master)

Featuring the specially recorded voices and sounds of 48 people:

Falco Carey, Adrian Shephard, William Boon, Leanne Bryan, Peter Jaeger, Pea Hicks, Suddhaka, Seth Horvitz, Sanghasiha's Meditation Bowl, Stephen Coates, Abhayadevi, Pete Wallace, Kevin Hamilton, Irene Moon, Marcus Boon, Ratnadeva, Maya Gürbüz, Dan Hayhurst, Mark Heath, Tim Atkins, Lasse Marhaug, Vidyadasi, Vic Scarborough, Phil Hallett, Henry Lowengard, Sue Slagle, Rahne Alexander's Meditation Bell, Jeff Carey, Alex McKechnie, Felix Kubin, Karen Oates, Cecilia Hae-Jin Lee, Abhayadevi's Meditation Bell, Will Edmondes, Jem Finer, Rich Whitelaw, David McConville, Kira O'Reilly, David Toop, Nikolas Schreck, Liz Bot, Tim Maloney, Vicki Bennett

Quotes

Pauline Oliveros (from "The Difference Between Hearing and Listening" Ted X Indianapolis)
Eckhart Tolle (from "Findhorn Retreat" and "The Personality Paradox")

Musical excerpts

The Beatles "I Me Mine"
David Bowie "Changes"
Jackie DeShannon "Changin' My Mind"
The Doors "The Crystal Ship"
The Kinks "Too Much On My Mind"
Madonna "Like A Prayer"
Anthony Newley and Leslie Bricusse "Pure Imagination"
Harry Nilsson "Everybody's Talkin'"
Eberhard Schoener "Meditation"
Grover Washington Jr. "Just The Two Of Us"

Transcript

Kira O'Reilly 00:04

For a long time, I had been curious about different spiritual practices. I knew meditation was part of that.

Karen Oates 00:14

Well I started to meditate, because I felt lost, and going through a difficult time.

Dan Hayhurst 00:23

I started to meditate because I was looking for ways to help deal with really bad anxiety.

Pete Wallace 00:37

My anxiety works in such a way as it can pop up at any time. And it can be triggered by a kind of a whole variety of things. But it's more of a almost a state of mind sometimes, but only really becomes a conscious thing for me when I am really feeling bad.

Vidyadasi 00:54

I started to meditate not really because I wanted to, I went to do a course on Buddhism. And apparently you needed to meditate, I was more interested in the meaning of life really.

Abhayadevi 01:09

Well, when I was a little girl, I always wanted to know the meaning of life. And I just love the claim that meditation can change your mind.

Abhayadevi's Meditation Bell 01:48

(bell)

Phil Hallett 01:48

I started to meditate after a trip to Wales during some kind of midlife crisis. Now, I set a timer on my phone. When I go to this spot on a hill, in some woods near where I live, while walking Otis my dog. And I find my internal monologue just sort of goes quiet, or quieter. I've always kind of been able to go to nowhere, enjoy nothingness. I remember doing it a lot as a teenager staring at the wall in my bedroom, as if the paint was drying, and just there sort of being. It drives my wife mad if she catches me.

William Boon 03:23

How do you meditate? (then translated to German)

Dan Hayhurst 03:31

These days, I meditate in a really simple way which is mostly focusing on breathing. Find a quiet space. Sit down, breathe deeply. focus my attention outward. So listen to all the sounds that are going on around me. And then sort of bring the attention in and focus on the breath. And just try and... not think... (laughs) which is impossible.

Jeff Carey 04:17

You think that you're supposed to try to think of nothing?

Falco Carey 04:23

Now if you try to think of something other than like what you're thinking about, you end up thinking about it anyway, because you're trying not to think about it.

Marcus Boon 04:32

That is a thought (in German)

Felix Kubin 04:36

My thoughts are like shadows in a garden that I produce. I see them but I only see the shape of them. And I don't know the content really. I just see the shape and I try to figure them out.

David McConville 04:51

I am taking the time to breathe and notice them and to watch them float by like clouds

Nikolas Schreck 04:58

That can flow like clouds passing by in the sky without attaching them

Pete Wallace 05:03

There's a whole kind of cloud of things kind of coming at you as if you're sort of floating through space. and you kind of just watch them go past, you don't try and catch them, you don't try and fix them or sort them out, you just observe them and say okay, yeah I see that.

Marcus Boon 05:12

Thoughts pass like clouds in the sky (in German)

Maya Gürbüz 05:19

The thoughts are like clouds (in German)

Peter Jaeger 05:23

I observe them and I let them go

Adrian Shephard and Maya Gürbüz 05:25

Thoughts past like clouds in the sky (in German)

Karen Oates 05:29

Just letting them pass.

Dan Hayhurst 05:33

You just... you just let them go really.

Maya Gürbüz 05:36

Let them go (in German).

Jem Finer 06:03

So the process of vipassana meditation is that you have nothing except your observation of yourself. Observation of the sensations of your body. And those observations are to be made with equanimity, with no judgement as to whether they're pleasant or unpleasant sensations.

Abhayadevi 06:30

The Buddha taught two types of meditation really, or two main types, concentration, and insight. So I usually alternate, I ground myself feeling the sensations and the effects of gravity in my body, and then do a brief body scan. If I'm doing concentration meditation, I then mainly focus on the breath with the aim of it absorbing all of my attention. If I have the intention to practice insight meditation, then I begin in the same way. But instead of focusing exclusively on the breath, I notice whatever arises. I do this with the intention of not getting drawn into the content.

Kevin Hamilton 07:32

And then I start to focus on energy moving up and down my body and I usually start with my lower spine and I imagine it coming up my spine and into my head and around through my nose and out again. And then I try to think of it going the other way down through my body and down into my arms and legs.

Ratnadeva 08:03

Other types of meditations such as the Metta Bhavana, the cultivation of loving kindness meditation, helped me to be less self absorbed, to feel more connected with other beings and more generally, to cultivate positive mental states. I wish sequentially four different people well, myself, a friend, a so called neutral person and a difficult person. In the final stage of this stage of the practice, I explore the possibility of wishing all four people well without bias. Then I broaden the range of well wishing from the four people to include more and more beings, until I'm wishing all life in the universe well.

Felix Kubin 09:39

I feel like meditating when I lose myself in my art. Yeah, just in general to be able to concentrate because everything at the moment is about losing your concentration, social media, it's all about like putting a spray of confusion over you and of... what's that word? When you lose the thread of something, you get (German) I don't know the English word at the moment (German) distract, of course distraction.

Anthony Newley and Leslie Bricusse "Pure Imagination" 10:12

"Hold your breath, make a wish, count to three. Come with me, and you'll be in a world of pure imagination. Take a look, and you'll see into your imagination."

Cecilia Hae-Jin Lee 10:34

When I'm painting or writing or drawing or gardening, they're all of these things in which I'm so engrossed in the task at hand or whatever it is that I'm doing.

Felix Kubin 10:46

I try to (then in German) sink down in myself (then in German).. I try to sink into myself while I'm composing, or when I listen to music, when I watch a film.

Anthony Newley and Leslie Bricusse "Pure Imagination" 11:29

"There is no life I know to compare with your imagination."

Jem Finer 11:45

I mean, I found that playing music a lot, you know this sensation as you move through a piece of music, whether it's a piece one's sort of learnt and is playing through or just improvising - that engagement with the music literally unfolding.

Will Edmondson 12:04

That would place your mind into, your active, performative mind, into a space that you simply couldn't reach it by trying to through conscious structured thought, if that makes sense.

David Toop 12:19

And I suppose you could, I mean people talk about the state of playing, in which events take place, music emerges without... conscious thought.

Felix Kubin 12:36

I like to... (in German), transform into something (more in German), I can transform into a cable or a book or a synthesiser and I have the best communication with the subject.

David Toop 13:09

I think you just begin to work in a way that serves the collaboration, serves the production of music, serves listening, because you're no longer trying to force the issue. And it's also a question of just letting things happen. Just to allow things to happen. You're not thinking ahead. You're not thinking retroactively, you're just thinking about how do I work with this material right now?

Lasse Marhaug 14:10

Well, for me, there are many things that I do that mirrors meditation. It is listening to music, it is doing something physical, like walking, and it's being outside in nature. And I'm very lucky that I live in a quite special part of the world where the nature is really spectacular. And I think growing up in this environment shaped me. So that's also a point. I woke up to heavy rain this morning and I was it was just fantastic. Just I loved the sound and feeling of it.

Jem Finer 15:03

Listening is very, can be very like meditation if one just really listens carefully to every sound, and listens to the relationships of sounds and where they are spatially, and how they come and go. So it's kind of Deep Listening to coin the Pauline Oliveros phrase.

Henry Lowengard 15:28

I'm totally down with that, because I am a kind of longtime associate with the late Pauline Oliveros, who came up with this concept or at least named a concept called Deep Listening, where you're kind of doing that, you're listening to everything around you. And you're understanding that that's what reality is actually based in and not some kind of construct.

Pauline Oliveros (from "The Difference Between Hearing and Listening" Ted X Indianapolis) 16:06

"The practice of Deep Listening, as it has developed, explores the difference between hearing and listening. My practice is to listen to everything all the time, and remind myself when I am not listening. I invite you to take a moment now to notice what you are hearing. And to expand your listening to continually include more."

Jem Finer 16:53

I often just sit and start listening very carefully to every sound I can hear in great detail. But again, without thinking wow this is a lovely sound or this is a horrible sound.

Henry Lowengard 17:35

It's sometimes good to have a source of quiet sounds to specifically concentrate on. I actually happen to have one built into my head because I have tinnitus and I'm constantly hearing a high pitched sine wave at around 10,500 Hertz in both ears. So at any time, I can just sit back and listen to my own head as a source of sound to concentrate on.

Pea Hicks 18:41

There's a whole genre of YouTube videos where guys restore various items, rusty old appliances, or kitchen implements or anything really. And they just have these nicely produced videos where they restore stuff. You don't get any talking, but you do get lots of all the sounds of the tools and all the equipment that they're using. And generally for me, you know, if I'm looking to relax or it's the end of the day, and I'm trying to go to sleep, or if I'm just having anxiety or whatever, and need something to calm myself down... I don't really

meditate, that's just not something I've ever done, but I will put on videos like this and I think it's the combination of all of the sounds of, you know, sanders and hammers, and the best part is always when they put things through the sandblaster, that's always the best part because you know, you'll take something really rusty or it's got a lot of grime or other buildup on it and they put it in the sandblaster and it's erasing all of that stuff.

Seth Horvitz 19:57

I find that sometimes a certain level of noise and busyness can bring on a state of meditation as well. For example, sitting on a crowded subway train and just closing my eyes and hearing all the sounds and experiencing sensations that can also be meditative. ("Mind the Gap"). Actually, I find sitting on an aeroplane with the rumble of the engine to be meditative as well.

Sanghasiha's Meditation Bowl 19:58

(bell)

Seth Horvitz 20:50

And then once the plane is in the air, I like to notice how the various signals inside the plane, the ones that the seatbelt sign when it goes on and there's a certain ding or beep when the two engines come close to being in phase and then out of phase as they're sort of spinning up to full speed. The sound of an aircraft, a helicopter or an aeroplane passing overhead I actually find to be an object that you can really focus on and contemplate, so when something passes overhead, I find my attention is really drawn towards the bending of the sound as it approaches this sort of Doppler effect.

Jem Finer 22:29

The last few years I've been playing the hurdy gurdy a lot which is a, well, and it's basis it's a drone instrument. A drone instrument where one can actually play notes too. But there's something just in... in the droning that one can get very lost in. You sit the instrument on your lap, it's wood... wood and gut and wire, and you turn the wheel and bow the strings and the whole thing starts to vibrate. You get it in tune, nicely in tune, it is in tune, when you slowly tune it up, that instant where it suddenly hits really beautiful harmony with the different strings... It kind of becomes part of your body in a sense because of these vibrations. And then in the sound there's a lot to hear, there's a lot to listen to. There's so much going on in terms of overtones. Just watching the wheel go around you can almost fall into it. And I find that, you know, I can actually... this is a place where I really do lose a sense of time, I can be doing it for a long time. And I can use it like in the same way as I would approach a meditation. Most of the time I don't even think about it like that, it's just something where my mind becomes much clearer and much more still. And at the end of it I always feel very refreshed mentally, all the stronger to carry on and face all the shit that goes on.

The Beatles "I Me Mine" 25:25

"All through the day, I me mine, I me mine, I me mine. All through the night I me mine, I me mine, I me mine. Now they're frightened of leaving it, Everyone's reading it, Comin' on strong all the time. All through your life I me mine."

Rich Whitelaw 26:03

I was in the house on my own at the weekend. And so I think I was watching the telly, having a few beers. And I was just thinking about craving. And then I suddenly had a really visceral experience of craving, in terms of noticing that I'm thinking all the time, I'm thinking, what am I going to do? Am I going to go to the

fridge to have a piece of cake? Am I going to have another beer? When am I going to have another beer? Am I interested in this programme? Should I turn over? Should I put a record on? Should I read a book? What should I do? Should I spend some time with the dog? And it was all about like, what do I, what choices do I want to make, what do I want? All of it.. and I just realised that's what my life is. It's just being drawn between different things. And we're being pulled forward by all of them all the time. And it was the most intense bodily understanding of that that I've ever had. And I had to laugh, I found myself just sort of roaring with laughter, I thought this is just ridiculous. I'm just dragged along by the nose by all of these cravings all of the time. Again, it's something that I'd understood intellectually, and it made sense to me. But that felt like an actual experience of it, you know, an actual real experience of oh, this is what it's like, this is what it's like all the time.

Kevin Hamilton 27:22

So that is the fundamental and funny question about meditating, right? Is all the other things that come in and then there's all the question about am I really meditating right now if all these other things are coming in, I'm so new at meditation I'm not quite sure what to do with those other thoughts an other thinking and I'm not quite sure if that thinking is part of the meditation or not, or if it's an invader, or if I'm doing it wrong.

Tim Maloney 27:51

The way I've always looked at it is well, I'll sit here and think of nothing, and (laughs) think of nothing.

Irene Moon 27:58

Um, however that's very hard to do because as soon as I sit down I start thinking about the world, what I have to do that day, that I should get up and feed the cats, I need another cup of coffee..

Vidyadasi 28:11

Oh I must remember to fill the car at the petrol tomorrow..

Kira O'Reilly 28:14

Repetition of thoughts going round and round and round and round Round and round and round and round and round (also in German)

Nikolas Schreck 28:24

I want this, I don't want that, I want this, I don't want that

William Boon 28:28

I want this. I don't want this. I don't want that.

Maya Gürbüz 28:30

I want this. I don't want this. I don't want that (in German).

Eckhart Tolle 28:33

And even while you sit alone in your room and you start thinking about (mumbling, complaining) if you were talking out loud the voice in your head that you identify with everybody would recognise it as insane. But (more mumbling...) but then on the other hand, I don't know then what if I do that that then (more mumbling...) I wonder what happens if (more mumbling...) oh that would be dreadful if that (more

mumbling...) I just hope that (more mumbling..) oh no, I hadn't thought of that (more mumbling...). And you reincarnate continuously into some new thought form.

Jackie DeShannon "Changin' My Mind" 29:28

"Changin' my mind, Life had nothin' left for me. Changin' my mind I was blind and couldn't see. Changin' my mind, All at once I'm feelin' free."

Adrian Shephard and Maya Gürbüz 29:54

Think of nothing (repeated in German).

Maya Gürbüz 29:57

Think of nothing (in German).

Sanghasiha's Meditation Bowl 29:59

(bell)

Tim Atkins 30:11

Who is your mind in relation to you?

Felix Kubin 30:28

(in German). So I said that my mind is standing behind me or hovering on top of me.

Tim Atkins 30:37

My mind is on one level, the tool which will free me, and on another level. It's the jailer which enslaves me.

Harry Nilsson "Everybody's Talkin'" 30:56

"Everybody's talkin' at me, I don't hear a word they're sayin', Only the echoes of my mind:"

Sanghasiha's Meditation Bowl 31:13

(bell)

Lasse Marhaug 31:13

Are you an observer of your thoughts? Yes, I am an observer of my thoughts. I think er... I think, there you go! I think about my thoughts (laughs)

Adrian Shephard 31:27

Are you an observer of your thoughts (in German)? I am an observer of my thoughts.

Will Edmondson 31:33

I am, insofar as I'm aware.

Felix Kubin 31:40

Who is observing these thoughts? (in German) When I move my hand I wonder what it is that moves my hand, if it is my own thoughts or if it is something that (German) permeates, yeah, permeates me.

Stephen Coates 32:13

I am an observer of my thoughts. And at times I can see that very clearly, I can separate the thought from the thinker. In fact, who is the thinker? When you start to look closely you find that there isn't really anybody there that you can identify.

William Boon 32:34

(Knocking) There is nobody there.

Maya Gürbüz 32:38

(Knocking) There is nobody there. (repeated in German).

Abhayadevi 32:47

Thoughts appear. They are observed. But nowhere can I find the observer. There's just experience arising in each moment.

Liz Bot 33:04

It almost feels like there's two of me

Lasse Marhaug 33:07

Two voices, the very conscious thought who is observing everything and then the the subconscious.

Grover Washington Jr. "Just The Two Of Us" 33:15

"Just the two of us, We can make it if we try. Just the two of us, Just the two of us."

The Kinks "Too Much On My Mind" 33:37

"There's too much on my mind, There's too much on my mind, And I can't sleep at night, Thinking about it. There's too much on my mind."

Dan Hayhurst 34:18

The idea of the commenting voice in your head is a weird one in relation to meditation because in many ways, that's one of the things that I want to get away from through meditation. Whether that's like an inner critic, or I don't know, the sort of smart ass that I carry around with me. It's good to get a break from that entity. As to who that is, I don't know if that is me or a part of me. It's not someone else (laughs). So, I suppose that is me.

Will Edmondson 35:06

You know, I don't know what me is. And that's a whole other subject that I could ramble on for hours, I do think about who me is.

Vidyadasi 35:14

So I as an identity, I don't believe is a fixed thing anymore. So, I am certainly not that commenting voice in my head. I suppose I see the commenting voice in my head, as a... I suppose you could say a sort of brain function, sort of collection of neural pathways perhaps, oh gosh, views, fears, opinions that have collected over the years because of all the different myriad conditions that affect my life, maybe culture, age, generation, class, family history, generational history...

Eckhart Tolle 36:00

And yet the essence of who you are, the I Am, that is nothing to do with the person, but it gets mixed up with the personal, the forms that the person identifies with that make up the person.

Madonna "Like A Prayer" 36:21

(backing instrumental track)

Kevin Hamilton 37:10

So it's interesting how prayer is and isn't like meditation. Because at least for the traditions I grew up in, and still am in to many extents, prayer is so much more this address of a being, compared to what I know of meditation, which doesn't have that as much. I certainly learned techniques of meditation where I'm imagining another being in relation to me. But it's not a being and I'm meditating to, whereas prayer is often praying to a being a deity. But I will say the prayer and meditation end up being very similar in that I've long understood that the power of prayer is simply in the saying of things, and the body feeling the saying of things. And with prayer posture matters. I think the whole reason why one might get on one's knees to pray isn't I think ultimately because you've got to subject yourself before a deity, but just because whatever you do is intentional with your body, when you're in meditation is going to have an effect. So I find that prayer is a lot like meditation.

Ratnadeva 38:24

Plays the Shakyamuni Buddha mantra on the shruti: *"Om Mune Mune Maha Mune Shakjamuni Svaha"* (Om wise one, wise one, greatly wise one, wise one of the Shakyans, hail!)

Rahne Alexander's Meditation Bell 38:24

(bell)

Vicki Bennett 39:17

Would you be able to explain what it is about doing a mantra where you repeat something over and over, how that becomes part of a kind of spiritual practice?

Ratnadeva 39:27

I think it works on various levels. One level is the physical, simply you're engaging the body, the vocal cords, and it's kind of deep down and it feels like it's really into the chest. So that I think that repetition is important. It allows you to become concentrated. It kind of quietens the mind. Having that anchor for the mind, the thoughts subside. So Buddhism would say that we have this potential our Buddha nature, it's sometimes called. And it's it's always accessible according to Buddhism, and how do we access it? There's a sense in which we can stir it up, in some ways access it and maybe even occasionally live from it.

The Doors "The Crystal Ship" 40:30

"Before you slip into unconsciousness..."

Jeff Carey 40:43

So here's the big question. What is consciousness?

Falco Carey 40:54

Hmm. I don't know!

Jeff Carey 40:59

Like break down. What do you mean? What does it mean to you?

Falco Carey 41:03

Like your senses, your like, awareness, as you described of like, you know what's going on around?

Jeff Carey 41:14

But could consciousness have many levels?

Falco Carey 41:17

Perhaps, like, maybe we're on like a mid level of consciousness or something?

Jeff Carey 41:24

What is the mid level of consciousness?

Falco Carey 41:26

I don't know, like, we're not fully conscious. But...

Jeff Carey 41:31

How could we be more conscious?

Falco Carey 41:32

I'm not sure. Waking up from the dream in The Matrix, or whatever. I don't know. Now that we watched that movie it's...

Dan Hayhurst 41:45

What is consciousness? Right? Yeah. What is consciousness? (laughs) I don't know what consciousness is.

Kira O'Reilly 42:02

I'm going to say that it is sentient awareness.

Adrian Shephard 42:07

Awareness (in German)

Kira O'Reilly 42:10

That doesn't require intellect, and intellectual or cognitive functions.

Marcus Boon 42:20

Nobody until I started meditating, had actually asked me what I thought consciousness really was. And okay, sure, there's philosophical books about that, maybe even psychological books. But the idea that there was a kind of direct experiential method of exploration of what in fact, consciousness was and that there was something to discover there, and that maybe you could only discover it by meditating, not talking about or thinking about meditating, but actually doing it, that was something new to me. And it really totally changed how I felt about the world I guess, and myself.

Felix Kubin 43:11

(In German) What is consciousness? (In German). You can only talk about consciousness as an echo, you need the outer world to reflect (German) yourself. (in German) and it demands another language.

Vidyadasi 44:17

I personally believe that consciousness is... awareness.

Marcus Boon 44:26

Consciousness is awareness (in German).

Kevin Hamilton 44:28

Consciousness is awareness of self.

Mark Heath 44:32

I would define consciousness as that which is aware of it

Liz Bot 44:35

I think consciousness is an awareness of my internal and external self.

Adrian Shephard 44:44

Awareness. Yeah, to try and be aware, but consciousness changes all the time.

Vic Scarborough 44:48

So for me consciousness is an evolving state of being, state of mind.

Nikolas Schreck 44:55

But consciousness is all pervasive. There is nothing that is not consciousness. So it is not separate from the mind. It's not like you have a consciousness, we are consciousness.

William Boon 45:09

We are consciousness (then in German).

Sanghasiha's Meditation Bowl 45:23

(bell)

Mark Heath 45:23

Do you do a kind of meditation where the goal is to transcend? Funnily enough, in transcendental meditation, the goal is not to transcend. You could say the process is one of transcending, but it's not something you do. It's something that happens, but it's not the goal. My favourite metaphor is like being in the cinema. And the film is running, and you're watching the film. And then the film kind of runs out. We're talking the celluloid film. Imagine the film runs out, but the projector remains on, so does the white light. That's my favourite metaphor.

Eberhard Schoener "Meditation" 46:15

(music)

Felix Kubin 46:15

I would call it the cinema behind the eyes. It's like the (German) It's like me moving, taking myself and taking me into the cinema of my memory. (German).

Alex McKechnie 46:41

It's only explainable by the absence of other things, the absence of thoughts and the absence of expectation, and planning, and waiting. In the absence of those feelings, if you can call them feelings... the absence of those ways of being leaves you with a simple awareness that once the thoughts have gone, something remains, which is... something remains which is.

Suddhaka 47:20

So the sense of there being a boundary around the self, and a separation between the self and the content of experience dissolves away. And the self merges with the world into a space which is neither completely the self, nor completely the world. But a kind of interzone, sort of magical space, in which consciousness, and the world that consciousness creates mingle in magical ways. And within that space, it's also possible to access a level of wisdom that seems to come from beyond the normal world. So one can ask questions, one can have glimpses into other dimensions of experience. One can have perhaps glimpses of what's described sometimes as the deathless state, something that goes beyond birth and death, something that goes beyond individual personhood.

Eckhart Tolle 48:28

This is your... the aim of spiritual practice, your connectedness with the deeper dimension is not lost. Even when you're engaged in daily activities. And then you come out of it again.

Sanghasiha's Meditation Bowl 49:08

(bell)

Stephen Coates 49:08

The main inaccurate thing which people who haven't meditated, or have just started meditating seem to believe about it, is that you have to stop yourself thinking. And the proper state of meditation is one where there aren't any thoughts.

Sue Slagle 49:25

I think that the most common misconception is that you have to be a certain kind of person to meditate, and that only certain kinds of people can do it.

David McConville 49:38

Meditation comes in many forms. Mindfulness practice itself has been radically exploited in many ways as a kind of self help practice, particularly within corporate environments.

Vidyadasi 49:54

I think you also need some sort of teachings about wisdom alongside meditation to get the real benefit. I don't think on its own... it's a bit, it's a bit like having a car, well a car is great, but you do need a place to go. I'm gonna use that metaphor.

Marcus Boon 50:16

You could imagine that you're meditating, that you're doing something spiritual or religious, when in fact, you're really just kind of copying or posture and imitating something rather than actually really doing that. One of the kind of key instructions for some of the meditation practices I've done is actually don't meditate. In other words, you have to let go of the idea that you're meditating when you meditate in order to actually let some aspects of your mind naturally arise.

Eckhart Tolle 51:01

And every method eventually needs to be left behind. You don't need it, it's the last thing you leave behind.

Tim Atkins 51:12

Meditation has changed my life by showing me that there are skillful means with which to overcome the challenges that I feel and face as a human living on a difficult planet, to which I quite often contribute difficulty.

Vidyadasi 51:36

It is a training essentially, that helps you to really concentrate and focus in like a microscope into noticing what your mind does. And when you can do that you can really help yourself in terms of mental health.

Pete Wallace 51:55

I think that people can punish themselves by taking on too much because they don't feel they deserve to stop.

Leanne Bryan 52:02

When you meditate, you're opening yourself up to different levels of consciousness. And getting out of that kind of mundane everyday thinking and opening up the possibility of there being something beyond the mundane every day.

Irene Moon 52:20

The meditation, 10 minutes, really helps, honestly, 30 minutes, even more so. Just giving it that lousy 10 minutes a day really can help centre oneself.

David Bowie "Changes" 52:38

"Ch-ch-ch-ch-changes, Turn and face the strange, Ch-ch-changes, Don't want to be a richer man, Ch-ch-ch-ch-changes, Turn and face the strange, Ch-ch-changes, There's gonna have to be a different man, Time may change me, but I can't trace time.

in italics = music