



Matt Young: Finding Stillness Through Movement



Matt Young is the Director of the Melbourne Meditation Centre. Since 2004 he has explored and developed an approach to meditation that is suited to contemporary folk looking for practical ways to feel less stressed; debunking meditation myths and misconceptions. Explore meditation through kind, gentle movement of the body and learn how to meditate (“retrain your brain”).

TOP EMBODIMENT TIP: Don't be afraid to do exactly the opposite of what you are instructed to do.

Movement and Touch As Gateways Into a Mindful State: **Mindful movement** rather than **mechanical movement or rotation**.

- **Be curious** about **what you sense**, the **subtleties**, **looking for pleasure, softness, and fluidity**.
- Attitude and the way you make delicate and gentle movements is important, like a caresse, a reassuring touch.
- Movement and touch can also be added to a formal sitting practice, providing a ‘bit of spice’.
- Meditation can be easy, enjoyable, and fun, and doesn't have that much to do with your posture.
- The key thing is not what you are doing with your body but what you are doing with your attention.

Meditation Does Not Have To Be Still: **Meditation can be an active free-flowing process**

- Remove the narrative about a quiet mind or a still body.
- Allow the body and mind to move and flow, finding their own stillness rather than imposing stillness.
- This creates the conditions under which peace and contentment arises.
- Meditation can also be used to wake up and energize the system, clarifying focus.

Make These Practices Your Own: **Listen to your own body and see what it wants to do.**

- Check in periodically. Pay attention! See if anything has changed- physically, mentally, emotionally.
- Meditation is a form of attention management, and the root of the word attention is the Latin *tendere* ‘stretched towards’ as well as ‘tender’.
- Trust. Listen to yourself. Take guidance as suggestions. Make your own metaphors and images for the movements.

Treat Yourself Kindly: **make your movements as fluidly, gently as you can. You don't have to make them big.**

- See how much pleasure you can get from light, delicate movements. Be tender with your thoughts.
- Allow relaxation to happen. (don't have to make it happen, don't try to relax.)
- Notice how much effort you are using to meditate and now use half that much.

Use the breath, one of the most continuous movements of the body, to trigger relaxation by emphasizing the exhalation:

Let your breath be longer, softer, slower, deeper than normal. Breathe in conjunction with big movement.

Resources

- ❖ **Website:** <https://melbournemeditationcentre.com.au/>



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Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

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