



## Richard Shankman: Finding the Meditation Practise That Is Best For You



Richard is a co-founder of Mindful Schools, the guiding teacher for Metta Dharma foundation and a successful writer. Let's explore the ways how to connect to the meditation practise which might be best suited for us.

**TOP EMBODIMENT TIP:** Your good intention remains, stay attuned to your intention.

### Dharma is Inviting Us to Make a Shift:

- If we can learn not to be at the effect or mercy of circumstances, we can take more ownership for our own state.
- Can we learn to live most of the time with a peaceful mind and open heart, the way that creates less suffering for ourselves and others?
- Can we learn to live the way that creates more happiness, more well-being in the world for ourselves and others?

### What are You Looking For in Meditation?

- Look at your own aspirations and goals - why do you want to meditate?
- Don't fall into judgement, tearing yourself down.
- Don't get attached to one technique, then let go of it when you are ready for a change.

### Fundamental Building Blocks:

- **Mindfulness** - not being caught and lost in an automatic pilot, noticing what is happening.
- **Concentration** - ability to settle the mind and be more calm, present, wakeful, connected, drop more deeply.
- **Insight** - anything you experience, know, see, understand, perceive while we learn to be in the flow of life.
- **Qualities of heart** - like love, kindness, empathy, compassion.

### How to Find Our Best Fit?

- Do the best you can, listen to yourself and pick up practise that you might be drawn to, and try it on.
- Be patient, give a practise some time to train those fundamental qualities.
- Be kind to yourself, know what you know, make your best choices.
- Use your judgment, your interest, stay attuned to yourself as your practise might evolve and change.

**Living life is like driving a car at night, you can only see as far as headlights but you can complete the journey of 1000 miles that way.**

### Resources

- ❖ **Books:** *The Art and Skill of Buddhist Meditation*, New Harbinger, 2016; *The Experience of Samadhi* Shambhala, 2008.
- ❖ **Website:** [Richard Shankman](#); [Metta Dharma Foundation](#)
- ❖ **References:** Samadhi concentration; Leigh Brasington



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