Meditation: The School class

We have a right and left-brain part that we use for our observation, to compare, to think with and we use it for our conversations, our talking with the world, or with our self. These two brain parts are in our forehead. The aim of this meditation is to observe these brain parts: To see and notice how they ‘speak’ and what they think, how frequently they babble and are occupied with thoughts. The aim is to observe this and to let them, to make them become quiet. To make the mind silence gives you a better possibility to connect with your deeper feelings; with your heart and with the voice within. To become the ‘boss’, to be in control of your brains.

Our spirit is in a body, what has brains; but the front brains are not yours, they did not came with your spirit when you incarnated, they grow (with the help of your spirit) to the form we find in our skull. They are inside our body and can be influenced by different sources, also from outside. These brains that are given to us you can see as a computer: This computer device needs to know who the operator is, who is in charge, and you need to take care that no pollution can comes inside, nobody else starts to use your brains. It has to be you who thinks and nothing else: no mind-manipulations, no ego-trip-voice, nothing else then your spirit, your soul voice; that speaks through your heart. You need to use it for the purposes it is made, and you need to be able to silence your thoughts. To be in charge of your brains needs practicing and this can be done during focused meditations when you take time and are relaxed, you can use the school class meditation when you are standing in the metro, waiting for a traffic sign, when you are biting time in the waiting room of dentist, doctor or else. You can take in all these situations a brief look to your brains; what they are doing, where the voices are coming that you have or hear in your brains, what influences you......and you can try to let them silences. Being able to ‘be in control’ is something you can practice in your daily life. The mind silence; this gives the change to learn to hear the heart, and to speak by heart.

You start this meditation by closing your eyes and visualizing that you are standing in a classroom: See here for the picture at the left. You have to see yourself standing there: You are Big and standing strong on two feet in the middle of this large classroom. You visualize that you send the right brain-part to the right front corner of the classroom; you can see this as a person. And you send the left-brain part to the left front corner of the classroom; you can see this also as a person. Let them stand both in their corner with the nose to the wall. Let them be silence. When the want to talk they have to turn around before they have allowance to speak. Observe how and when the left side and right side wants to speak, what they are saying (thinking) and what the difference is between them. Try to keep them silence for a long time, and when they speak try to recognize the voices of these two: what is left and what is right. Question: Is it you who is speaking, or does it feel like “something within you is speaking”?...try to stop this. Do you like these voices in your head, can you without?. Keep observing them for 20 till 30 minutes and try to get them quiet. This meditation you can do this while your are standing of sitting, or almost sleeping, in bed as first thing in the morning, and when you want to give yourself a brake during your work.
Two thumbs up meditation: A next meditation is a simplification from the first: the aim is to silence your mind and observe this. Stick your two hand out in front of you. Thumbs up. Try not to think, and move your thumb[s] the moment you think. Stop your thinking; learn to observe your brains, your thoughts and try to get control over it. (Your thumbs are like the two persons in front of the classroom.....)  
(tip: when you visualize something you 'just' do it, by the intention and by the strength of the action it take place: you put the left brain part in front of that classroom)

Meditation: Speaking by heart
The aim of this meditation is that the front brains only use the words that are coming from your heart. “You speak your words by heart”: Before you say something the words are weighted by the heart. This can be heart by the change of your voice, by the energy and effect your words have, and the words surprise you: they are new and original, they have quality, they can make sentences that are beautiful, poetic and/or very funny. Tip: You can put your hands on your heart, before you start this meditation.

This meditation starts similar as the school class meditation: You visualize that you are in the classroom, you send your brain parts (as persons) to each front corner of the classroom. You can start now with observing; take care that your two brain parts are silence. You can do this for 5 till 10 minutes. Next: In the middle of the front wall hangs the school board. On this you paint a big heart in the colors you like. This is your heart. Now tell the two ‘brain-parts’ in the right and left front corners of the class that if they want to speak they have to speak from your heart. This means: they have to turn around and put first one hand on your heart and then speak. Observe how they speak, and listen to the changes of voices....... What does your heart tells you............