



# THE THREE PERMISSIONS

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Welcome to Harmonic Mind meditation training program. In this session, we will go deeper into the fundamentals of meditation. This session is meant to follow The Five Postures guided meditation. If you have not heard that session yet, please stop this one and go to that one first.

This next 20 minutes is the second part of the introduction to meditation with Harmonic Mind neuro-acoustic technology. This guided session will provide basic guidelines for you to practice each time you meditate.

So let's begin by briefly checking in with our five postures. Notice your body. Make sure you're sitting in a relaxed, upright posture and just get settled in. Making any adjustments you need to make in order to feel comfortable. And just notice the quality of your emotions. And the quality of your mind, the quality of your thoughts. And now, let your attention rest on your breath. Just notice the rise and fall of your breathing. Just resting your attention on your breath. And now check in with the feeling state of listening. Noticing the experience of listening.

During this session, we'll connect with some of the common experiences that occur when beginning a meditation practice and adopt some resources that will help you to understand and address them. This session is called The Three Permissions because we're going to give ourselves permission to do these three things during meditation. These are only suggestions. They may or may not work for you in the best way. Or there may be a kind of wording that is better suited to your understanding. So I want to invite you to accept whatever is useful to you and apply that, and let go of the rest. And also to rephrase or reframe these suggestions in whatever kind of language that is going to be most resonant with you. We'll go through them one at a time, but they are intended to be used together and whenever they're needed. If you've practiced any other form of meditation before, you've probably encountered these suggestions as they are very helpful no matter what the technique is that we are using.

And so, as we arrive in our present moment experience, the first of the three permissions is to give yourself permission to let everything be as it is. And whatever it's like right now, allow this to be just like it is. There is no need to change anything and no effort of any kind is required. Your mind may be busy or still, noisy or quiet, and that's okay. You might feel sensations or have images cross the screen of your mind, and that's okay. No effort of any kind is required. Just allow your experience to be exactly as it is.

Number two is give yourself permission to observe everything. Whatever it's like for you inside, just notice. And when thoughts come, just observe them. When feelings or sensations come, just observe them. There's no need for effort of any kind. If you have a judgement of your thoughts or sensations or experiences arise, maybe your thoughts are interesting or maybe you don't like them, they might feel positive or negative or seem pleasant or unpleasant, and that's okay. The judgment or interpretation of your experience is also a thought. Just give yourself permission to observe everything that's arising within your experience. No effort of any kind is required.

Number three is to give yourself permission to let go. This one is very similar to the others but it also has its own flavor. Letting go is not an effort or an activity. There is no requirement of any kind. Attention moves. It flows. It follows thoughts and sensations and it makes comments on those thoughts, memories, and those comments are also thoughts. And letting go is just a returning of the attention again to the noticing. And another way we might word this is by saying give yourself permission to refresh your awareness. This is another way of saying letting go. By refreshing awareness, you allow attention to return to observing. You can also refresh your awareness, if you like, by returning your attention to one of the five postures or simply noticing. Refreshing awareness happens all on its own. No effort of any kind is needed. Breath is happening. Listening is happening. Thoughts and sensations arise and fall away on their own. And you are simply observing. Give yourself permission to let everything to be as it is. Give yourself permission to notice everything. Give yourself permission to let go.