

Tranquil Awareness Meditative Training

Tranquil awareness meditation classes guide beginners and experienced meditators to cultivate skill sets that engage the guiding principles of tranquil awareness meditation:

1. Recognize the presence of an unharmonious feeling, mood or state of mind.
2. Let go of the mental and physical unharmonious feelings, moods, and states of mind.
3. Invite and awaken a harmonious feeling, mood or state of mind.
4. Fully experience the newly awakened harmoniousness feeling, mood or state of mind as long as possible.

Harmonious refers states of mind that are without conflict, aversion or compulsion. It includes balance and wholesome feelings and moods resulting in ease, happiness, and comfort.

The training principles combine a learning method known as the Six Rs. It is a formula that guide meditative actions that develop and cultivate mental awareness evenly balanced with emotional tranquility. This approach to meditation is easy to understand and enjoyable to practice. As with all new learning, it takes practice to fully experience the desired results. Once the practice principles are understood, the principles can be applied throughout the day in normal circumstances.

The Six Rs is a formula to direct specific actions. The first is to observe exactly how our attention becomes high jacked and enmeshed in uncomfortable mental disturbances followed by three actions that restore and support mental/emotional harmony. Stress and distress are unavoidable but their painful effects can be greatly minimized. The first step in the formula is to become aware of a disturbance while it's happening. This is immediately followed by consciously disengaging from the disturbance by not keeping your attention on it and then relaxing the entire body. The next action is to redirect the awareness to a harmonious feeling, mood, or state of mind. It's similar to changing channels on a TV or radio. By doing so, disturbances weaken and automatically dissolve. Repeated application of the formula effectively deconditions unconscious compulsive habitual reactive behaviors that are a root cause of anger, compulsion, worry, anxiety, confusion, and most types of depression.

The Six Rs is also a guide to effectively use the power of awareness and tranquility to precisely direct how the mind moves from one mental state or emotion to another. In doing so, how we get high jacked gradually become clear and actionable. This clarity prompt thoughtful consideration, the basis of being responsive rather than being pulled into reactive patterns. The Six Rs is a mnemonic system to guide conscious actions that support mental and physical harmony while dissolving unconscious and painful reactivity. Directing harmonious practice principles balances emotional, mental, and physical well-being in each moment.

Thousands of people worldwide have adopted the Six Rs as a daily practice of self-directed training. A few hours of instruction and practice quickly develops the skills to experience results and benefits unavailable in conversational therapy. Cultivating these skills directly contributes to mental agility and attentiveness with positive life affirming feelings, moods, and thought processes.

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Benefits

- Experience exactly how our attention gets high jacked by habitual negative feelings, moods, and mental states.
- Recognize and decondition the root causes of anxiety, stress, worry, anger and addictions.
- Implement the Buddha's formula to respond rather than to react to powerful compulsions and emotional urges.
- Cultivate the essential building blocks and transform toxic emotions into contentment and ease.
- Develop selective thinking to rebalance and relax with responsive awareness and clear communication.
- Enjoy rewarding and sustainable meditative exercises that improve quality of life for busy people with active life-styles.

Class Sessions

Session 1: The problem and an effective solution

Learn to create a meditative home base of ease and tranquility. Learn how "feeling good in mind and body" makes meditation fun and interesting. Learn how meditative enhanced states produce positive personality traits. Experience contentment by applying an uplifted harmonious and wholesome feeling after disengaging from compulsive urges.

Session 2: Having fun and feeling Mmmmm... good

Learn to enjoy meditation. Immediately experience stress relief while promoting mental ease and physical comfort. Soften and learn to let go and disengage repetitive thought process. Engage with balance in moment-to-moment awareness that results in mental settling, steadying, composure, and stillness.

Session 3: Meditative judo

Learn why recurring distractions are your best teachers. By recognizing toxic feeling and painful thoughts we learn how to disentangle as they occur by actively letting go. Learn how disengagement, relaxation, and a little smile result in relief, ease and greater clarity.

Session 4: It's our inheritance but it's not us

Learn the basics of how to influence the bodily nervous system and neurology for greater happiness. Learn about flight or fight and other central nervous system impulses and how the parasympathetic system activates rebalancing. Learn how to quickly recognize and dissolve the unconscious reactions and how to consciously and thoughtfully respond.

Session 5: My friends and allies

Learn how to build seven universal wholesome and harmonious qualities. Practice grows them quickly. Daily practice periods deepen contentment and increases comfort. Learn to balance mental and physical qualities that immediately feel good and keep on giving.

Session 6: Meditation to go

Learn how to carry this meditative training into active daily life while, driving, shopping, working at home, and in the workplace.