

.Class 5: 2/20/07

Some efficient ways to get rid of wandering thoughts

It is indeed not easy to completely clear all the thoughts. Yet, it is not impossible. The two best strategies to clear your thoughts are “extending the length of your meditation” and “increasing the frequency of meditation.” Follow the methods listed below to help you to implement these two strategies.

1: Choose a right time

It is better to practice Sitting Zen at a time when there is less interference. For example, it is a good choice to practice in the morning, for you are more energetic after a full night's rest and have fewer thoughts right after you get up.

2: Choose a clean and quiet place

For beginners, do not meditate in noisy surroundings because it is difficult to calm the mind. You should choose a quiet and clean place with good ventilation.

3: Curl your tongue to touch the roof of your mouth

Never forget to curl the tongue to touch the smooth part of the roof of your mouth. Based on Chinese medicine theory, this method not only helps you with fewer wandering thoughts, it also excites secretion of saliva and prevents you from thirst in long sessions. Beware, that touching the hard palate next to the gum, would make you drowsy. Therefore, be sure to touch the soft and smooth place at the roof of your mouth.

4: Quiet your mind by observing your breathing

By concentrating on your “breathing” and observe the path of Qi (energy), you can reduce your wandering thoughts. Observing your breathing can gradually smooth your breathing as well as simultaneously calm your mind.

5: Counting breath

One breath is consisted of one inhaling and one exhaling. Counting breath is to count from one to ten, then start over again. Most of the people often forget where they were when counting. If this happens, just start over from one.

Actually, this method is not the best way to help you to be free of thoughts because you are counting "consciously". Similar to the method of counting sheep for insomnia, the longer you count, the more thoughts you have. Therefore, it is still the best to directly quiet your mind.

6: Following your breath

When you are totally concentrating on your breath and following its path through your body to the chakras, it will be difficult for you to think of anything else. Following your breath is better than counting-breath because you do not have to "consciously" remember the numbers. Yet because you still need to perform two tasks, inhaling and exhaling, it is still not a perfect way to completely quiet your thoughts.

7: Zero in on the chakra

This method is to focus all the attention on your chakra such as the Navel Chakra or the Root Chakra. It is the best way to eliminate all your random thoughts. Zero in on the chakra can also strengthen your organs. Furthermore, if you can deepen your meditation, you can reach the spiritual realm of Zen. This realm evolves differently depending on the degree of your concentration. Hence you'll learn that there are countless aspects of Zen.