

# Meditation Exercise



The Center for Common  
Sense Counseling



# Introduction

I teach a unique meditation-type exercise which you can learn to practice daily on your own.

By practicing the Meditation Exercise, you can learn to be cool, calm, composed, and self-directed. First, you learn how to stop struggling with negative thoughts in your own mind (not really yours but put there through childhood programming). Then you can learn how to calmly deal with the pressures from other people.

Family, career, health, and marriage problems are often due to your not being able to see clearly because of suppressed anger and resentment.

The exercise will help you regain self-confidence and discover your true path in life.

The Meditation Exercise is compatible with the highest principles of all spiritually minded people. In fact, the Meditation will help bring to life the beautiful and noble thoughts and aspirations that people of goodwill from around the world have yearned for and longed to live.



Roland Trujillo

*Roland*



**E-mail:** [rolandtrujillo@snowcrest.net](mailto:rolandtrujillo@snowcrest.net)

**Address:**

Roland Trujillo  
1698 Market Street  
Box 282  
Redding, CA 96001

The Meditation Exercise Booklet

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# Welcome!

The purpose of the meditation exercise is to teach you how to be objective. Up to now, you have been subjective—lost in the thought stream. In real life, you failed to meet each moment properly. Therefore, you began to hide in your daydreams where you could be king or queen of the hill, or judge, jury and executioner in daydreams of those who intimidated you in reality.

It began when you were a little child. Some person intimidated you with anger, impatience, or injustice. Or, they intimidated you with false goodness, knowledge or frightening predictions of what would happen if you did not heed them. Since you were only a little child, you could not stand up to them with poise. You lost your cool. You lost confidence and became resentful. This made you self-conscious. Ever since, you have tried to regain your cool by compensating, escaping, or daydreaming. You keep revisiting the scene to try to regain what you lost. But you have discovered that you cannot. All you can do is try to prove something, which still keeps you subject to the intimidator. Alternatively, you try to gain confidence by reliving the scene in a waking trance--doing without shame what they intimidated you to do. Nevertheless, when conscience returns, you are even more guilty and afraid to face reality.

As a little child, you could not help yourself. Now you can. You need to regain the natural courage you lost, as well as the kindly attitude you loved in people.

Injustice, cruelty, and pressure, often masquerading as phony "concern" for your well-being, made you go down paths you

never would have, had you remained calmly yourself. The farther along the path you went, the harder it became for your ego to admit it had erred. Anger and other emotions then increased; first anger at those who hurt you, then anger at those who misguided you, and finally anger at yourself. Anger (and suppressed hostility) became the energy with which you moved toward the goals of proving something, demonstrating something, or getting the approval of those types who had intimidated you. Anger made you go out into the world like a bull in a china shop. Repressed anger fueled the dreams of greatness, worship, or revenge. The resentment and anger also led to sensuality—a hunger for experiences to ravish the mind and body as if they were love. However, the experiences were not love, only traumas, which led to corruption and more guilt.

Unfortunately, the angrier you became (and the more empty and needy for love), the more lost in thinking you became. Lost in thinking--reliving the past and fantasizing about the future--you became completely subjective. What was in your mind became your reality. The images and illusions of imagination became your reality, and you became subject to the imagination (without the over-riding influence of reason). Whatever was in the imagination moved you: you moved toward what was seducing or egging you on or you tried to escape in fear of the morbid and negative thoughts.

All someone had to do to control you was pressure you in some way, to throw you into your thoughts. Once immersed in the thought stream, they could suggest the content of your thoughts and thus effectively control you. Since you had become subjective--with your consciousness fused to thought--whatever they put there seemed like your very own thinking.

That is why the meditation exercise is so important. It teaches you how to separate the conscious mind from the thought stream. You will then have the power to resist negative or improper

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### The Meditation

Exercise teaches you how to separate the conscious mind from the thought stream.

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thoughts. This is because you will be separated from the thought, not immersed in the thought.

You will be able to see how things really are. You will begin to be able to find your own way, no longer having to rely on others for "solutions" that never really helped.

Once you learn how to become objective to thought by practicing the meditation exercise, the wordless guidance (intuition, common sense, reason, Truth, conscience) will become a light unto your feet. It will change your whole life for the better, and it will be a subtle guide, delicately steering you away from error. When you no longer go the way of error, you will be on the right path.

Performing the little exercise every morning, noon, and evening represents a commitment to REALIZING the Truth.

Henceforth you will only follow what you REALIZE. Each moment you will do what you wordlessly know in your heart is right. The answer is not in thinking. The answer is in REALIZING. The action, if one is required, flows from the impulse to do right by what you realize. The perfect graceful action flows without hesitation out of realization.

The meditation is the first step in putting into practice what you realize is right. Beginning the day with meditation is a renewed free will choice to submit to a Higher Truth and Purpose than your own thought and will. Beginning the day with meditation means putting first what is important. The meditative state of mind then leads the way. You then face each moment armed with patience. Things become subject to you instead of the other way around.

Before, you have been reactive and emotional. People, places, and objects triggered response in you. Once emotional response (and the accompanying ideas) was triggered, you played a catch up game: trying to calm yourself down after being upset or having to justify and rationalize your over-reaction.

The reactive mind becomes imprinted with memories. There is a record of every failing (where you became excited, aroused, or resentful over some tempting challenge or promise to the ego) in the mind. Mental chatter, musical jingles, and other trivial

impressions came in through your attempt to cover up and distract yourself from failing. Even trivial pursuits represent sin because they represent a propensity to flee from the truth.

Reactive to praise and criticism, we develop a hair trigger temper and we are quick to judge. In fact, without understanding, we are compulsively compelled to judge everything. These judgments are also recorded in the mind. Until one learns to be objective to them, they form a barrier to facing our loved ones and new situations with a clear perception unclouded by prejudice and preconceptions.

Without patience and understanding, we became sensitive to outside pressures. We became so reactive that our huge over-reaction (often to the slightest irritation or delay) would result in massive suppression. This suppression became the inhibition of hypnosis. Any pressure would then throw us into a dissociated state of daydreams. Wandering around in this trance state (often undetectable), we are in a state of nervous sleep. Mostly we sit lost in our thoughts, or we get lost in some concentration (such as study or work), or we are lulled into a state of relaxed attention (such as when watching TV). From time to time, something triggers an outburst of activity or emotion. But mostly the environment controls us: the thoughts, images, suggestions, and impressions that enter and program our behavior.

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When the Authority  
of your soul is  
Conscience, then  
your soul is rightly  
guided.

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Occasionally we wake up enough to sense we are being controlled; and we rebel. But not knowing how to stay awake and face reality without getting upset by what we see, we quickly find another hypnotist (in the guise of some friend, lover, expert, or authority) to control us.

Much of our time is spent trying to control our inner state through the manipulation of outside stimuli. When you are incredibly sensitive to the environment, you have to spend most of your time trying to control it--to avoid upset, but to have enough stimulation to keep you in the trance.



Too much stimulation is painful; not enough stimulus-response results in a breakdown of the trance and an awakening to anxiety.

In order to recover control over oneself--a natural control not dependent on manipulation of stimuli or massive repression--three things are needed. 1) A burning desire to know the truth, regardless of the consequences 2) consistent practice of the meditation exercise 3) living what one realizes through the meditation. In other words, we must love the truth, but then extend the love into the world mostly by speaking up and practicing patience.



As you become objective, you will be less emotional; so the thought stream will be less intense. As you become less reactive, you will progressively be able to deal gracefully with bigger and bigger pressures.

One day, what you used to regard as pressure will no longer be so.

The next few years will be spent snapping out of the world of illusion, pipe dreams, rehearsals, plans, schemes, and dreams. Each time you snap out, you'll have more control--effortless control--and you will respond more and more to what you wordlessly know in your heart is right and less and less to outside pressures.

Do your exercise consistently. Each time will be a struggle of sorts. The earthy self and the unconscious dream stream will keep attempting to pull your consciousness down into oblivion. Likewise, the fantastic imagination will keep tempting you to go floating along with it. However, your pure intent, coupled with diligent consistency, will permit you to keep snapping out. Used properly, the exercise will not become addictive. It is a free will choice (perhaps the very first free choice of your life) to seek the truth through awareness instead of seeking face saving through unconsciousness.

The idea is not to repress thought. The idea is to observe thought. The idea is not to abandon yourself to rosy thoughts and

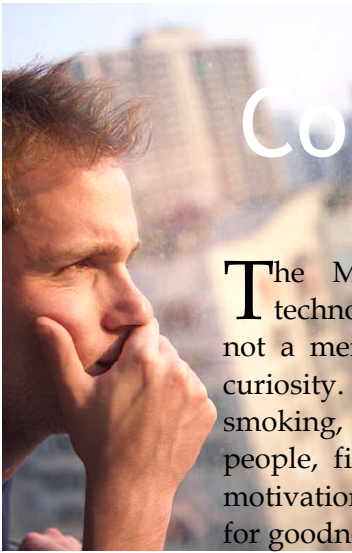
images or negative, morbid thoughts. The idea is to remain the objective observer.

During the meditation, the soul does not think. The soul--your inner person--is the observer. It is only when your soul has sought to escape into thought that it believes the illusion and the thoughts are your own. THE PROPER ROLE OF THE SOUL IS A CALM OBSERVER of thought. When the Authority of your soul is Conscience, then your soul is rightly guided. The proper Authority--realized by your still, humble soul--then exercises proper dominion over your rebellious, recalcitrant mind, emotions and body.

The exercise teaches you how to become still--like standing on the bank of a river, watching the river go by. You are still. The river flows by. But when you get lost in a daydream, it is like becoming fascinated with something floating downstream, and foolishly jumping into the water. Thus, you go drifting along, carried by the (dangerous) undercurrents. The habit of floating along with the dream stream results in heading towards the rapids.

While floating downstream, you cannot have the things of darkness exorcised. You cannot even realize truth from folly, or what to be concerned about and what not. Fortunately, you are not without a lifeline, which is thrown to you: something makes you aware that you were floating downstream. In the twinkling of an eye, you become separate from the stream and back on the bank of the river. You are rock solid in the present, not drifting into nostalgia or illusory dreams of the future.

Another analogy. Being objective to thought (not SUBJECT to thought) is like suddenly awakening from a nightmare. When you were lost in the nightmare, your body reacts to the mental images as if they were real. Then something wakes you up, and you become aware that it was only a dream. Learning to meditate and then maintaining the meditative state of mind throughout the day is the beginning of becoming friends with reality, closer to the warmth and understanding of the Creator, and more distant from the fallacies and seductiveness of the thought world.



# Preliminary Considerations

The Meditation Exercise is a bona fide technology for coming back to the truth. It is not a mere plaything, to be toyed with out of curiosity. Nor is it a gadget to find peace, stop smoking, lose weight, get along better with people, find nirvana, or some such thing. The motivation for its use must be pure: a yearning for goodness and a desire to discover the truth.

Indeed, bad habits giving you up may very well be the result of doing the exercise; but if getting rid of some bad habit is your sole reason for beginning, the motive is not pure enough.

If you have been led to discover the exercise, might as well just get started. No need to analyze--thinking has always broken your timing in the past: preventing you from doing a proper thing, even to the point of paralyzing you in procrastination.

Something might try to prevent you from starting the exercise. The phone might ring, the CD player might break, or you might be assailed with weird negative thoughts, the purpose of which is to prevent you from doing the exercise. Begin the exercise and continue anyway.

Likewise, once you begin, the thoughts will seek to dissuade you from continuing, with such arguments as "you are above this sort of thing; it's not working; you're not ready yet, etc." Calmly allow the doubts to pass, and continue to do the exercise.



# Getting Started

The proper practice of the Exercise will reverse a lifetime of escaping from the Truth. All of us have various ways of denying the truth.

Some of the ways of denying the truth include making excuses, pretending we are something we are not, and lying. Amazingly, we are capable of lying to ourselves--we do this by being dishonest about our own motives.

There are reasons why we deny the truth. The first reason is we do not want to admit we are wrong. Even when we are caught red-handed, our natural impulse is to try to confuse others about what they see: if we admitted the truth, we would have to admit we are wrong. If we simply cannot deny what is there to see, we make excuses. If we are then forced to accept responsibility, we resort to blaming someone else.

Now it is a humbling thing to own up to our own failing, but if we are to get better, then we simply have to face the fact that we compulsively try to deny we are wrong with cover-up, confusion, excuses, or blame. We inherit this compulsivity as part of our fallen human nature. We want to be right and never wrong. We want to be good (like God). In fact, we want worship and admiration (like God as King) and we quickly judge others (as we try to be God as Judge).

This egocentric existence--apart from God (and trying to be God)--ends up being a lonely, losing battle against other egos (also playing God). Therefore, it is imperative that you see that denying the truth about your own wrong is the same as rejecting Truth. Whether you reach for a glass of alcohol, a cigarette, or an excuse:

all of these are ways of remaining in denial. But denial of what? Denial of Truth.

Now perhaps you can see why the addict is compulsive. The pathological drinker, liar, hypocrite or excuse maker are all alike--wanting to be right and never wrong. This fundamental error in attitude keeps them addicted to their favorite truth-denying mechanism (which will kill them in the end). You see, the excuse will kill a person just as surely as the drink or drugs. They all "help" deny the Truth. The Truth is what God sends to draw you from lies and error. If you insist on using excuses or drugs to deny the Truth, you will eventually die apart from God Who is the Source of Life.

Another way of finding comfort in lies (if the truth is not comforting to you, then lies will be) is by being emotional. Emotions link you (bond you) to the source of error. The truth is sobering (like a bucket of cold ice water in the face). However, the lie is warm and comforting to your egotistical self. The emotions that you wallow in are comforting to what is wrong with you.

Another way of never having to see the truth about you is to keep endlessly distracted with work, gossip, TV or whatever. If you can convince yourself and others that your work is SO important, then you never have time to become still and REALIZE the Truth. I'm not saying that work is wrong, but when misused, it will kill you just as surely as anything that keeps you from Truth and God.

The way to God is through the Truth. In order to see the truth about things, you have to REALIZE for yourself. The way to realize is to learn how to be still, so that the Light of Truth can shine through your still soul. Calmly, without emotion, without fanfare, without expectation, without analysis, and despite distraction, you come to the Truth and learn from the Truth.

It all hinges on your sincere intent to discover the truth about yourself, and to come clean, completely clean. It is through allowing your conscience to convict you, without trying to run from conscience and without resenting your conscience, that the soul takes on innocence through identifying with Truth instead of the corrupt nature that came from the world.

It should all be very simple, and it is. However, there are certain obstacles that may interfere with your getting started and progressing. Therefore, this is a good place to expose some of the obstacles.

I mention them with the hope that exposing them will help you proceed. There is a danger that mentioning them might serve as a suggestion (since we are all very suggestible prior to meditating properly), causing some people to fixate on the negative or become apprehensive. But I still think it is better to expose what can stand in your way. Even should something stand in your way, once you realize what is happening, you will get back on track through the realization. Your protection is your sincerity and the power of realization.

First of all, there are thousands upon thousands of various meditations. For the most part, you are dealing with techniques that actually lower your awareness and which facilitate being sucked down into dreams, illusions, and the carnal flesh. Rather than raise awareness, mantras, visualizations, fixation of symbols, affirmations, etc. only throw you back into thinking, dreaming, and emotions--the very things that the true seeker wants release from.

Just as dangerous are the meditations that promise oblivion. Losing yourself (as if you ceased to exist or as if you became "one with" the universe) is just another cop-out. By forgetting yourself, you do feel innocent, but it is a false innocence (not true repentance). The smoker, the drinker, and the drug taker also want to forget themselves and the awareness of guilt. You can only escape into dreams, mantras, affirmations, drugs, or oblivion so long: eventually the truth has to be faced. At which point, if the soul is not ready to repent, the high turns to a low, with a backlash of resentment and guilt when that which we used to build the ego fails to make us into the god we thought we were becoming.

Another form of concentration (which produces hypnosis) is study. Particularly dangerous is religious study. This is because study, and particularly religious study, tends to build the ego. Your intent might be good, but without knowing it, the

knowledge you acquire produces a guilt you can't understand. This can lead to the unfortunate outcome of developing a block against study, religion, or even an aversion to religion because of guilt and fear of more guilt. Religion is not bad. But when we knowingly or unknowingly use it (or the study of it) to support the ego life, it can only build pride and increase conflict with God. Remember the path to God is through REALIZING THE TRUTH. Truth realized humbles and chastens. Truth realized enters secretly and wordlessly. It then becomes thinking, as the natural mind flashes upon the insights received through the down loading during proper meditation.

Therefore, do not add any other meditation techniques to the Exercise as I teach it. Do it in the sheer simplicity I have provided it. If you are sincere and you have commitment, the beautiful simplicity will become more and more evident to you.

I must also mention that it is possible to encounter some difficulty in doing the exercise because there is something about yourself that you are not ready (or willing) to see. The classic example of this is the tendency to fall asleep. Sleep, of course, is the enemy of awareness. You might simply be tired or burned out (from a lifetime of struggle). If so, take a nice nap and then do the exercise. But consistent nodding off before or during the exercise probably means you are unwilling to face something. If this occurs, try again the next day. Or set the exercise aside for a few days--then begin. If this does not help, you just might not be ready yet.

Nodding off to sleep can also occur after several weeks or months of doing the exercise properly. Proper practice results in layer after layer of excuses, misbeliefs, resentments, and negative emotions falling away. At some point as you start to get close to the very core of what is wrong with you, you might be tempted to stop meditating. Or you might unconsciously fall into an escape mechanism of nodding off. But fear not! You will then become

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aware that this has happened, and you will be on your way again.

Some people begin the exercise with a motive of finding some esoteric knowledge (to puff up their ego). Or they want to escape into some pleasant fantasy or oblivion (like reaching for a drink). Such people could then become addicted to the exercise (just as some become addicted to whatever else they use to escape the truth). Therefore, watch your motive.

However, beware of a voice in your mind that obviously wants you not to begin or which wants you to stop. If you are a sincere person, you are the type who is always questioning yourself. It will try to capitalize on this by trying to convince you that you are insincere, unworthy or unforgivable. Do not struggle with this type of negative thinking. Just lightly note it and proceed with your exercise. The exercise itself will help eliminate such thinking.

Finally, it is possible to think that you are objectively observing thought, while in fact, you are floating along with the thought stream. Do you remember the analogy I used? Properly observing thought is like standing on the bank of a river, watching thought flow by without being fascinated, involved, and jumping into the river. There is a critical difference between standing apart from thought and getting involved. Note how thoughts tend to pull you in. Proper practice of the meditation helps you to keep snapping out whenever you are pulled in.

Now, here are few technical points. The instructions are for you to become aware of a spot in the middle of your forehead. There is no need to strain to turn your eyes upward. Simply shift your awareness upward by observing how the inside of your forehead is like the wall of a cave. Observe the inside of your forehead with your mind's eye, as if you were looking out into space right through the center of your forehead.

Also, remember to be aware of your hands by gently noticing them. They will become warm. If they don't become warm, it's probably because you are trying too hard. Relax.

Don't get hung up on technique. If you become upset or frustrated because your hands aren't warm, it won't help any. Relax and don't worry. Simply listen lightly to the recorded



instructions. Go through the motions if need be. Or try again tomorrow.

After a lifetime of escaping into daydreams, pipe dreams, fantasy, worry, planning, scheming, rehearsals, replays, not to mention morbid, negative thinking--it will take many years of patient jousting with the pulling power of thoughts. But with each snapping out, you will be progressively freer from the drawing power of the imagination. Moreover, whole sets of erroneous thoughts will begin to fall away. Each time, you will then discover more error underneath. Take it easy, be patient, but keep at it.



## What You Might Expect

You will feel slightly distant to people, places, and things. It will feel almost as though your experiences were happening to someone else. This feeling of distance is perfectly normal--it is objectivity, which you had as a little child, but lost. Since you are not used to it, it will feel strange at first; but you will soon become accustomed to it.

At times, you may feel like you had a weight on the middle of your forehead. This is normal and will go away with time. You may also feel as though you had a tight headband around your forehead. This sensation is a positive sign (of spiritual discipline).

Restless nights mean a war is going on for your soul. However, it is a struggle you are not a part of, so you will not feel tired the next day.

You will begin to see things as they really are. Walking around or driving around, you may see a world of futility, with everyone struggling in a dog-eat-dog system with very little love or kindness. While you were living in a hypnotized state of illusion and selfishness, you had blinders on and saw only what you wanted to see. The stark contrast of seeing the way things really are is proof that you were living in a dream world. What you see may be troubling or disturbing, but fear not. For a long time you were identified with the world, plus you used others. Now you will be the observer. You will feel small and helpless. Good! This is the truth. With time you will discover beauty and sweetness all around you, but first you must travel through a no man's land. Bear the discomfort gracefully. Your phony compensations will be revealed for what they are. You will not yet have any stock of

virtue. You will be reduced to an absolute zero. Good! Be a zero for a while. What a relief to drop all pretenses and just be a zero. You must become a nothing so that you can become a something of God.

For a spell (several weeks or several months), you may lack motivation. This is because in the past all of your motivation was resentment based. Now you must learn to wait patiently for true motivation--the grace to move and have your being properly.

Other people will not understand what you are going through. Some people will be threatened by your change. Some will quickly abandon you as you start to get well. This proves they were never your friends in the first place. Good-bye and good riddance! Others (your beloved family) may also be threatened since they felt quite comfortable with your old, predictable, compensated, wrong self (oh so easy to judge and manipulate). They may not believe you are truly getting better (because in the past all of your self-help programs or confessions were phony, self-serving, and manipulative).

Do not resent them. Hold fast to what you know in your heart. Be honest. No more games. No more pretense. No more lies. Apologize to them for the past. Tell them that from now on things will be different. Keep it brief. Let what you are speak for itself. Do not ask for or expect them to forgive you. Simply apologize and then go about your business.

You will be quietly excited about your insights. Be careful about sharing them with others. They probably won't understand; they might even try to pull you into an argument. This could

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make you resentful. Wait until you are solidly grounded. Even then, action speaks louder than words.

If you become preachy (with your ego involved), you would then be a terrible pressure source who might tempt them to reject the very truth that could save them. Don't be a pressure source. State any points simply. If you don't know what to say, then say nothing.

Appreciate the good. Don't try to be the good.

As you go about your daily activities, certain memories will be brought to your attention in a structured sequence. These are not simple impressions, but are past failures (sin) which **NEED TO BE OBSERVED IN THE PRESENT LIGHT OF TRUTH**. Remain in the present observing the painful memory. Resist the temptation to reach for distraction or comfort.

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The Light of Truth shines a laser light on things, making everything very clear and simple, so simple and clear that no decisions or analyses are needed.

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Bear the pain of seeing the truth about your wrongdoing in the **WORDLESS LIGHT OF TRUTH**.

Bear the pain and shame without resentment. Let the pain and shame refine into sorrow and regret. Soon peace and warmth will flow into you. You may find tears rolling down your cheeks. This is repentance. Your soul is being repented in the Light.

Be careful not to repress or try to dull bona fide guilts and the memory of past wrong. Observe the memory in the present. Do not try to deal with it. Observe the memory in the Presence of the Light of Truth.

**THE ERROR HAS TO BE SEEN. IT HAS TO COME TO LIGHT, SO THAT YOU CAN SEE THE PRECISE NATURE OF YOUR ERROR AND BE REPENTED OF IT.**

Lingering impressions from the previous day, musical jingles, and various trivia are quickly dissolved in the Light. But some memories, housing past error, have to be experienced in a special way in the present. Your soul will experience pain and spiritual agony. These will become regret, sorrow, and then relief **IF YOU SEEK NO OTHER REMEDY**. Thus your soul will be purged and

cleansed. One day, when you have been repented of all your sins, there will only be a blessed present.

The Meditation Exercise will get you started. Many of us would like to be right (honest and true) but we haven't known how to get started. Everywhere we turned, no one seemed to be completely honest. There was always some catch or hitch. Sooner or later, we discovered a dark or dishonest side to everyone. Or else they were weak and not credible. Worse yet, we discovered a dark or dishonest side to ourselves--soon we could not even trust our own



motives.

What you need is the Light of Truth to pierce all of the confusion and complexity. The Light of Truth shines a laser light on things, making everything very clear and simple, so simple and clear that no

decisions or analyses are needed. Just seeing, believing, and breathing a sigh of relief.

No more struggle to accept or reject ideas. The Light of Truth will filter for you.

Be a simple person. Be not boastful. Have a light touch. Be happy-go-lucky.

