

SURFING FOR LETTING GO

In sports, the coach tells us, "You need to get your head in the game." The Self-Creating Life admonishes, "It's OK to be out of the game." In our over-active worlds, many of us not only desire to get out of the game but desperately need to. I developed this TimeOut because I believe this is best done by letting go.

This TimeOut works by physiologically changing your body in a manner which encourages your mind to fall away from excessive and worrisome thinking. Surfing for Letting Go is different from meditative practices and relaxation techniques because it does not involve a demand to cease thinking for a period of time or rely on an ability to "just relax". Success comes naturally and without force or a goal. In fact, an effective aspect of this TimeOut lies in bringing an experience of the moment without focus on a future result.

Many people who have attended my meditation classes have told me they try to meditate for a specific period of time. They often describe trying to apply force toward their goal of not thinking but it doesn't work and their mind becomes a battle ground. When it gets bad enough, they stop. Therefore, the reason they cease their practice is because of failure. This offers little incentive for the mind to connect with quietude and stillness.

In contemplating ways to develop this TimeOut, I first tried to think of how to battle this tendency. Then I realized there was nothing to do and SURFING TO LET GO was naturally born.

Surfing for Letting Go works well because there is no attempt to stop the mind or attain any desired state. With Surfing for Letting Go, your mind will find its own way because the TimeOut is constantly moving. Over time, you will experience shapeless moments which I define as TimeIn. When these happen frequently, your mind and body will begin to naturally enter into a different state without activity. Continual and natural movement join with, not combat, your mind's tendency to seek activity by an illogical denial of the illusion you seek.

This approach provides your mind and body with an opportunity to develop its own accessway to state it now recognizes can be obtained without force. Surfing for Letting Go is designed to draw your mind to stillness via the ability to recognize the Time-In experience is possible. All of my TimeOuts are useful only as the accessway to Time-In.

This practice is more than a simple visualization. When stress chemicals are released into the body, the liver constrains causing tension in the upper body, neck and head. Focusing your mind on the envisioned numbers has a positive physiological effect on the body.

It will take a little time for your mind to shift toward natural stillness without force. You can use this TimeOut any at any time and in any place. Oddly, you may find the effect enhanced when doing it in a noisy, busy place. The last time I personally experienced this was in a packed bus in Malta on a two hour, stop-and-go journey.

Please let me know how it works for you and share any tips you may have gained.

A Lana Sorrento Time Out

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PREPARATION:

Envision the number 1 just below your navel and slightly inside your body. Sense it as an inch or two high and with some structure and solidity to it such as the candle numbers sometimes used on birthday cakes.

STEP ONE

Inhale and exhale deeply.
Keep your mind firmly on the number 1 as described above.

STEP TWO

Inhale and exhale deeply.
Keep your mind firmly on the number 2 as described above.

STEP THREE

Inhale and exhale deeply.
Keep your mind firmly on the number 3 as described above.

STEP FOUR

Inhale and exhale deeply.
Keep your mind firmly on the number 4 as described above.

STEP FIVE (A)

Keep your mind on the number 5 as described above while inhaling very, very deeply feeling the breath rising in your chest like a cresting wave. →

STEP FIVE (B)

Pause for several seconds without exhaling.
Be ready for the release of the inhalation as a wave collapsing onto the shoreline and gently rolling onto the shore.
Keep your mind on the number 5 below your navel and completely release an exhale as the wave spreads out on the shore.

STEP SIX

Immediately repeat Steps 1-5 even though your mind and body may prefer to attempt staying with the #5 exhalation sensation.

NOTE:

After you become proficient with the practice, you can add a second “wave” (or more) with step 5 before moving on with Step 6.

It is important to return to Step one promptly. When you cease your session, choose to stop after just one more time on Step 5.