

A Leaf — Form

This is a form of *positive-positive* meditation. The object is a *positive* one and the attention is considered *positive*. With *positive-positive* you ignore all distractions. With *positive-negative* you deal with each distraction as it comes up. Today we are going to practice *positive-positive*.

In a previous week we focused on a candle flame. The beauty of a candle flame is that it is enchanting. It is always moving a little bit which helps keep our attention strong. This week we are going to meditate on an object that represents the beauty of nature — a leaf.

How to Practice

Select a beautiful leaf from a garden or a park. A maple leaf is ideal but others will do fine. Set the leaf before you a few feet away. Now, direct your attention to the leaf. As you gather your attention you may notice the color, the outline and the veins of the leaf. Enjoy the object. As your meditation progresses, feel free to allow your eyes to close if you are able to maintain a mental image of the leaf.

In this technique, when you notice your mind has wandered away, you patiently, lovingly, bring it back to the leaf, to the positive object, no matter how many times it wanders away. You bring your mind back and you keep it, as steadily as you can, on the object. That's it, a positive object with positive attention.

Benefits

Your mind, your will, and your emotional flow will get stronger and stronger through this practice. Your mind will begin to feel so clean and alert and alive during the day. You'll marvel at your heightened level of awareness and also of well-being.