

## A Flower — Positive Negative on Form

Regularly, people have difficulty with *positive positive* meditation due to inner turbulence and stress, but everyone can meditate because *positive negative* entitles everyone to experience the richness of meditation. Even if the object of meditation gets very little attention, the person who is doing the meditation experiences rich life-improvement, rich centering and connection, through a patient dealing with the distractions of life and especially those which come up from within oneself.

### How to Practice

Simply place an appealing flower in a vase in front of you. Or, you could select another object that appeals to you, such as an apple. Most often *positive negative* meditation involves inner thoughts, memories, and also distractions of the senses. For example, noise outside, the smell of food cooking, flashing lights occurring outside as the fire truck goes by, or the play of light in the room due to the wind blowing the trees outside.

In *positive positive* meditation you would ignore all of these distractions and keep the mind focused. In this meditation practice with *positive negative* you address and resolve the distraction before returning your focus on the flower. So, this is a form of meditation that practically anyone can do.

### Benefits

Suppose you have a thousand distractions during a fifteen-minute meditation period, then call yourself a meditator anyway! By simply sitting there and dealing with distractions — even if you only put half a minute of total time into awareness of the flower — you've still worked with your consciousness and maintained your act of centering, moving forward toward your true self. In dealing with all these distractions, you're not only neatening up your mind and emotions by working with them, you're also neatening up your life because you're dealing with the source.