



INNER WAYMARK MEDITATION

One of the most important parts of developing a spiritual practice is to cultivate a sense of inner direction. That means being able to make big decisions as they appear in life. How will you choose what's next on your path and rule out what's not?

First of all, attempting to make these decisions with logic and reason alone will take you in the wrong direction. Your mind is capable of thinking its way into any possible outcome. But your mind is going by "what seems like a good idea," a calculation shaped by social pressures, cultural conditioning, and voices (inner and outer) of expectation and obligation.

Connecting with your core intuition to balance out the logic is a much better way. So next time you're making a decision about a next big step on your path, we invite you to use this brief Inner Waymark Meditation – to connect WITHIN and find a SIGN (or mark) that points the WAY forward.

1. Stand on sturdy ground with your feet about shoulder width apart. Allow your arms and hands to relax at your sides. Check that your knees aren't locked, but are loose and responsive.
2. Consider the decision you want to make. Allow your mind to run through some of the factors that will influence the decision. Notice if any fear is there about making the "wrong decision."
3. Gently allow your eyes to close. Notice what's present in your body after thinking about the decision at hand. Especially notice any tightness or tension in your face, jaw, neck, chest, or belly.

4. Begin taking deep breaths in through the nose, and out through the mouth. With each inhale, imagine that your awareness is sinking into a deep, wise place within yourself. Allow the exhales to be like a letting go or a release.
5. Allow a word or phrase to arise, or even a color, image, or rush of energy. Notice if the mind jumps back to the original “problem” to be solved, and if any voice of “should” or “need to” arises. If so, gently bring your awareness back to the breath and your body sensation a moment longer.
6. After taking at least 10 deep breaths and connecting to your core, sense if you feel some pull or calling coming from your upper belly towards the thing you’re considering.
7. Whatever arises, attempt not to jump to reasons of why it “should” be so. Simply take another few deep breaths, and either think or say out loud, “I trust myself to make this decision.” Repeat some form of that message a few times so you can really feel it in your core.
8. Open your eyes, and write down a few notes. Be honest with yourself about this waymark you found inside yourself, even if some part of your mind fights it. Consider asking a friend to help keep you honest and accountable with yourself. This may include them encouraging you to make an appointment or deadline within a certain amount of time – or on the other hand, to issue a clear “no” to the option under consideration.

Thank you for trying out this basic Inner Waymark Meditation! The BS Free Spirituality perspective is that different things work for different people at different times. But also, certain parallels underlie and connect all cutting-edge healing and self-development modalities.

And in finding your way, it all comes back to the breath and to a connection with your core. Then decisions become less like a math problem to be solved, and more like simply feeling out the right direction one step at a time.

For more information about our online courses, workshops, retreats, and private coaching, and about founder Nick Meador, please visit BSFREESPIRITUALITY.COM.