In the closing lines of C.S. Lewis’ Chronicles of Narnia, Aslan assures Peter, Edmund, and Lucy they will never have to return to the Shadowlands: “There was a real railway accident, said Aslan softly. Your father and mother and all of you are—as you used to call it in the Shadowlands—dead.” He then tells them that the endless “morning” or Heaven had finally dawned for them. Perhaps we could say that the Shadowlands represent the shallowness, the illusory, and the impermanent nature of earth life. Only those who “divorce” themselves from their prideful attachment to it, can obtain Heaven or true happiness:

If we insist on keeping Hell (or even Earth) we shall not see Heaven: if we accept Heaven we shall not be able to retain even the smallest and most intimate souvenirs of Hell. But what, you ask, of earth? Earth, I think, will not be found by anyone to be in the end a very distinct place. I think earth, if chosen instead of Heaven, will turn out to have been, all along, only a region in Hell: and earth, if put second to Heaven, to have been from the beginning a part of Heaven itself.”

An alternative to the Shadowlands is the Stillands—a metaphoric place or state of mind that engenders all things peaceful, sanctifying, and eternal. Meditation provides access for abiding in the Stillands, and is excellent preparation for being more receptive to the “enticings” of the Holy Spirit. (Mosiah 3:19) Being meditative also helps us to let go of the cravings, obsessions, and attachments of the “carnal man,” (Moses 5:13) and to align ourselves with “currents of divine influence.”

So why should we meditate? Meditation can have a direct influence on the way we navigate mortality. If we accept the premise that our view of reality is determined by the quality of our thoughts and feelings and by the presence of divine influence, becoming more reflective and less reactive, more enlightened and compassionate, and less resentful and selfish, is of profound importance. Think of how many times you may have acted or spoken or thought or done something without careful reflection, and later realized that your perception of the “reality” of the situation was off, or misinformed. Think how often this happens in human interactions! I believe our clouded fallen-nature perceptions are the most persistent danger we face. President Joseph F. Smith has taught:

“For my part I do not fear the influence of our enemies from without, as I fear that of those from within. An open and avowed enemy, whom we may see and meet in an open field, is far less to be feared than a lurking, deceitful, treacherous enemy hidden within us, such as are many of the weaknesses of our fallen human nature, which are too often allowed to go unchecked, beclouding our minds, leading away our affections from God and his truth....”

Given the fact that we as human beings “…see through a glass darkly,” (1 Cor 13:12) that we are known for “unsteadiness,” “foolish[ish],” being easily “lifted up in pride,” quick to “boast” and to stray from “wisdom’s paths,” (Helaman 12:1-7) any practice that gives us greater access to the stabilizing power of Jesus Christ is joyfully welcomed! Meditation is one such practice. It opens us up to receiving the comfort and safety and wisdom that God’s presence provides. Consider these verses:
I will not leave you comfortless: I will come to you. (John 14:18) Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me. (Revelation 3:20) Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me…. (D&C 88:63)

Meditation therefore, isn’t just a mystical practice used to produce zombie-like devotees who extinguish all their thoughts while in a trance-like state! Meditation is akin to pondering with a listening and teachable focus of mind. Often referred to as mindfulness, meditation is the practice of making space for enlightenment or inspiration by managing our thoughts and emotions more skillfully. The idea isn’t to ignore or eliminate them, but rather to notice them without clinging or attaching to them--almost like watching them on a movie screen, or across the way as if in an adjacent room.

One powerful way to be an observer of our thoughts and feelings, rather than becoming captivated by them, is to regularly take time to be still! (D&C 101:16) When our thoughts and emotions begin to ensnare us, we can pause and take some long, slow, and deep breaths. This can be done just about anywhere, but especially in quiet settings. Taking time out to breathe deeply helps train us to respond to life’s exigencies more reflectively and meditatively, instead of habitually and reactively. One mindfulness teacher describes meditation practice this way:

…Take it easy alertly, repose in wide-awakeness; rest in openness. Because we’re so used to speeding along on the expressway of doing, we can start with a bit of breathing practice as a sort of deceleration lane, an off-ramp to non-doing. Take a slow, full breath, hold it for a few moments, then let out a deep sigh, as if breathing out through all your pores, letting go of everything, all burdens and decisions, stress and distress: We can develop a new habit of attentive tranquility….5

Here are some tips for effective meditation practice. They are organized under what I refer to as the Bridle Meditations: Be Still, Remember, and Practice. The point of “bridling” is for us to exercise restraint when faced with emotional or cognitive surges of reactivity of all kinds. We begin with the first “Bridle Meditation” of Be Still:

Take some time out every day—close to the same time—to be still. Sit in a quiet place and just breathe gently for 5-30 minutes. Sit with good posture (but not too stiff) in a comfortable chair, with hands and arms and legs unfolded, feet on the floor (the lotus position is traditional and stereotypical, but not essential, or in my case with legs that don’t bend that way anymore, undesirable!).

Coming early to sacrament meeting or to temple sessions and sitting reverently, is a meditative practice. For example, the time before sacrament meeting begins is reserved for “prayerful meditation.”6 Keep your eyes open or closed, depending on the context and what is most relaxing for you!

As I said earlier, don’t try to get rid of your thoughts, but rather, just watch your thoughts like a movie. Let them come and go without clinging judgment or attachment. Our thoughts are like horses, sometimes rodeo horses, or race horses, or, as big as draft horses! Don’t saddle up the horses and ride them off. Don’t feed them or try to rope them, just let them come and go. You can even label them as good, bad, or neutral, but just don’t cling to them.
Focus on your breath—long, slow, deep, gentle. As you begin to get lost in your thoughts, come back to your breath. Stay there for as long as you want can. Once you get fairly relaxed you can lightly focus—not losing track of your breath—on the next Bridle Meditation, Remember.

A remembrance meditation is directing your attention to all blessings, tender mercies, kindnesses of others, and favorable circumstances in your life. It is like an extended prayer of gratitude to Heavenly Father. Start out with, “Heavenly Father I am grateful for….” then just let the thoughts of gratitude flow naturally. They are sometimes given to you through the Spirit. Inventory your lifetime of blessings anyway you want to divide them up—this hour, this week, this month, a certain time period, a location, etc. You decide the context for this remembrance. Be sure to direct your gratitude first to the Lord, and then to the people involved—but don’t lose focus on your breath.

The Remembrance meditation also invites us to ponder or meditate on the welfare of other people. This is like an extended prayer for their well-being, without losing track of your breath. Start first with the beloved people in your life. Then think of the “neutrals.” These are people you may not know, but who desire happiness just like you do. Or, they might be nameless people who have served or helped you in some way—people in society that make things better for all of us. Finally, turn your meditative attention to what I call the “angsters,” or people who invite angst from us. Send love and best wishes to them and ask Heavenly Father to bless them—or even just hope for feelings of good will. It may take time and/or many meditation sessions. The miracle is that if we do this, the Lord will often give us the desire and the words to offer in our minds during the meditation!

The final Bridle Meditation is (Practice). Practicing the other Bridle Meditations prepares us to suspend our grasping attachments to entrenched narratives, rigid storylines/opinions, and conventional practices, that block us from being more teachable and adaptive. As I alluded to earlier, suspending our attachments isn’t to ignore or deny our thoughts and feelings and moods, rather, it is to observe them with detached or non-judgmental interest. It is a move toward stillness, and away from habitual reactivity. This is a peaceful and joyful place. It can be an island of refuge, a place of emotional, spiritual, and physical rest.

These “Bridle Meditations” help us to “Bridle all our Passions,” (Alma 38:12) and are strategies for making space for the Lord’s spirit to strengthen and enliven us. They help us to better center our thoughts in peaceful abiding. One could take all the allotted meditation time to just breathe and watch his or her thoughts, or divide up the time between generic breathing, remembering blessings, and pondering the welfare of others. I like to do a few minutes of each Bridle Meditation in my meditation sessions.

Meditation takes time and effort and extended practice. Like preparing to run a marathon, with enough training we improve our meditative conditioning! It only works if we do it however! Don’t get discouraged or think you aren’t doing it right. Even if our success is fleeting—like “roping the wind,” we are still being meditative just trying to be more mindful! Meditation is just like scripture study, prayer, repentance, service, temple attendance, exercise, a healthy diet, and getting enough rest, all of these practices contribute to our well-being only if we do them regularly and consistently.
Reasons for Meditating Regularly

With the purpose of encouraging more “attentive tranquility” and an intentional reduction of distracted commotion, I will now offer five reasons why meditation is beneficial. These reasons are not all-inclusive, but are instead an outline of some of the benefits of learning to live more mindfully.

1. Meditation Invites Spirituality and Enlightenment.

President David O. McKay has taught us, "I think we pay too little attention to the value of meditation, a principle of devotion. Meditation is one of the most secret, most sacred doors through which we pass into the presence of the Lord." In response to President McKay’s counsel, President Harold B. Lee similarly urges us, "Let that be something to remember-you do likewise. Take time to meditate. Many times you will be wrestling with problems, the solution of which can be spiritually discerned. Don't get so busy that you don't have time to meditate. Take the time."9

2. Meditation is a Pathway to Greater Self-mastery.

Much of our suffering is caused by carrying around the heavy load of our own egocentrism. Elder Neal A. Maxwell has observed, “Such is the scope of putting off the burdensome natural man who is naturally selfish. (See Mosiah 3:19) So much of our fatigue, brothers and sisters, in fact, comes from carrying that needless load.”10

Meditation is essentially a practice of putting off the burden of carnality. It facilitates repentance because it is an exercise that runs counter to our entrenched habits. We’re chronically “…indentured to fabricating projections, scenarios, opinions, and story lines that we use to hold our creation together. Meditation is about seeing through the contrived sense of ‘me’ as the enlightened aspects [of] the mind [and the Spirit] reveal themselves.”11

Many programs are offered for training the body through exercise, diet, and recreation, but what about training our minds? “With an untrained mind, we’ll live most days of our lives at the mercy of our moods.”12

3. Meditation Helps Increase our Compassion for Others.

Recent brain research on meditation has established that regular meditation strengthens the pre-frontal regions of the brain, thus improving psychological functions associated with these regions, including attention, compassion, and empathy. It’s true that in spite of all our efforts to be compassionate, including meditation, we sometimes fall short. This is why developing loving-kindness compassion, or charity, is a long-term project. It takes repeated effort:

“…we just have to keep choosing kindness. There's always a range of actions of which we're capable. Above a certain threshold we can't be that saintly (yet), and below another threshold we can't be that vicious (anymore). The trick is to keep leaning, gently but steadily, toward the uppermost level of your range. That way you’re always doing the best that can be done by the person you are today and pushing your upper threshold a little higher for tomorrow.”17

Living meditatively thus helps us cultivate a mental garden full of love, compassion, and wisdom, thus giving the “weeds of anger, jealousy, and self-[indulgence]…less and less room to grow. In peaceful abiding we become familiar with the ground of basic goodness. This is how we turn the mind into an ally.”18

Meditation has been found to decrease unhealthy levels of the stress-related hormone cortisol and to strengthen the immune system. Research has also shown that meditation helps a variety of medical conditions, including high blood pressure, cardiovascular disease, asthma, type II diabetes, PMS, post-operative recovery for open-heart surgery patients, and chronic pain.

Further physical health benefits include positive and permanent brain structure changes such as increased gray matter in the insula, the hippocampus, and the prefrontal cortex, along with the reduction of cortical thinning due to aging. Research also verifies that mindfulness training provides relief for numerous psychological conditions, including insomnia, depression, anxiety, phobias, and eating disorders.

5. Meditation Improves Cognitive Functioning.

Meditation has been known to help middle-school students develop better work habits, and cooperation among others, leading to higher grades. In another study, college students who were given meditation instruction experienced significant improvement in their perceptual and short-term memory performance over a two-week training period. Other studies have confirmed that university students who meditate regularly experienced significantly greater IQ gains over a two-year period as compared to control subjects with no meditation instruction.

Conclusion

Determined, detached attachment to earth-life, or the Shadowlands, keeps us from experiencing the easier yoke and lighter burden of Christ. (Matt 11:29) Doing all things without wisdom and order, running faster than we have strength for, and always being in a state of distracted commotion, keeps us from sensing the Lord’s “gentle solicitation and sweet enticement,” thus making our lives more stressful, burdensome, and even less healthy. Meditation is a doorway out of this predicament and an opportunity to abide in the rest and relief of Stillness. It enables us to create more space between life happening, and our responses to life happening. In this space of agency, we gain access to the power of the Atonement to leaven all our thoughts, words, and actions.
Notes

18. Mipham, 34.


Strength in Stillness is a master class that makes Transcendental Meditation accessible for everyone. I love Bob Roth, I love meditation, and I love this book. Arianna Huffington. Understanding the three approaches is important because each requires different degrees of effort and difficulty to practice; each impacts the brain differently; and each produces different outcomes for the health of mind and body. These three techniques are Focused Attention, Open Monitoring, and Automatic Self-Transcending.

Focused Attention includes the classic depiction of meditation in popular culture: someone sitting upright, cross-legged on a floor or pillow, eyes closed, and absorbed in a state of unwavering, deep inner peace. American English itself is a rich language, with influences from all over the world. In the past, the settlers in the New World had to find new words to describe their experiences in America. Many of these words came from non-English-speakers such as the Spanish (who gave us words like patio and macho), the Dutch (who gave us boss), and the Indians (who gave us moccasin and canoe). These days, there are new words coming from America all the time. Why is this? The eye and trouble the meditations of man by other than moral charms. (A. B.) 18. God, I cried buckets. Neighbors met on the streets stared at one another, uncertain, uneasy, as to what might be impending the stillness after the screaming days, brought no surcease to strained nerves but, if possible, made the strain even worse. No one knew why the Yankee batteries were silent; there were no news of the troops except that they had been withdrawn in large numbers from the breastworks about the town and had marched off towards the south to defend the railroad.
While there is no concrete evidence, there is this uneasy feeling that with the later northern-hemisphere fall approaching, we will be hit by a “new” lab-made “variant” - much stronger, that requires more and more oppressive, dictatorial government measures, more coerced vaxxing with gene-therapy that could affect mankind's neurological system. (For further details see Pfizer Vaccine Confirmed to Cause Neurodegenerative Diseases: Study). The NYT goes through great lengths trying to explain why the world population goes into recess and outright decline, without ever mentioning covid and its nefarious deadly agenda. “Though some countries continue to see their populations grow, especially in Africa, fertility rates are falling nearly everywhere else. The meditation-and-the-brain research has been rolling in steadily for a number of years now, with new studies coming out just about every week to illustrate some new benefit of meditation. Or, rather, some ancient benefit that is just now being confirmed with fMRI or EEG.Â Meditation Helps Preserve the Aging Brain. Last week, a study from UCLA found that long-term meditators had better-preserved brains than non-meditators as they aged. Participants whoÂ’ve been meditating for an average of 20 years had more grey matter volume throughout the brain although older meditators still had some volume loss compared to younger meditators, it wasnÂ’t as pronounced as the non-meditators. And meditation is one of the most powerful ways to harness and train your awareness. Relax. ItÂ’s easy to get tense when you are trying to be still. Instead, try to relax. My former teacher used to say that meditation is the perfect middle place between being alert and relaxed. The experience of that middle place is deep inner stillness. There is no tension in that stillness. You are alert and deeply relaxed. So as you learn how to be still in meditation, itÂ’s important to remember to relax at all times. Meditation is the opposite of tension. ItÂ’s all about release and freedom. Physical Stillness Leads to Inner Stillness. Approaching Stillness Resources. The Book of Eights. Alma 36 Meditation. Approaching Stillness Like a Lotus Flower. Online Meditation Timer. Abiding in the Stillness. BYU Webcast. The Bridle Meditations. Gap 1977. Gap/mj 1983. Learn exactly what is meditation, how to meditate, the benefits of meditation, tips for getting started, posture, myths and common questions. Meditation usually involves bodily stillness. But there are also ways to do walking meditation, and to integrate mindfulness in other activities. Originally, the word meditate actually means to think deeply about something. However, when eastern contemplative practices were imported to Western culture, this is the term that was used to define them, for lack of a better word. For a more structure and step-by-step approach, or for a beginners guide to meditation, see my book Practical Meditation, and the Master Your Mind meditation course. [If you are curious, the techniques I myself practice daily are Mantra and Trataka.]