

# Clear the Cobwebs of Past Desires

## From: Senses of the Soul - GuruMeher Singh

Drop past intrigues and enticements so you can Be Here Now! Be clear, see all, enjoy, but don't get caught. The guided meditation is designed to help you see your current needs and focus your efforts there.

***Let It Go, Let It Flow.*** Look at the tip of your nose. This pulls the optic nerve to



create pressure on the pituitary gland, creating alertness in the brain. Don't strain your eye muscles; instead, relax and expect a little discomfort until you get used to it. Touch each fingertip on one hand with its corresponding finger tip on the other hand, then spread the fingers on each hand apart so no finger touches its neighbor, forming a "teepee." Place your hands in front of your torso at the level of the solar plexus with the wrists straight so the fingers extend forward and the thumbs point up. Inhale

deeply through your nose. Hold your breath as you mentally chant "Sa-Ta-Na-Ma" once, slowly. Then exhale through a rounded mouth by segmenting the breath in eight equal strokes. The exhale is not from the tip of your lips; instead, it comes from the middle of your mouth and is generated from a strong pull at the navel. By the eighth exhale, your lungs are empty; squeeze your navel all the way back toward your spine. Continue for 11 minutes. With practice, slowly increase the time to 31 minutes.

***The SOS Method for Desire.*** Be present and drop all traces of past—what you liked and hated, what you got and didn't get. Just see clearly that you are here now, and you are doing just fine. In this moment, all of your desires are already being fulfilled.

- a. ***Stop and Listen.*** Meditatively recall all that you have felt, seen, and learned in the previous exercises of this chapter. Allow all the feelings of need to flow and be felt.
- b. ***Find the Source.***

Ask the feelings what deeper need is driving them. Look beneath the object, person, or situation. What will you get out of it? “I want to be appreciated.” “I need to be nurtured, to feel safe, to feel deserving, to feel loved.” What will it mean to you or about you—that you are loveable, worthy, good? Keep asking the question until you hit the deepest level. Your deepest needs are often great timeless truths, like Freedom, Joy, Love. Accept whatever you feel, which may include Sadness, Relief, or Fear at identifying your deepest need.

- c. ***Ask for Solutions.*** Just as you have done with more surface-level physical needs, ask these vast noble desires how you can fulfill them. These are the needs that won't accept substitution—Chinese food instead of Italian won't work here. This is more like vitamin A can't fill in for vitamin C. However, there are many ways to get vitamin C, just as there are infinite sources of Love and Joy.

These deeper needs are with you forever; they demand attention, but do so very quietly. They can't be understood when there's too much noise and confusion in the pursuit of a million physical things. But when they lie hidden, long unfulfilled and smoldering, you take that discomfort as normal, you develop a habit of hunger, you get used to pursuing but never reaching satisfaction. That becomes the game. Therefore, you still need to consciously take care of it.