



One-Minute Plunge Meditations

By Edrid

One-Minute Plunge Meditations

You sit in meditation and someone rings a bell. You focus totally and completely on a single meditation topic. (A list is below.) You do the meditation for just one minute. After 60 seconds there's a bell and it is over. If you are solo, just use a timer of some sort. Smart phones have timers.

We approach the one-minute meditation as a "plunge." You plunge into it. You cast away, let go of, and drop everything. You dive in. Your focus is 100% on your topic. You become completely open to the truth that your topic points to. You allow for complete absorption in your immediate experience.

Note that you are not trying to think thoughts about the topic. There's no figuring-out. *You intend to directly experience the actuality of what your mind does when you engage the topic.* There is no "right answer" or "wrong answer," no answer at all. You just see where the meditation takes you. In this respect, it is very permissive. All responses that might arise—ideas, feelings, and so forth—are accepted as true reflections of where you actually go when you engage with the meditation topic.

Here's an example. We'll use the first plunge meditation on the list (below). The bell rings and you plunge into "What do you do to know that you are aware?" So you go, "Hmmm. What DO I do to know that I'm aware?" If someone asked you if you are aware, you'd most likely check and inwardly go to an experience of some kind within your subjective field. No need to fuss at this point about inquiring what awareness truly is or anything like that. You just do what you think the question asks for, whatever that may be, and you notice what comes up.

It's whatever you do in your consciousness, and that's what you report (in a dyad) or realize (solo). There is no one asking you to improve or change in any way, nor is there anyone insisting or even expecting that you do it in some particular way. You simply have a tool to consciously access some aspect of your inner realms. You can learn a lot in that one minute.

Plunge List

Here are some of the plunge meditations we've tried. These are ones we found worthy of your efforts. They are presented in no particular order, except for the first three. You should do those first. Don't have to, it's just recommended.

1. What do you do to know you are aware?

You are aware right now. It doesn't matter what you are aware of at this moment in particular. Whatever it is, you are still aware. How do you know you are aware? What do you do to be satisfied that you are aware? Directly experience that. (Could also be worded as, "How do you know you are aware?"

2. Do absolutely nothing

This topic is totally self-evident. For one minute, don't intentionally do anything. Your intent, your will, your desire to be, do, or have is temporarily abandoned. It helps to relax into it. Release your willful focus and you will plunge into that place—for one minute.

3. Completely surrender to “how-it-is”

Drop all of your willful action, on all levels, and become willing for every other independent cause or intent to have its way. You let any “capacity to choose” (that is not your own) do its thing. Utterly abandon having your way. Be surrendered to an unfolding reality that is beyond your control for one minute. (Don't worry! You can have your will back shortly.)

4. Now—be on the leading edge of the unfolding present

Being “now” in awareness is not all that unusual. That’s pretty easy to cultivate, at least for brief periods of time. However, “leaning in” to the unfolding moment is new to most people. From the base of “now”, watch for the instant in which the next moment of reality emerges. Hang on that edge, moving with it, for one minute.

5. Now—be on the trailing edge of the now as it slips into the past

Be aware of what just was. Keep as close to the now as you can while seeing or realizing what just was as it moves into the past. Watch the wake of time unfolding. Do that for one minute.

6. Go in and in and in ...

Close your eyes and look in, as if your eyeballs were turned around and pointing inside at the center of consciousness. That is “going in”. So for one minute, go in and in and in, deeper and deeper and deeper ...

7. Find what to you is non-conceptual mind

The non-conceptual mind is mind that is not thinking or conceiving of anything. Awareness is just aware without being connected to concepts about what it is aware of. For one minute, find what to you is non-conceptual mind and stay with that.

8. Find that “place” that is always silent (or still)

Find in your subjective space the underlying experience of the silent (no sound) or the still (not moving). Silence and stillness are always there. They just often get submerged and obscured by our senses and fixations to current events and meanings. Pick one or the other, silence or stillness, and plunge into that for one minute.

9. Awareness aware only of itself

Let go of all sensory input, all thoughts and all emotions. Attend to only one thing: your own actual awareness. You'd just say “awareness aware only of itself”. Give that one a shot for one minute.

10. Pure and total presence

Pure awareness aware only of itself gives rise to a sense of being “present”. At its maximum, it would be pure awareness with total presence. For one minute plunge into pure and total presence.

11. Ever-fresh awareness

A state called “ever-fresh awareness” eventually emerges from meditation on pure and total presence. Ever-Fresh awareness could be called “observing with ‘new mind’”, that is, seeing things as if for the first time and being present with that awareness. For one minute, see if you can directly experience ever-fresh awareness. Stay with that state for the remainder of the one-minute plunge.

12. Confidently present for truth

Find a place within or state where you are confidently present for truth. The truth is what is experienced non-conceptually and you are present and with an abiding confidence you open to the truth, whatever it might be. Plunge deep into that for one minute.

13. Wish everyone well

Whomever your attention is on, just wish them well. Wish that they have a good life, that they are happy. Set aside any condition you place on doing that (e.g.: I won't wish them well until they do this...) If you can wish one other well, open it up so that you wish that well-being for *everyone*. Do that for one minute.

14. Peace inside

There is an inner *set-point* called “peace inside”. Go to where this language seems to point to, and go with the intention of being fully conscious within the set-point. Do this with a background intention of developing your ability to quickly get access to that point from wherever you are.

15. Be willing to experience

Be open to whatever life might bring you in this moment. Be willing to experience what arises in the field. Be totally willing for one minute, as in, “OK, bring it on. I'm ready.”

16. Have no preferences

Abandon all preferences and priorities. Do not intentionally prefer one thing over another, or one state or another. Don't forget to include what goes on in this one-minute plunge. Don't worry, you can allow your preferences to re-assert themselves after the one minute, so you shouldn't have to really give up anything permanently. However, you might get some increase in your ability to let things go by doing this meditation.

17. Just receive

Abandon all out-flows (acting from your intention or will, projecting something outward). Attend for one minute to only in-flows: in-flows from your senses, in-flows from your emotions, in-flows from your thoughts, in-flows from others. Just receive whatever arises in consciousness without creating anything to stand in the way by pushing out.

18. Find the base

When awareness resides in awareness itself (its own nature), and when that awareness holds itself so lightly that it fades, disappears, it is at the base. It is naked awareness without it being a thing that is aware. It is from the base that awareness looks out into the world

with pure awareness, bringing things into consciousness in its purest form, a kind of direct perception. Find what to you is this base. Try that for one minute.

19. Where is the mind?

Turn awareness onto whatever for you is your "mind." Inquire in a deeply focused way, "Where is it?" This is less about an answer to the question and more about noticing how your conscious state changes by doing this.

20. Find your natural state

Find the state you are in when untouched by mental and emotional reactivity. It's the state that exists in peaceful quiescence. It's the state where nothing is on your mind. It is always available, though often obscured by reactions. Just experience your natural state for one minute.

21. Get the idea of not having to be anybody

We all get busy at one time or another trying to be a certain kind of person. We often feel that we must do this (for many different reasons). See what it is like to let that go entirely. Spend one minute not having to be anybody.

22. Just be

This is similar to the previous one. In this case, just be. With this one, you do not engage with the mind and then try to not have to be something. In this case, it's not doing a remedy, you just quietly be. Just be without an attempt to be or not be and see where that takes you.

23. Thought holding

Latch on to the first thought that arises and don't let it get away. Hold that thought still, keeping it right at the focus of your conscious experience. You're not agreeing or disagreeing with the thought, nor are you trying to fix or change anything. It doesn't matter what the thought is, just grab it and don't let it go. See if you can hold it for the whole minute. If it slips away, jump on it again and take it to the mat. Don't let it wiggle free.

24. Increase alertness

Increase your alertness to the level of walking on a narrow plank one to two feet above a stream. Hold that alertness steady for one minute. (Thanks to the Vajra Vidya Austin Study Group for this one.)

25. Self-knowing quality

Consider how your awareness has an intrinsic self-knowing quality. For one minute, locate what to you would be that self-knowing quality and savor it. Get it really clear. (Also from Vajra Vidya.)

26. Inner light

Find the light that illuminates mental pictures and check it out completely. Just view a mental picture (or several mental pictures) and notice the light that illuminates them. Do that for one minute. Notice that light is internal to the mind.

27. Hold the mind still

Picture an object in your mind and hold it steady for one minute. If it moves, bring it back. If it does anything, bring it back. For starters, imagine a bright orange ball in a space. Hold that still.

28. Get ready to meditate

This one is good for getting ready to do a sitting meditation. If you are going to do, say, a 30-minute sitting meditation, you can do a one-minute plunge into the best state to be in to meditate. That would be the instruction, "Go to the place (or state) which in your estimation is the best place to start a meditation." Do it for one minute, relax a moment afterwards, then begin the meditation period.