



*The*  
**Burning**  
*Meditation*

*Instructions and guidebook*

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# Foundations of practice

When starting any new meditation practice it may be helpful to review some basic principles underlying how and why these exercises change us internally, and correspondingly effect the circumstances of our physical life.

The following are helpful reminders and tips for practice that may enhance the effects that this practice produces for you.

# 1. Statement of Intent

When sitting for meditation state out loud (or very clearly in your mind) what you are there to do, and what you want the results of the practice to be.

How a meditation unfolds, and the results it produces will be a direct result of your clarity of intent.

Nothing in the Universe has any intention or goal FOR YOU, other than YOU. You are a self determining being. You are an Aspect of The One, an Aspect of God, a microcosmic manifestation of All That Is, you are a drop of the great ocean, a piece of the unfolding creative universe.

You are free to create as you wish, to strive as you wish to strive, and to dream as you wish to dream. What you choose to create for yourself, in your body, your mind, and your world, is completely of your free choosing.

Therefore, when we meditate, or pray, or do any energetic practice designed to change ourselves inwardly (our thoughts and emotions), and outwardly (our physical life circumstances) it is truly up to us to be specific about what we are there to do, and what we want the results of our practice to be.

No force, presence, or entity in the Universe, including The One (God), assumes our goals for us and automatically makes it happen. This is true physically, and it is true spiritually.

Spiritual growth assumes that we progressively assume greater and greater degrees of personal responsibility for ourselves, for everything we have created, and ultimately, for everything that happens to us.

Therefore, the first step of this, or any meditation, when you sit down to begin the practice is:

**“State what you are there to do, and what you want the effect of the practice to be.”**

The importance and value of this one simple habit, cannot be overstated.

The greater the clarity of your aiming, and your vocal articulation of it, the more help you can expect your subconscious (and the spiritual universe) to provide in bringing those results into manifestation.

## 2. Ask for help

Just as you cannot expect your subconscious to get on board with what you want unless you are able to clearly determine and state that want; accordingly, you cannot expect spiritual help unless you ask for it.

If you want help from The One (God, The Universe etc.), or a more specific Aspect of The One, such as a saint, deity, or angel... address that entity / energy directly and have a brief moment of conversation with it. As above, so below... engage in the same way you would with a person in your life.

Is this a new friend? Just an acquaintance? Or a life long relationship that you are simply making deeper and more rich through your practice today?

You wouldn't expect your best friend to come help you move on moving day, unless you told them that you are moving, and called them up to ask for help! So why would you expect that to happen spiritually? Pick up the phone, and make the call. Ask for help.

### 3. The Mirror of Reality

The mystery that we seek to understand, experience, and consciously influence is the principle that our external life, and all our present circumstances, are a reflection of ourselves.

The perennial philosophy states that everything is energy, and that every event that occurs follows the underlying energetic pattern influencing those circumstances.

We are the center of our own lives, and every event that has occurred in it. We are the central and most impactful energetic pattern influencing our existence, and the unfolding of our lives.

Therefore, every energetic practice, spiritual exercise, or meditation we perform will have an effect on our mind, our energy, and consequently, our life.

If we did not recognize that this was even a possibility, what would be the point of meditation?

We don't just want to feel better, we want things to BE better... NOW.

Spiritual practice holds these seemingly magical effects in potential: our external reality is a mirror of our internal, and a perfect reflection of our spiritual evolution. By transforming ourselves, we can transform our life. This cannot be actualized but through experience and practice.

Your mind is the cause, your world is the effect. To experience this mystery more intimately we begin with the most important and fundamental practice of all:

#### CLEANING THE SLATE.

The Burning Meditation brings our inner self and our outer life into greater clarity, as well as deeply relaxing the body, and giving the mind a much needed respite from accumulated stress.

This practice serves as a powerful tool that can help to clear energetic stagnation. These internal points of psychic and energetic stagnation are the root causes of confusion, overwhelm, imbalance, negative emotions, and bodily disease.

Your mind is the cause; your world is the effect. Following this first and most mysterious principle of the perennial philosophy, the burning meditation also allows us to explore and experience first hand what happens we use our mind with greater intentionality, clarity, focus, and persistence.

## 4. Naming

Most spiritual, meditative, and energetic practices are tools that can be utilized in a number of ways according to the flexibility of the practitioner. How each unique individual understands the practice, and applies the principles involved will determine what effect the meditation has.

The Burning Meditation gives us the perfect opportunity to explore how one technique can be used to produce a variety of results, depending on the intent of the practitioner.

In The Burning Meditation, we fill ourselves with golden yellow light, which pushes out black matter / energy from our bodies, which is burned off with red fire.

What is this black matter / energy that comes out of us in our imagination / meditative state?

That is determined ('named') by you.

When you state your purpose for the meditation, state what you want to burn. Name it.

The intention of this practice in its original form is to 'burn stress and mental fatigue.' Used generally for this purpose it is a very powerful practice.

It is recommend that you begin with this traditional application of the practice. This way you will give yourself the opportunity to familiarize yourself with the stages of the practice, get a sense of how the practice itself feels, and what effects it produces for you.

From there, know that this meditation can be made as specific as you like. The black that is pushed out and burned off... can symbolize anything that you wish to burn off. This can be a situation, a feeling, burdensome thoughts, negative emotions, anxiety, depression, or physical ailments. It is up to you to decide how to use this simple and profound tool.

## 5. Relaxation

Perhaps the most important thing to remember when performing any meditation or spiritual practice is this:

**“Relaxation is the bridge.”**

The only thing that separates us from having more rich internal, energetic, or spiritual, experiences is that our consciousness is completely involved in the experiential tapestry of our bodily senses.

Our sight, hearing, smell, taste, and touch come together to “create” the world around us and our experience of it. Most of the time, our conscious awareness is entirely enveloped in this physical dimension of experience.

To make our meditative experience (and the effects it produces) more rich and impactful we must withdraw our awareness from its complete involvement with our physical senses.

The best way we know to do this is through systematic and progressive relaxation.

The ultimate state of relaxation is called “profound relaxation.” This is where the body is “asleep” but the mind is awake and aware. The experience of this is much like being an awareness inside of a loose ‘outline’ of yourself. You see nothing, hear, feel, taste, and smell, nothing. You are awareness in space.

In this state the mind can move much more flexibly and what is created in the imagination becomes much more vivid. The energy, and neural firings, that were creating a sensory experience of the external world, now flow into creating an equally vivid sensory experience of your inner world.

In this state the impact of what happens in the meditation is maximized.

Let this serve as a description of meditation performed at its peak. It is not necessary for you to experience 'profound relaxation' or this level of sensory vividness in your imagination for you to begin getting significant benefits from the practice. The upper range of what is possible is here described for inspiration, and as a guide post for how far the experience and impact of the meditation can go.

Keep in mind always, that descriptions are meant only as guides for increasing the effectiveness of the practice: something to aim at.

The most important thing is getting in there and doing it. True understanding follows EXPERIENCE. Not the other way around.

# Suggested Materials

1. Audio recording of the sound of crashing waves.
2. A candle (red is preferred, but NOT necessary).
3. Incense (optional)

If you choose to use incense it is important to establish what kind of incense you will use for this practice CONSISTENTLY. The strongest anchor of memory is smell. When you associate one scent with a specific practice... it makes it easier and easier each time to use that scent as an anchor to that state and will assist in the deepening of the practice over time.

4. A chair

You may perform the practice seated on the floor, or in a chair. Laying down is optional, but not recommend at first. This is an active meditation as opposed to a passive one. Therefore it is best if the practice is performed in a position that will facilitate brightness and clarity of attention.

# Burning Meditation

## Instructions

1. Begin by lighting the candle, starting the audio track of crashing waves, and lighting your incense if you choose to use it, and sitting in your chair, or on the floor.
2. Sit with your back straight and shoulders relaxed. Hands should be resting on your lap, not crossed. Palms should be resting on your thighs or knees, facing downward. Although your palms may be resting upward or located anywhere by your side. The idea is that your physical structure is OPEN and relaxed, with back straight, and shoulders relaxed. For a sense of what “back straight, shoulders relaxed” feels like, find a large tree and sit with your back and shoulders pressed firmly against it. This is the position you are aiming for in meditation.
3. Close your eyes.
4. In your mind’s eye, bring yourself to a beach, a beach that you know, or one that you create in your imagination.

Consistency is again key here. You may experiment for awhile with what beach you want to use for this practice. But after trying a few options, choose a place you like best, and intend to stick with it. By establishing a link with this “inner space” you begin creating a

particular energetic environment inside of you that develops and strengthens over time.

You want to be on the beach, or on a cliff above the beach. Use the particulars of the beach you choose to determine what works best for you here. Traditionally the practice was performed on “a cliff above a beach.”

5. Begin to relax the body.

There are two different step-by-step relaxation methods we use. One long, one short.

Remember that the effects of this practice will be in direct proportion to the depth of your relaxation. Given that, spending plenty of time on this part of the meditation is key.

When this practice is performed in a traditional setting, at least 20 to 40 minutes is given to the relaxation stage.

Your ability to relax the body and mind will become quicker and deeper with practice. So use 20-40 minutes as a baseline in the beginning, and experiment from there. It's all about the results.

The short version and long version are identical in technique, differing only in how many, and which individual body parts are focused on, and therefore, how long each one takes to perform.

**The relaxation process is as follows:**

Bring your awareness to the listed body parts in order. As you bring your awareness to each body 'segment' give it the command to "relax." Feel this part of the body relaxing and letting go of tension. No force is required. Simply bring your awareness to the sensations you feel in that part of the body. Give the command to "relax." And move on to the next part. Breathing steadily throughout the process to encourage relaxation. Typically an out-breath twice as long as the in-breath is used.

**Short version:**

Head, neck, shoulders and arms, chest (front and back), heart, abdomen, lower back, hips and pelvis, thighs, knees, shins and calves, feet.

**Long version:**

In the long version you work your way from the left big toe, all the way to the top of the head on the left side, then down the right side of the body finishing with the right big toe.

Left big toe, small toes of the left foot, the whole left foot, left ankle, left shin & calf, left knee, left thigh, left side of the pelvis, whole left leg. Left lower back, left abdomen, left side of the chest and upper back. Left shoulder, left upper arm, left elbow, left forearm, left hand, 4 fingers on your left hand, left thumb, entire left arm from shoulder to finger tips. Left side of the neck, left side of the face, with specific focus on the brow and jaw, left brain.

Then beginning with right side of the head: right brain, right side of the face, with specific focus on the brow and jaw, right side of the neck. Right shoulder, right upper arm, right elbow, right forearm, right hand, right 4 fingers on the hand, right thumb, entire right arm from shoulders to finger tips. Right upper chest front and back, right abdomen, right lower back.

Take a moment to now relax the whole spine from head to pelvis.

Continue with the right side of the pelvis, right thigh, right knee, right shin and calf, right foot, right 4 small toes, right big toe.

Finally, take a moment to give the whole body the command to relax, and imagine that you are being dipped into a bathtub of warm relaxing water.

6. Now that you are in a deeply relaxed state, with mind awake and aware, bring your attention to your feet. Imagine that tap roots grow out of the bottoms of the center of each foot. Growing deep into the earth, about 15 feet below you, they reach through rock and into lava beneath. At first growing into red lava, then into a hotter, and more intense yellow lava.

At this point the roots come together into a “V” shape. Once the roots have come together at a point inside of the yellow lava, on the next inhalation you will begin drawing this yellow lava up through the roots, into your legs, collecting at the base of your spine, and on the exhalation, the yellow lava flows up your spine and out the top of your head like a ‘spear’ into the sky and out into the heavens above you. You breath in the yellow lava as it comes up through the roots and your

legs, and breath out the yellow lava through your spine and out the top of your head nine times.

7. Take a moment to breath deeply, sinking into calm and relaxation.

8. Now look up into the blue sky. There you may see clear white clouds. One of these clouds comes out of the sky, flying toward you. The cloud envelopes you and your energy field. Swirling around you and through you, the clear white cloud draws out an initial 'wash' of dark matter / energy typically grey or black in color.

The cloud may swirl back and forth, through you, left to right, forward and backward, or around in kind of vortex. This depends on how you sense it and feel it, and choose to feel its cooling mist collect and remove energetic debris from around and within you.

9. After a short while this now dark colored cloud flies off into the sky. It moves toward the sun. As it does so, it catches fire and all the darkness the cloud has collected is burned to nothing by the brilliance of the sun. The now white cloud returns to its place in the sky.

10. We now begin the "burning proper." At this stage in the meditation you may take a brief moment to again focus on relaxation. Checking in with any areas of tension and remembering that clarity of imagination comes from letting go, and relaxing the physical body.

Bring your awareness to the candle in front of you. See above your head a brilliant halo or sphere of vivid yellow light. As you breath in, you see yellow light coming down from this halo or sphere above you into your nose. As the yellow light flows into your nostrils it goes inside of you.

Seeing your body as a hollow vessel, on each in breath, the yellow light begins to fill you more and more. It flows down into your legs, your torso, your arms, and head. Eventually you are completely filled with yellow light from head to toe.

Continue to breath in yellow light, and feel it becoming more intense, vivid, and even 'pressurized' inside of you. At some point this yellow light begins to become so vivid and pressurized that out of your pores comes dark, black matter, energy, or liquid. You see it coming out of your pores.

As black matter, liquid, or smoke comes out of you, you then see a red flame of pure fire burn off all of this energetic dross / debris. The red fire burns the black matter / energy to nothing. Not even ash is left behind.

This process of breathing in yellow light, which pushes out black substance from your pores, which is then burned away with red fire, is repeated until you are ready to stop.

11. Reserve a few moments at the end of the practice to simply sit in stillness before bringing yourself mentally back to the room where you started the meditation. When you do move, move slowly at first, rocking from side to side, front to back etc. Gently move your body, and make any notes about the practice.

## Guided Burning Meditation

If you would like a recorded guided meditation of this practice please go to [www.2bsilent.com/burning](http://www.2bsilent.com/burning)

We have produced several versions: a short version, and a long version, as well as recordings with and without the sound of crashing waves.

The full guided meditation package is \$10, and additionally comes with a more in depth conversation regarding the benefits of practice.

## The 2BSilent Membership

If you enjoy this practice and would like to learn more from us, please visit [www.2bsilent.com/join](http://www.2bsilent.com/join) to learn more about **The 2BSilent Membership**, which includes all of our full length courses, and bi-monthly group Q&A calls to support you in integrating these techniques into your life.

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