



KNOWER MEDITATION: MEET YOUR TRUE SELF

Course Booklet

Dr Shelley Astrof

Welcome

Welcome to this transformative journey of Knower Meditation!

This booklet is your companion, designed to enrich your exploration of the Knower within.

Here, you'll find a summary, questions for reflection, and space to jot down your insights and personal understandings as you delve deeper into the practice. Use these pages to capture your thoughts and observations, allowing yourself to unravel the profound wisdom of Knower Meditation.

Let this booklet be a canvas for your thoughts, a sanctuary for your understanding, and a guide on your path to meeting your true Self, the Knower.

May your journey be enlightening and fulfilling.

Warm regards,

Shelley



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Lesson 1

WELCOME

The timeless wisdom of Knower Meditation is a philosophy of oneness for our modern times.

This course aims to unite your mind with its source, the Knower—the unbound, eternal essence within you—through meditation.

BIO

Shelley Astrof's journey has been a tapestry of meditation, education, and collecting ancient Indian stories. Her unique approach to meditation is attributed to her spending over four decades alongside a great Meditation teacher in the Himalayas.

She earned a Doctor of Meditation and a Master of Education degree. She then delved deeper into her passion for meditation by obtaining a Certificate of Advanced Studies in Yog Science, Vedant Philosophy, and the Theory and Practice of Meditation. She was also awarded the title of Peace Pioneer.

As an author, she has written a program called "The Knower Curriculum: Teach Meditation to Children with Timeless Tales" (2019) and a companion storybook/colouring book for children called "Timeless Tales" (2019).

Shelley's pursuit of knowledge and deep understanding of the human condition have led her to become a "Brave Healer" contributing author in publications on health and wellness. Her insightful contributions can be found in "The Ultimate Guide to Self-Healing Techniques" (2020) (Chapter 6, "Simple Mediation: Quiet the Mind and Heal the Body") and "Sacred Death" (2021) (Chapter 9, "Immortality is Your True Home: Meditation on the Knower Can Get You There").

Further, her dedication to inspiring young hearts and minds is evident in her stories in "Brave Kids: Short Stories to Inspire Our Future World-Changers Volumes 1 and 2" (2023, 2024) (Kesari: The Lion Who Thought He Was A Sheep) and (Bunder and Muggermuch: A unique Friendship Between a Monkey and a Crocodile).

As a true enthusiast of meditation and Vedant philosophy, she teaches courses on Knower Meditation and the Bhagavad Gita.



WHAT CHANGES AND WHAT DOESN'T CHANGE?

SUMMARY

Differentiating Between Changing and the Unchanging:

Understanding the distinction between what changes and what remains unchanging is pivotal in Knower Meditation. It's about recognizing the flux of life and the unwavering essence within.

The Knower Within: Throughout various life events and changes, a constant presence—the Knower—remains unchanged, offering a profound sense of awareness and stability amid life's fluctuations.

Empowerment Through Discrimination: The power of discernment between the changing and unchanging parts of life becomes a guiding force, offering clarity and aiding in decision-making.

QUESTIONS FOR REFLECTION

Reflect on moments in your life where significant changes occurred. What remained constant within you despite these changes?

Consider a past event, one that occurred at a different stage of life. What part of you recognizes that person as “you,” even though everything else has changed?

How might acknowledging the distinction between what changes and what remains unchanging influence the way you navigate life's decisions and experiences?

WHAT IS MEDITATION?

SUMMARY

Understanding Meditation: Meditation, also known as *Dhyan Yoga*, is a transformative process that evolves human intelligence to the state of Self-realization, the Knower state of consciousness—a journey toward profound inner wisdom and understanding.

Simplicity in Practice, Depth in Mastery: The importance of consistency and regularity in meditation practice emphasizes its cumulative benefits over time. Its rewards manifest as inner joy, peace, mental clarity, and physical well-being.

The Power of Regular Practice: Regularity in meditation is of utmost importance as it builds potent momentum over time. It shifts attention from fluctuating thoughts to the observer of those thoughts, revealing the Knower within.

QUESTIONS FOR REFLECTION

How do you perceive the benefits of regular meditation in your life based on your personal experiences or observations?

Can you identify moments during meditation when you've connected with the Knower, the observer of thoughts, and experienced a sense of clarity or inner peace?

Have you experimented with different meditation techniques? How did each technique impact your experience or the results of your practice?

How can you ensure regularity in your practice?



BREATH AWARENESS MEDITATION

SUMMARY

Awareness of Breath Meditation: This meditation technique emphasizes observing the breath to understand the mind-body connection. It highlights the impact of thoughts and emotions on breathing patterns and the role of the Knower in observing these changes.

The Significance of the Pause (Kumbhak): The pause between breaths, known as *Kumbhak*, is a crucial aspect of breathing patterns. Exploring this pause helps in recognizing the Knower's presence in regulating and observing the breath's rhythm.

Approaching Meditation with Ease and Comfort: This exercise emphasizes the importance of gentle practice, respecting one's own rhythm, and never forcing the breath. Safety, comfort, and ease are pivotal during the meditation process.

QUESTIONS FOR REFLECTION

Reflect on your experience during this breath-awareness meditation. What insights did you gain about the relationship between your breath, thoughts, emotions, and the Knower within?

How did the observation of the breath's rhythm and the pauses between inhalation and exhalation enhance your understanding of the Knower's presence in regulating breathing patterns?

Consider your approach to meditation. How can you ensure a gentle and comfortable practice while remaining attentive to your breath's natural rhythm and patterns?



Lesson 2

THE MIND

SUMMARY

Exploration of the Mind: This section delves into the dynamic nature of the mind, likening it to a camera recording external stimuli and shaping thoughts, emotions, and perceptions. It highlights the mind's tendency to identify thoughts as the ultimate truth and explores the role of meditation in befriending the mind while allowing the Knower's guidance and stability amid the mind's fluctuations.

The Four States of Consciousness: The discussion unfolds the significance of the waking, dream, and deep sleep states influenced by the mind's presence or absence. It introduces the Knower's innate qualities of intelligence and delight beyond the mind's limitations, aiming to unite the mind with its source—the Knower—through meditation and the observation of thoughts.

QUESTIONS FOR REFLECTION

Reflect on a time when you felt your thoughts strongly influenced your emotions or perceptions. How might the understanding of the Knower's presence impact your response in similar situations in the future?

Consider the analogy of the mind as a camera capturing external input. How does this analogy resonate with your experience of thoughts shaping your perceptions and understanding of reality?

Ponder the concept of the Knower guiding us through life's situations. How can meditation help you observe your thoughts without getting entangled in them, allowing the Knower's guidance to influence your decision-making process?



THE FOUR STATES OF CONSCIOUSNESS:

THE WAKING STATE

SUMMARY

Everyday Engagement: This section illuminates the waking state as our daily experience, where the mind takes charge, orchestrating thoughts, actions, and experiences. It portrays life as a stage where everything feels real yet transient, as thoughts come and go within the realm of time and space.

Meditation helps pierce through the states of consciousness.

QUESTIONS FOR REFLECTION

How do your experiences in the waking state resonate with the analogy of life as a 'long dream'?

Consider a recent situation where a thought or belief felt unquestionably real in the moment but later shifted or disappeared. How does this relate to the transient nature of thoughts in the waking state?

Reflect on the notion of the mind's influence in the waking state. How might recognizing the impermanence of thoughts impact your approach to daily life and decision-making?



THE DREAM STATE

SUMMARY

Dreamlike Realism: This section compares the dream state to vivid experiences that feel real but dissipate swiftly. It likens dreams to a transient reality, similar to the waking state but briefer. Using Shakespeare's metaphor, it highlights the ephemeral nature of dreams upon waking.

QUESTIONS FOR REFLECTION

Reflect on a particularly vivid dream you've had. How did it feel when the dream dissolved upon waking up? Did it relate to the transient nature of experiences in the dream state?

Consider the parallels between the dream state and the waking state presented here. How does this comparison influence your perception of reality and its fleeting nature?

Ponder the idea of 'waking up' from these states. What might it mean to wake up from the dream state, and what could this awakening reveal about our understanding of reality?



THE DEEP SLEEP STATE



SUMMARY

Mind at Rest: This part describes deep sleep as a phase in which the mind takes a hiatus. It's like hitting an 'off' button—while still alive, the mind isn't actively engaged as in the waking or dreaming states. Deep sleep exists beyond the constraints of time and space, free from disturbances and everyday concerns.

QUESTIONS FOR REFLECTION

Recall a particularly restful night's sleep you've had. How did you feel upon waking from such a deep sleep? Did you experience a sense of being beyond time and space as described in the section?

Consider the contrast between the mind's activity in the waking state and its quietness in deep sleep. How does this contrast shed light on the mind's role in shaping our experiences and perceptions?

Reflect on the idea of being a 'quiet observer' during deep sleep. How might this detached observation impact our understanding of selfhood and consciousness?



MIND AWARENESS MEDITATION

SUMMARY

Observing Thoughts: This meditation encourages observing thoughts without getting entangled in them. It recognizes the Knower—the unchanging observer—amidst the changing nature of thoughts.


Above the Clouds Analogy: The visualization of an airplane journey above the clouds serves as a metaphor for reaching the space where the light of the Knower shines, akin to the clarity experienced in meditation.

QUESTIONS FOR REFLECTION

How did the analogy of being above the clouds resonate with your meditation experience? Did it help in visualizing the Knower's constant presence amidst life's fluctuations?

Reflect on the idea of observing thoughts without interference, likening it to watching from above. How does this perspective shift influence your understanding of self-observation during meditation?

Think about a moment during your meditation where you felt connected to the Knower—the unchanging background canvas. How did this connection impact your awareness and perception of thoughts and experiences?



Lesson 3

THE FOURTH STATE

SUMMARY

The Fourth State: It's the state transcending the mind's drama, where you're the Knower, observing without entanglement. It's the unchanging core untouched by daily chaos, beyond time and space, providing stability against the backdrop of the other states.

Background Canvas Analogy: Like an artist's canvas, the Knower state is foundational. It precedes the mind's colours and shapes, serving as the base for the hues of our existence—thoughts, concepts, and perceptions.

Boundless Nature: Unlike mind-driven states tied to life's cycles, the Knower is boundaryless, existing beyond birth, death, and limitations of time and space.

Unblocking the Knower: Meditation clears the path to the Knower, allowing connection with your unchanging self. Aligning with this essence transcends the changing mind, offering peace beyond life's fluctuations.

Infusing Peace: Immersing the mind in the Knower's tranquillity brings harmony. It disentangles from the mind's fluctuations, guiding actions and thoughts from a stable, unchanging space.

QUESTIONS FOR REFLECTION

Reflect on a moment when you felt a glimpse of the Knower's stability amidst life's fluctuations. How did this awareness impact your perspective on the changing aspects of life?

Consider the analogy of dipping the fabric of the mind into the Knower's light. How can this visualization aid in navigating life's challenges with greater steadiness and tranquillity?

Contemplate the concept of the Fourth State—beyond time and space. How might cultivating a deeper connection with the Knower influence your responses to life's inevitable changes?

KNOWER AWARENESS MEDITATION

SUMMARY

Introducing the Knower Phrase: You're introduced to a mantra representing your true Self—the Knower. Repeating this phrase internally helps shift attention away from thoughts, allowing the Knower to surface beyond the mind's fluctuations.

Transitioning into Awareness: Thoughts may arise as the meditation progresses, but the Knower remains engaged in repeating the mantra. Gradually, you move beyond thoughts, entering a space of pure awareness, where the mantra becomes an expression of formless knowingness.

Space of Pure Existence: In this state, the Knower transcends relative consciousness, experiencing a formless, timeless space—a true nature free from names, forms, and time. This pure existence is the Knower's eternal essence.

Intellectual Realization: With regular practice, the intellect transitions from identifying solely with the body to recognizing the Knower as its true essence. This realization clarifies the body's temporary nature and the Knower's eternal essence.

Attaining Fearlessness: Realizing the unchanging, immortal nature of the Knower diminishes fear and worry. This understanding leads to a sense of fearlessness, knowing the indestructible nature of the true Self.

QUESTIONS FOR REFLECTION

Reflect on your experience during this meditation. Did you notice a shift in your perception of yourself, moving beyond the changing aspects of thoughts and sensations?

Consider the transition from identifying with the body to recognizing the Knower as your true essence. How did this shift in perspective influence your sense of permanence and impermanence?

Contemplate the mantra or phrase used in this meditation. How does repeating this mantra internally affect your awareness and connection with the Knower, especially in moments of stillness and quiet reflection?



EPILOGUE

As we conclude this transformative journey through Knower Meditation, remember that the wisdom gained isn't the end but the beginning of a lifelong exploration. Embrace Knower meditation as a gift to yourself, a daily ritual that unravels the layers of your being and tethers you to boundless inner peace.

Continue meditating not as a task but as a commitment to your well-being. In these moments of stillness, you'll uncover an unwavering joy, profound peace, and a deep connection with your true self—the Knower within.

Integrating meditation into your daily life reveals subtle yet powerful shifts. Observe how your responses to challenges become grounded, moments of joy intensify, and a quiet strength emerges.

Meditation isn't a destination; it's a voyage of self-discovery that unveils the depths of consciousness. As you weave this practice into your life, each moment spent in Knower Meditation is an investment in your peace, joy, and well-being.

Thank you for embarking on this journey with me. Keep meditating, for in each moment of stillness you forge a profound connection with the source of infinite peace and joy—the Knower within you.

Feel free to reach out with any questions or insights you wish to share.

With heartfelt gratitude, thank you for being part of this journey.

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