

Open Heart Project FAQ

These are some questions that many people pose when considering participation in the OHP:

Will I have to become a Buddhist to meditate with Susan?

Definitely not. I am a Buddhist and the training I offer comes from my practice and training as a teacher. But there is nothing particularly Buddhist about sitting down, placing attention on breath, and resting your mind. This meditation isn't about indoctrinating you into my path, but about helping you discover your own.

What if I'm not spiritual or religious?

No need to be either one to meditate. In fact, beliefs can get in the way, so if you're not spiritual or religious, you may have a head start.

Do I have to do it everyday?

No. You can decide on a schedule that works for your particular lifestyle.

Will I not be able to function or get things done if I meditate everyday?

Meditation does not put you into a stupor—in fact, it sharpens your mind and your senses and generally enables you to function better.

I've tried to meditate before, but I can't clear my mind of thought. Is it possible that some people simply can't meditate?

There is no need whatsoever to clear the mind of thought, stop thinking, or think only peaceful thoughts. The idea in meditation is to rest with your mind as it is, including your mind which may be speedy, sleepy, or both.

What is meditation anyway? Is it a religious practice?

No. All meditation is, is substituting for your discursive mind another object of attention. Rather than placing all your attention on thought, you place it elsewhere, in this case on the breath. This has the effect of relaxing your mind, giving it a break.