



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #203

Dean Sluyter

Award-winning author Dean Sluyter (pronounced "slihter") has taught natural methods of meditation and awakening since 1970. His five highly acclaimed books include the back-to-back Amazon #1 stress-management bestsellers [Natural Meditation](#) and [Fear Less: Living Beyond Fear, Anxiety, Anger, and Addiction](#). Dean gives talks, workshops, and retreats throughout the United States and beyond, from Ivy League colleges to maximum-security prisons. His media appearances have included National Public Radio, The New York Times, New York Magazine, The Dr. Oz Show, and The Oprah Magazine.

Quotes

"The mind is wandering because it's seeking one thing, and that is fulfillment."

"Where your plan fails, life happens and life is more interesting than the plan."

"When Buddha reached enlightenment, he didn't say, 'How wonderful, how wonderful, I got rid of my thoughts.' He said, 'How wonderful, how wonderful, everything's fine just the way it is.'"

"Don't try to judge by the experience during meditation. You go by how your life changes the other 23 and 1/2 hours of the day."

About Working With What We Can Control 08:28 - 09:21

That experience of 'Ahhh,' whether it comes from getting rid of something irritating, or getting/achieving something, you win your match, you get the promotion, whatever it is, our whole life is organized around seeking that sense of 'Ahhh.' The problem is we're usually seeking it in things and situations outside ourselves, which are uncontrollable. The universe is bigger than us. The teachings are that the real constant that's always available is on the inside. Therefore, if you can just get the

mind to turn to that direction, it will settle down with it automatically like a monkey settling down with a banana."

About Flowing, Not Forcing 17:03 - 18:03

"This realization is like the $e = mc^2$ of meditation. Any effort to create a non-agitated state of mind is itself a form of agitation. So you wind up chasing your tail. It's like looking out across the surface of the ocean and you see all these waves. And you're thinking, 'Oh my God, I've got to flatten out all the waves on the ocean,' which is an impossible task and the harder you work at it, the more you stir up the water. So what my teacher me showed me and I show people is, forget about the waves. Just allow gravity to pull you down one or two feet below the surface and the water is always already silent down there. This is how we just get pulled by that natural gravitation toward fulfillment, joy, peace, awe."

About Meditation And Making Better Decisions 22:24 - 23:55

This is how you know your meditation is correct; life gets simpler. Life gets easier. When you're dealing with things, you don't feel like you're grinding your gears the way you used to. You don't spend a lot of time trying to calculate which way to go and how to make decisions. You know this from wrestling. When you are in the moment, when you're on the mat, going off the diving board, whatever it is, there's no time to think. That's one of the things I'm sure you noticed, like runner's high, being in the zone. One of the thing that makes sports so enticing is that beauty of just flowing into the right move. And I'm sure you know as an athlete, you'd think, 'If only I could be like that all the time. I'd be the top of the pack.'" What happens as you continue to meditate over the years is that not just in your game of wrestling, but your game of life is that way all the time. You see where the opening is."

Tips On How To Meditate 35:20 - 38:50

"The main tip is to forget about the word 'trying'. Everything else that we do, there's always some effort involved. But this is different. So it takes the skill of a teacher to pull the rug of effort out from under you.

You can go to [YouTube](#) and sit and meditate with a whole session. Sit comfortably. Don't try to twist yourself into a pretzel if you're not comfortable. Take one slow deep breath, close your eyes, and feel what it feels like to be filling up with air. Just completely empty the tank. Do maybe two or three of the breathing and keep your eyes closed. You'll notice that naturally, sounds come and go. Naturally, sensations come and go. You'll notice there's no effort involved. You can't make the sounds come and go, and you can't stop them either. It's the same with your thoughts. All

that stuff coming and going, it's like breezes in the sky. But what your awareness is, is the sky. It's open, empty, and free. When you feel like it's time to come out, take a few minutes because the body may have settled more deeply than you realize. Move around and stretch a little bit, and ease back into the day."

Website and Social

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