

## Zero Point Meditation

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This is a meditation with a difference. It is an embodied *presencing* technique intended to provide you with a therapeutic tool to be used as often as you like and to be experimented with in true Gestalt style; making it your own. I'm using it at the end of each day currently, just before bedtime so the healing and releasing mechanisms can continue to process in my conscious and subconscious fields as I sleep.

It's aim is to shift our focus from the mental space: full of chatter and not much processing, to the heart space where we can bring safety and freedom to the nervous system and release old stuck patterns of behaviours, mental programmes and traumata that is ready to be transmuted and released from the body. It can be used to identify and release any negative energy that you've inherited, feel stuck in or might have absorbed that day; from low energy clients, squabbling family members or even tensions we might pick up from people we pass in the street.

By watching our own processes (with neutrality, as if at a distance...) as they transit from thoughts to emotions to physical sensations, we become the *witnessing observer* of our own Self. This allows us to get closer to, and wiser about, those mental programmes and repetitive narratives we allow, to get in the way, of the life we truly want to live. For example, do we see ourselves as the victim, the scapegoat, the rescuer/fixer, the bad apple, within our different family dramas? Do we fixate on these programmes and rigidify our position? From the place of observer, we realise that it is *all* fiction and that just as we've created these programmes, so we can release from, and be released by, them.

Reaching the place of zero point is not a place we're used to, or even know about. It's not our fault: it's the human condition; where we've been programmed and then conditioned to relive the past or think ahead to the future. This is what our Ego does best; keeping us in the mental space, with endless thoughts, far away from the heart space where healing happens. The place of zero point is a quantum field that exists within our consciousness, that exists *for* us. It is a place of no-thing, of stillness, *the unknown*, that comes after the thought, emotion, sensation process has been followed through to its natural end.

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The zero point is the place of creativity, play, new ideas, and solutions. Most of us don't know this place within the field of consciousness; never allowing ourselves to reach it, let alone stay in the unknown. I believe this is what Gestalt therapy theory describes as the *fertile void*? At this place of zero point, because there is no interference from Ego anymore, you can create anything: you can become the creator of a whole new life for yourself. You are literally creating with and as the Earth... You can create no pain where there is pain; abundance where there is lack, self-love where there is self-hate. Everything is up for grabs at this point of Consciousness. Stay with the unknown, breathe, be curious and experiment with whatever comes to you in this place.

Reaching full embodied *presencing* is the key to activating a connection with our higher consciousness, and from this place of zero point, this Quantum field of Presence; we become creators of the life we want to lead. You may even remember that you are Conscious Light and that you have access to all of Creation. Imagine that!

Try the zero point meditation on page 3 and see how it goes for you. What do you notice? Can you learn to sit through your own discomfort? Can you practice the meditation every night for 7 nights and see what you learn about yourself and your field of Consciousness. Can you practice it every night for 21 days and see what you learn in these areas? Do you feel like a Creator/Creatrix?

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Sit quietly, close your eyes and connect to your Consciousness Mind



Select one thought from the many and follow the thought process down through its layers  
What is/are the corresponding emotion(s) in your body/system?



Focus on these emotions for a few breaths. Can you identify them?  
Are they anger, unease, dread, joy, curiosity, self-pity, blame etc ?  
Follow the emotion as it unravels in your system...



Does the emotion have a corresponding physical sensation in the body?  
For example, a tightening, a contraction, a tension anywhere? A weight, a lightness, a  
temperature, a movement anywhere?  
Perhaps in the head, neck, chest, stomach, groin, bowel, legs, feet etc?  
Follow the sensation as it flows through your body...



Deepen your breathing into this physical sensation for several minutes.  
Place both hands on your heart or on the place of sensation, whichever feels right for you



Repeat this mantra for several minutes (quietly within your mind)  
as you continue to breathe deeply

*I AM SAFE – I AM FREE – I AM GOOD*



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You are now at the **ZERO POINT** of your existence!

From here, call in whatever you want or need e.g.  
“I AM .... Perfect health, perfect *presence*, abundance etc”  
Be creative...you can ask/create anything you want for yourself!

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