

## **From the Transcendental Meditation Checking Process**

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**Shaking, etc. (expressions of release of stress)**

**"These are all expressions of the release of stress. Because meditation is a natural process, naturally the body twists and turns in a manner which is favorable to the release of some specific stress. The way to meet with this situation is to 1) take it as it comes. Never do we try to physically resist the movement. If the movements become violent and seem to be going out of hand, then instead of physically trying to stop them, we can open the eyes so that our awareness comes out. With this the movements will naturally become less violent and stop. Opening the eyes is one thing we do from our side.**

**"2) We don't cooperate with the movements in order to continue them. That means: we do not hold in our mind the idea that because these movements are the expressions of release of stress, and the they are allowed to go on the more the stress will be released, therefore let me enjoy the movements and continue them. If there is a slightest willingness to promote movements in order to release stress, then the chances are that the movements will continue even beyond their natural need.**

**"3) It is safer to hold the idea in our mind that it is, after all, absolutely necessary that the movements should go on; even without movements the stress can be released. This idea in**

**the mind without any application of physical force to stop movements will be found to be useful in naturally stopping the movements, but if in spite of this attitude, the movements tend to continue, then we know that they are necessary; we just be with them."**

From: <http://minet.org/checkinggpp.html>