

WHAT IS MEDITATION

MEDITATION OCCURS IN THE REALM OF MIND AND AWARENESS.

TO UNDERSTAND WHAT MEDITATION IS, A COMMON GROUND OF MIND AND AWARENESS NEEDS TO BE ESTABLISHED.

A FEW THINGS NEED TO BE IN PLACE FOR MIND AND AWARENESS TO BE PRESENT.

WE NEED A FACULTY TO COLLECT DATA FROM THE WORLD; WE NEED TO BE ABLE TO BE AWARE OF THIS DATA; AND LASTLY WE NEED TO BE ABLE TO REFLECT UPON THE DATA COLLECTED.

FACULTY OF AWARENESS - SENSORY DATA

PHYSICAL AWARENESS

PHYSICAL ORGAN	TYPE OF SENSE	WHAT IT SENSES
EYES	SIGHT	OBJECT IN SPACE
EARS	SOUND	EVENT IN TIME
NOSE	SMELL	OBJECT ATTRIBUTE
TOUCH	TEXTURE/CONTACT	OBJECT ATTRIBUTE
TONGUE	TASTE	OBJECT ATTRIBUTE
PROPRIOCEPTION	BODY POSITION	BODY IN SPACE
INNER EAR	ORIENTATION/MOVEMENT	BODY IN TIME

PHYSICAL SENSES COLLECT DATA REGARDLESS OF COGNITION - THE INFORMATION IS INTERACTING WITH THE SENSE ORGANS REGARDLESS OF WHETHER OR NOT WE ARE AWARE OF THE INFORMATION.

FACULTY OF AWARENESS - SENSORY DATA

PROCESSED AWARENESS

OTHER FORMS OF AWARENESS WHICH ARE NOT ASSOCIATED WITH A PHYSICAL SENSORY ORGAN BUT ARE PROCESSED FROM SENSORY DATA

SPATIAL AWARENESS (AWARE THROUGH THE PROCESSING OF MULTIPLE TYPES OF DATA) (SIGHT, PROPRIOCEPTION), THIS IS A SENSE OF SPACE, DISTANCE RELATIVE TO ONE'S SELF.

INTENSITY/QUALITY (QUALITY OR INTENSITY OF DATA I.E. LOUD QUIET, INTENSE/MILD, OBVIOUS/NUANCED ETC. NECESSARY FOR COMPARE/CONTRAST DISTINCTION OF SIMILAR DATA TYPES) (CALCULATION OF DATA INPUT OF A SINGLE DATA TYPE).

MENTAL PROPRIOCEPTION - I CAN OBSERVE MY THOUGHTS AS OBJECTS WITHIN MY MIND. THIS IS THE MENTAL AWARENESS OF ONE'S SELF. THE DISTINCTION OF WHAT IS OF MY MIND VS. WHAT IS OF THE WORLD. THE INTERNAL BOUNDARY BETWEEN SELF AND WORLD.

TEMPORAL AWARENESS COULD BE CONSIDERED A PROCESSING SENSE BUT COULD ALSO ARGUE THAT THE ABILITY TO CREATE MEMORY IS PHYSICALLY DETECTED, OR IS PROCESSED.



ATTENTION

PERCEPTION

TRANSMUTATION OF SENSORY DATA INTO AWARENESS

TO BE AWARE OF THE WORLD WE MUST FIRST BE ABLE TO COLLECT INFORMATION FROM THE WORLD. THIS IS DONE THROUGH OUR FIELD OF ATTENTION, HOWEVER THIS IS ALONE IS NOT AWARENESS. TO BE AWARE OF THE WORLD WE MUST BE ABLE TO REFLECT UPON THE DATA COLLECTED.

TO BE ABLE TO REFLECT UPON THE WORLD WE MUST FIRST CREATE PERCEPTION OF THE WORLD. TO DO THIS WE ONE HAS TO RECREATE THE SITUATION WITH IN THE MIND, THEN REFLECT UPON THIS RECREATED WORLD. TO DO THIS WE NEED TO FIRST POSITION A POINT OF VIEW THEN POSITION THE OBJECTS IN THE WORLD IN RELATION TO THIS POINT OF VIEW.

FIRST WE CREATE A "SELF" THEN POSITION THE WORLD RELATED TO THIS "SELF".

TRY IT. IMAGING A COFFEE CUP. NOW ASK YOURSELF WHERE THIS COFFEE CUP IS WITH IN THE IMAGINED LANDSCAPE. IT IS SOMEWHERE IN FRONT OF A POINT-OF-VIEW, A "SELF". WITHOUT THIS "SELF" THE PERCEPTION OF THE COFFEE CUP IS NOT POSSIBLE.



PERCEPTION

PERCEPTION

TRANSMUTATION OF SENSORY DATA INTO AWARENESS

WITHIN PERCEPTION WE “FIND THE WORLD” IN RELATION TO THE “SELF”. IT IS RECREATING THE WORLD FOUND IN OUR FIELD OF ATTENTION, POSITIONED AROUND A POINT OF VIEW.

IN ATTENTION WE “FIND THE SELF” IN RELATION TO THE OBJECTS IN THE WORLD.

AWARENESS OF THE WORLD AND DEFINITION OF THE SELF ARE INTRINSICALLY INTERWOVEN AND INTERDEPENDENT. EACH RELY UPON THE OTHER FOR AWARENESS TO EXIST.

COMPARING AND CONTRASTING “THE WORLD” WE CREATE IN PERCEPTION, TO THE WORLD FOUND IN ATTENTION IS THE PROCESS OF REALITY TESTING. TO MODIFY “THE WORLD” CREATED IN PERCEPTION TO THE WORLD FOUND IN ATTENTION WE MUST FIRST MODIFY “THE SELF” POSITIONED IN THE PERCEPTION.

THIS IS A PROCESS OF DEFINING THE SELF AND DEFINING THE WORLD, HAPPENING IN PARALLEL.

IT IS REALITY TESTING AND ASSIMILATION OF INFORMATION.



ASSIMILATION

ASSIMILATION

TO BE AWARE, A SELF-OBJECT IS NEEDED. THEN “THE WORLD” IS POSITIONED IN RELATION TO THIS SELF. THIS IS NECESSARY TO BE ABLE TO REFLECT UPON THE SELF IN THE WORLD.

- 1) CREATE A “SELF” - POINT OF VIEW AS AN OBJECT
- 2) CREATE A WORLD AROUND THE SELF
- 3) CREATE A POINT OF VIEW TO THEN REFLECT UPON THE WORLD AND “SELF”. I NEED TO PLACE “SELF” AS AN OBJECT IN THE PERCEPTION THEN REFLECT UPON THIS OBJECT”.

THIS IS THE CREATION OF SELF AWARENESS. IT DEFINES THE BOUNDARY BETWEEN MY “SELF” AND THE WORLD. IT DISTINGUISHES WHAT IS “OF ME” AND WHAT IS “OF THE WORLD”.

WITH IN THE PERCEPTION THERE ARE OBJECTS WHICH I REFLECT UPON AS “ME” (THOUGHTS, IMAGINATION, EMOTIONS, PHYSICAL SENSATION OF SELF) AND OBJECTS WHICH I REFLECT UPON AS “WORLD” (SIGHT, SOUND, TASTE, AUDITORY OBJECTS IN THE WORLD)

THE SELF/WORLD OBJECTS CONTAIN THE EXPERIENCE. IT IS A VEHICLE FOR EXPERIENCE.

ASSIMILATION

AS NEW INFORMATION WHICH IS RELEVANT TO THE SELF IS ENCOUNTERED, IT IS ASSIMILATED INTO AWARENESS THROUGH DEFINITION OF THE SELF AND/OR A DEFINED CONTEXT OF THE WORLD.

IF THERE IS NO CONTEXT FOR INFORMATION THEN IT IS SIMPLY NOT CATEGORIZED THUS WE REMAIN UNAWARE OF IT. AS THIS INFORMATION BECOMES IMPORTANT, CONFLICTS WITH, OR IS TOO LARGE FOR THESE DEFINITIONS THEN A "PRESSURE" IS EXERTED ON THE PERSONALITY. WE EXPERIENCE THIS AS NEGATIVE EMOTION, DISTRESS. IT IS SIMPLY TENSION.

AS THESE DEFINITIONS (SELF AND WORLD) CHANGE TO ACCOMMODATE AND ASSIMILATE THE NEW INFORMATION WE GAIN INSIGHT. WE EXPERIENCE THIS AS POSITIVE EMOTION, ELATION ETC.

EMOTION IS THE RESULT OF THE SELF/WORLD OBJECT BEING CONFRONTED WITH CONFLICTING INFORMATION - IT IS THE INCREASE OR RELEASE OF TENSION BETWEEN INFORMATION AND SELF/WORLD VIEW. IT GIVES US A FOCUS AND MOTIVATION TO ASSIMILATE NEW INFORMATION. IT TELLS US NOTHING ABOUT REALITY ONLY THAT NEW INFORMATION IS BEING RESISTED OR ASSIMILATED.

EMOTION IS NOT INFORMATION IT IS THE REACTION TO NEW OR CONFLICTING INFORMATION.

ASSIMILATION

WHEN INFORMATION RISES INTO AWARENESS IT IS IN AN OBSCURE AND ROUGH FORM. IT IS RAW, WITHOUT CONTEXT. INITIALLY WE ARE AWARE OF IT AS PHYSICAL SENSATION, IMPRESSION, INTUITION. IT IS SYMBOLIC AND METAPHORIC.

AS THE PROCESS OF ASSIMILATION PROGRESSES, INFORMATION BECOMES CLEARER, GAINS CONTEXT AND IS MORE REFINED.

IMPRESSIONS, VISIONS, INTUITIONS ARE FORM GIVEN TO INFORMATION IN A LANGUAGE WHICH IS PARTICULAR TO YOUR PREDILECTIONS - TAILORED TO YOUR MIND. AS IT REFINES THE LANGUAGE CLARIFIES AND AWARENESS CLARIFIES INTO CONSCIOUSNESS.

AS ATTRIBUTES AND RELATIONSHIPS POP INTO CLARITY WE EXPERIENCE THIS AS AN INSIGHT. INSIGHTS, WHEN ARRIVE, TEND TO KICK UP MENTAL ACTIVITY, ENTHUSIASM - THE MIND MOVES TOWARD MORE THOUGHT, MORE ACTIVITY. THIS IS THE MIND RE-ENFORCING THE NEW INFORMATION. IT IS DRAMATIC, MYSTICAL. THE "EUREKA" OR "AHA!"

WHEN ENOUGH ATTRIBUTES HAVE BEEN DEFINED THEN WE BEGIN ASSIMILATING THE COMPLETE AWARENESS. WE EXPERIENCE THIS AS A DISTINCTION. WHEN A DISTINCTION POPS, THE MIND RELAXES INTO AWARENESS, IT NATURALLY CALMS. MENTAL DIALOGUE QUIETS. DISTINCTIONS ARE NOT DRAMATIC. "OH, I SEE". INSIGHTS ARE SEEN AS FACETS OF A LARGER OBJECT - A COMPLETE UNDERSTANDING.

ASSIMILATION

THIS IS A NATURAL, ONGOING, PRECONSCIOUS CYCLE, HAPPENING OF ITS OWN ACCORD, OF WHICH WE CAN GET IN THE WAY.

HOW WE GET IN THE WAY IS BY RESPONDING TOO QUICKLY TO THE EMERGING INFORMATION. WE DO THIS BY ATTEMPTING TO END OR PREVENT NEGATIVE EMOTION, OR CLING ONTO AND PROLONG POSITIVE EMOTIONS.

NEGATIVE AND POSITIVE ARE NOT OPPOSITES BUT RATHER DIFFERENT POINTS IN A CONTINUUM FROM OBSCURITY TO CLARITY. IN THE END BOTH ARE SIMPLY FORM GIVEN TO EMERGING INFORMATION/AWARENESS.

BY RESPONDING TO OUR OWN EMOTIONS WE APPLY, FROM THE CONSCIOUS MIND, A FILTER OR BIAS TO THE EMERGING INFORMATION. WE DRAW CONCLUSIONS, MAKE DEFINITIONS THEN ASSERT THESE BACK TO THE WORLD MOTIVATED BY THE DISCOMFORT OR DESIRE RESULTING FROM THE EMOTION.

GETTING OUT OF THE WAY IS SIMPLY A MATTER OF ALLOWING THE EMOTION TO BE A PART OF THE CURRENT EXPERIENCE AND ALLOWING THE INFORMATION TO EMERGE OF ITS OWN ACCORD.

NAVEL GAZING AND EMOTIONAL ANALYSIS DOES JUST THE OPPOSITE. IT IS TO MANIPULATE AND CATEGORIZE EXPERIENCE WITH LIMITED INFORMATION. IT IS PLACING "WHY" BEFORE "WHAT".



AWARENESS

ATTENTION



UNCONSCIOUS

RAW DATA

INFORMATION
WITH NO CONTEXT
OR RELEVANCE

NO MEANING

IT IS

ASSIMILATION



COGNITION

OBSCURE DATA

ALLEGORY/METAPHOR

INTENTION

“BEING”

INSIGHT

ITERATIVE PROCESS
OF REALITY TESTING

EMOTIONAL/IRRATIONAL

INSTINCTIVE/INTUITIVE

INDIRECT EXPERIENCE

EGOCENTRIC

WHAT IS IT

AWARENESS



CONSCIOUS

CLEAR DATA

DESCRIPTIVE

WILL

“DOING”

DISTINCTION

MIND/REALITY
SYNCHRONIZATION

CLEAR LANGUAGE

SELF-EVIDENT

DIRECT EXPERIENCE

OBJECT ORIENTED

IT IS WHAT IT IS

GRAMMAR



COLLECTION OF
INFORMATION
FROM REALITY

THE TERRAIN
OF REALITY

NO EXPERIENCE

DATA WITHOUT
RELEVANCE
OR CONTEXT

NO AWARENESS

LOGIC



ITERATIVE PROCESS OF CLARIFYING
INFORMATION INTO A COHERENT
STRUCTURE TO CONTAIN THE
EXPERIENCED REALITY

CREATING THE MAP
OF THE TERRAIN

SUBJECTIVE EXPERIENCE

CLARIFYING OBSCURE DATA

PARTIAL AND VARYING
AWARENESS

RHETORIC



AWARENESS
OF REALITY
MAP AND TERRAIN

UNIQUE POINT OF
VIEW OF REALITY

DIRECT
EXPERIENCE

CLEAR DATA WITH
RELEVANCE AND
CONTEXT

AWARENESS

GRAMMAR

LOGIC

RHETORIC

TRIVIUM OF THE SENSES

TRIVIUM OF CONSCIOUSNESS

TRIVIUM OF VOLITION

DOMAIN OF
AWARENESS

DOMAIN OF
INTELLECT

DOMAIN OF
VOLITION

GRAMMAR

LOGIC

RHETORIC

COLLECTION
OF RAW DATA



ASSIMILATION
OF DATA INTO
AWARENESS



AWARENESS
OF DATA SET



THE DATA SET



ORGANIZE DATASET
INTO COHERENT
MAP OF TERRAIN
VETTED AGAINST
FALLACIES



UNDERSTANDING



UNDERSTANDING
INTO ACTIONABLE
ITEMS



DEVELOP
ACTIONABLE
PLAN



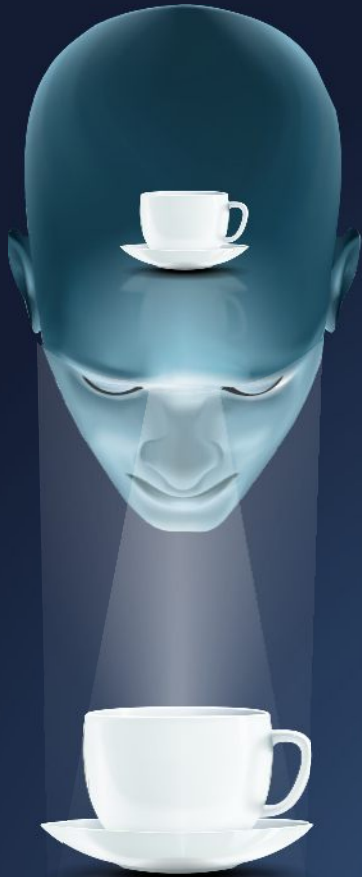
EFFECTIVE ACTION

TYPES OF MEDITATION

PASSIVE MEDITATIONS

ACTIVE MEDITATIONS

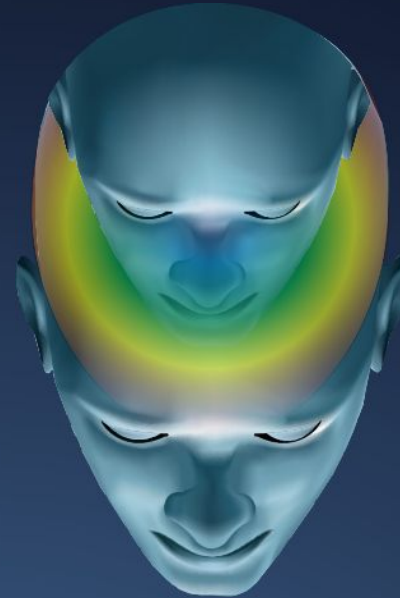
SINGLE FOCUS



EXPANDING FOCUS



SENSORY TRANSFORMATION



SELF TRANSFORMATION



WHAT IS HAPPENING DURING MEDITATION

SINGLE FOCUS



- ATTENTION RESTS ON ONE OBJECT
- AS ATTENTION IS DRAWN AWAY FROM THE OBJECT (DISTRACTION), ATTENTION IS MOVED BACK TO THE INTENDED OBJECT
- HOW? LABEL THE DISTRACTION, MOVE ATTENTION TO OBJECT
- EXTERNAL DISTRACTION: SENSORY DATA
- INTERNAL DISTRACTION: THOUGHTS & PHYSICAL SENSATION
- SUPPRESSION OF DISTRACTIONS UNTIL ALL WHICH REMAINS IS THE OBJECT AND PERCEPTION OF THE OBJECT UNTIL SELF IS IDENTIFIED WITH AWARENESS OF OBJECT

WHAT IS HAPPENING DURING MEDITATION

EXPANDED FOCUS



- FOCUS OF ATTENTION IS ATTENTION ITSELF
- AS EXTERNAL DISTRACTIONS RISE, THEY ARE INTEGRATED INTO THE OBJECT OF FOCUS, DISTRACTIONS CEASE TO BE INTRUSIVE AND BECOME “PART OF THE MUSIC”
- AS THOUGHTS AND PHYSICAL SENSATIONS RISE, THEY ARE INTEGRATED INTO THE OBJECT OF FOCUS. “MY THOUGHTS” ARE VIEWED AS “THOUGHTS” AND BECOME PART OF THE MUSIC
- DISASSOCIATION OF IDENTITY FROM THOUGHTS, MEMORIES, PHYSICAL BODY - UNTIL SELF IS IDENTIFIED WITH AWARENESS ONLY.

WHAT IS HAPPENING DURING MEDITATION

SENSORY TRANSFORMATION



- FACULTY OF IMAGINATION IS USED TO MANIPULATE THE PROCESSING OF SENSORY DATA, SPATIAL AWARENESS
- REPLACE OR OVERRIDE SENSORY DATA WITH MANUFACTURED DATA
- SUPPRESSION OF SENSORY DATA
- EMPHASIS ON MANUFACTURED DATA
- AWAITING SPECIFIC “UNINTENDED” VISIONS OR SENSATIONS
- SPONTANEOUS EMERGENCE OF SELF TO AWARENESS IDENTIFICATION

WHAT IS HAPPENING DURING MEDITATION

SELF TRANSFORMATION



- FACULTY OF IMAGINATION IS USED TO MANIPULATE THE KINESTHETIC AWARENESS OF THE PHYSICAL BODY
- REPLACE OR OVERRIDE SENSORY DATA WITH MANUFACTURED DATA
- SUPPRESSION OF SENSORY DATA
- EMPHASIS ON MANUFACTURED DATA
- AWAITING SPECIFIC “UNINTENDED” VISIONS OR SENSATIONS
- SPONTANEOUS EMERGENCE OF SELF TO AWARENESS IDENTIFICATION

WHAT IS HAPPENING IN MEDITATION

WHAT HAPPENS DURING MEDITATION IS THAT THROUGH WILL, ONE IS DISASSOCIATING ELEMENTS WHICH NORMALLY COMPRISE THE IDENTITY; SENSES, THINKING/MEMORY AND SENSATION OF ONE'S BODY. IT IS THE DISMANTLING OF SELF UNTIL THE ONLY THING WHICH REMAINS AS SELF IS AWARENESS.

AS THOUGHTS RISE THEY ARE EXTERNALIZED AS "THINKING". AS MEMORIES RISE THEY ARE RELATED TO AS "THINKING". NOT AS MY THOUGHTS, OR MY MEMORY. THIS IS A METHOD OF DISASSOCIATING ELEMENTS OF SELF AS OBJECTS IN THE WORLD.

PHYSICAL SENSES CEASE TO BE "MY BODY" AND BECOME "SENSATION".

BY DOING SO THE BOUNDARY BETWEEN SELF AND WORLD IS SOFTENED AND DISMANTLED UNTIL ALL OBJECTS IN AWARENESS, INCLUDING SELF-AWARENESS, ARE EXTERNALIZED UNTIL ALL THAT REMAINS AS "SELF" IS THE ACT OF AWARENESS.

ENLIGHTENMENT

MEDITATION IS THE DISMANTLING OF SELF UNTIL THE ONLY ELEMENT OF "SELF" WHICH REMAINS IS AWARENESS.

IT IS THE DISTINCTION OF AWARENESS (AS SELF) AND THE WORLD .

DURING THE LAST PHASES OF THIS PROCESS, THE INSIGHT EMERGES AS A FEELING OF EVERY OBJECT I PERCEIVE IS MY "SELF".

THIS IS THE EXPERIENCE OF "I AM ONE WITH EVERYTHING", UNIVERSAL MIND, CHRIST MIND, MIND MERGING WITH UNIVERSE ETC.

THE PERCEPTION OF WORLD AND SELF WHICH ARE INTRINSICALLY INTERTWINED.

AS ONE PERCEIVES THE WORLD ONE FEELS THE SELF. THEREFORE AS ONE THINKS NEGATIVELY ABOUT THE WORLD ONE FIRST FEELS NEGATIVELY ABOUT ONESELF.

THIS IS WHY THE ENDGAME IS ALTRUISTICALLY EMPATHETIC. QUITE LITERALLY YOU ARE FEELING THE "OTHER" AS SELF. ANY ASSAULT ON THE "OTHER" WOULD FIRST BE FELT AS AN ASSAULT ON ONE'S SELF.

ENLIGHTENMENT

THE REASON FOR THIS IS SIMPLE. IDENTITY HAS BEEN ISOLATED TO ITS IRREDUCIBLE ELEMENT - AWARENESS.

AWARENESS OF AN OBJECT AND THE EXPERIENCE OF ONE'S SELF OCCUR SIMULTANEOUSLY.

EXISTENCE IS EXPERIENCED THROUGH BEING AWARE OF THE OBJECT, THEREFORE, "I AND THE OBJECT ARE ONE." ALL THINGS ARE ONE, WE ARE ALL CONNECTED.

IN REALITY, WHAT IS CONNECTING ALL THINGS IS MY AWARENESS.

I AM THE OTHER, BECAUSE I EXPERIENCE MY AWARENESS (MY SELF) WHILE I PERCEIVE THE OTHER.

I AM BECAUSE I AM AWARE...

ENLIGHTENMENT

THE NEXT ATTRIBUTE OF THIS DISTINCTION THEN BEGINS TO EMERGE.
THIS IS THE VOLITIONAL ATTRIBUTE OF AWARENESS.

PERCEIVING THE OTHER IS AN ACTION WHICH I UNDERTAKE.

I AM BECAUSE I AM BEING AWARE. I AM THE CAUSE OF MY
EXISTENCE THROUGH THE ACT OF BEING AWARE.
(IF I CEASE TO BE AWARE, I CEASE TO EXIST.)

THE CAUSE OF MY EXISTENCE IS THE ACT OF BEING AWARE. I AM
WHAT I AM BECAUSE I AM WHAT I AM. I AM THE CAUSE AND
OUTCOME OF MY VOLITIONAL AWARENESS.

ONE'S NATURAL AUTONOMY IS REALIZED. THE INTERRELATEDNESS OF
FREEDOM AND RESPONSIBILITY IS THE ONLY GOVERNING PRINCIPLE
FOR VOLITIONAL BEINGS. I AM FREE TO ACT AND I AM THE
RESPONSIBILITY OF THOSE ACTIONS.

I DID WHAT I DID BECAUSE I DID THE ACTION.

THIS IS COMMONSENSE.

ENLIGHTENMENT

ENLIGHTENMENT IS THE OBSCURE DISTINCTION OF WHAT WE ARE. IT IS THE INCOMPLETE DISTINCTION OF VOLITIONAL AWARENESS.

WHEN THE DISTINCTION OF VOLITION EMERGES INTO AWARENESS WITH THE INCOMPLETE INSIGHT OF "I AM AWARENESS", IT IS STRUCTURED AS "I AM ONE WITH EVERYTHING", THEN THE RESULT IS "EXISTENCE IS AWARENESS, AWARENESS IS THE CAUSE OF EXISTENCE - I AM THE CAUSE OF EVERYTHING - I AM GOD" (THUS PRIMACY OF CONSCIOUSNESS.)

ENLIGHTENMENT IS AN ILLUSION.

MEDITATION AND PSYCHOSIS

MYSTICAL EXPERIENCE AND PSYCHOTIC EPISODES, IN AN ONTOLOGICAL SENSE, ARE ESSENTIALLY IDENTICAL.

THE PRIMARY DIFFERENCE BETWEEN THE TWO IS THAT ONE RETURNS TO SANITY RELATIVELY IN TACT AFTER A MYSTICAL EXPERIENCE ...NOT SO WITH PSYCHOSIS.

A SPIRITUAL CONTEXT FOR THE EXPERIENCE PROVIDES A CONTAINER FOR THE EXPERIENCE SO THE PRACTITIONER CAN GO THROUGH WHAT IS ESSENTIALLY A PSYCHOTIC EPISODE WITHOUT HAVING A COMPLETE BREAKDOWN.

IT IS THE DISMANTLING AND RE-ASSEMBLY OF “SELF” IN A MANAGED FASHION.

RECOMMENDED RESOURCE:

[PSYCHOTIC AND MYSTICAL STATES OF BEING BY CAROLINE BRETT](#)

WHY MEDITATE

YOU ARE ASLEEP, MEDITATION IS THE WAY TO AWAKEN, IF YOU ARE NOT AWAKE THEN KEEP MEDITATING.

YOU ARE FLAWED, MEDITATION IS THE MEANS TO PERFECT THE SELF, IF YOU HAVE NOT PERFECTED SELF THEN KEEP MEDITATING.

YOU ARE NOT AWARE OF OR IN CONTROL OF YOUR INTENTIONS, WHICH GUIDE YOUR ACTIONS BECAUSE IT COMES FROM YOUR SUBCONSCIOUS, MEDITATION IS THE MEANS TO MERGE YOUR CONSCIOUS AND SUBCONSCIOUS MIND, IF YOU HAVE NOT MERGED WITH THE SUBCONSCIOUS THEN KEEP MEDITATING.

YOU SUFFER, MEDITATION IS THE PATH TO FREEDOM FROM SUFFERING IF YOU SUFFER THEN KEEP MEDITATING.

YOU ARE GOD BUT DON'T REALIZE IT, MEDITATION IS THE PATH TO REALIZING YOUR GODLINESS, IF YOU ARE NOT GOD THEN KEEP MEDITATING.

YOU ARE LIMITED BY BLOCKAGES IN YOUR ENERGETIC BODY, MEDITATION/ENERGY-WORK RELEASES BLOCKAGES, IF YOU ARE LIMITED THEN KEEP MEDITATING.

DUPED FROM THE BEGINNING

EACH OF THE PREVIOUS EXAMPLES HAVE AN IMPLICIT PREMISE WHICH IS NOT DISCUSSED BUT IS CRITICAL. THEY ARE DOUBLE BINDS

YOU ARE ASLEEP

YOU ARE FLAWED

YOU ARE NOT AWARE/CONTROL OF YOUR INTENTIONS

YOU SUFFER

YOU ARE GOD BUT DON'T REALIZE IT

YOU ARE LIMITED BY BLOCKAGES

EACH IMPLY THERE IS SOMETHING WRONG, MISSING, OR CORRUPT WITHIN YOU WHICH IS BEYOND YOUR AWARENESS AND CONTROL.

TO BE CAUGHT IN THE DOUBLE BIND IS TO INITIALLY BELIEVE THE ABOVE PREMISES TO BE REALITY, YET THEY ARE BEYOND YOUR AWARENESS AND THEREFORE CAN NOT BE VERIFIED.

ARE THESE PREMISES TRUE?

WHO DECIDES WHEN YOU HAVE ATTAINED THE DESIRED OUTCOME?

ONCE YOU BUY INTO THE DOUBLE BIND, YOU HAND OVER THE AUTHORITY OF WHO DEFINES REALITY TO THE GURU, THERAPIST, PHILOSOPHY OR RELIGION WHICH HAS GIVEN YOU THIS IDEA.

DUPED FROM THE BEGINNING

SEEDING THE EXPERIENCE

THE FRAMEWORK OF THESE PHILOSOPHIES SETS THE CONTEXT, AND APPLIES AN INTENTION FOR THE PRACTICE.

IT ESSENTIALLY APPLIES A BIAS OR FILTER UPON AWARENESS. IT DEFINES A CONTEXT FOR THE EXPERIENCE, WHICH ONCE SET, CREATES THE EXPERIENCE.

IF THE STUDENT REPORTS BACK AN EXPERIENCE WHICH DOES NOT FIT THE FRAMEWORK, THE TEACHERS TELL THEM IT IS 'MENTAL WIND' OR ILLUSION. IF IT DOES FIT, THEN THEY WILL BE GIVEN FURTHER LESSONS. ONCE AGAIN, IT IS DEFERRING ONE'S AUTHORITY OVER REALITY TO THE TEACHER. THIS SABOTAGES THE STUDENT'S TRUST IN THEIR OWN SENSES AND THEIR OWN JUDGEMENT OF REALITY.

IT IS A RELATIONSHIP OF CONTROL. NO MATTER HOW SINCERE A TEACHER MAY BE, THIS RELATIONSHIP IS ONE WHICH UNDERMINES THE STUDENT'S INNATE AWARENESS OF REALITY. THIS HAPPENS THROUGH DISMANTLING THE ONTOLOGICAL STRUCTURE OF SELF AND SOFTENING SENSORY AWARENESS OF REALITY, THEN CLAIMING AUTHORITY OVER IT.

MEDITATION AND PSYCHOSIS

WE ARE LED TO BELIEVE MEDITATION IS A HARMLESS, POSITIVE MEANS TO BETTER OURSELVES, HOWEVER THE MECHANICS OF MEDITATION IS GEARED DIRECTLY TOWARD THE CREATION OF PSYCHOTIC STATES. SPECIFICALLY THE BREAKDOWN OF THE SELF-WORLD BOUNDARY.

THE DOUBLE BIND ENSURES A PRACTITIONER CONTINUES WITH THE PROCESS IN SPITE OF ADVERSE EFFECTS FROM THE PRACTICES. THE ADVERSE AFFECTS ARE RE-FRAMED AS EVIDENCE THAT ONE SHOULD CONTINUE WITH THE PRACTICE.

MEDITATION UNDERMINES AWARENESS OF REALITY, YET CLAIMS TO BE THE PATH TO REALITY. IF ONE IS FINDING THE REALITY DEFINED BY THE GURU DIFFICULT TO EXPERIENCE, THEN ONE SHOULD CONTINUE TO PRACTICE; DRIVING THE PERSON FURTHER FROM REALITY.

SEEDING THE EXPERIENCE ALLOWS THE PROCESS TO BE CONTROLLABLE.

IT CORRUPTS THE SENSES, SETS A LOGIC WHICH RECONCILES UNVERIFIABLE DATA AND ENCOURAGES THE CONTINUAL PARTICIPATION IN THE PROCESS. IT IS A METHOD OF CONTROL.

BREAKING FREE

YOU ARE NOT BROKEN, ASLEEP OR POWERLESS. THERE IS NOT SOMETHING “OUT THERE” TO BE FOUND THROUGH MEDITATION.

THE PROCESS TOWARDS THE DISTINCTION BETWEEN SELF AND WORLD IS A NATURAL PROCESS WHICH YOU DO NOT NEED “TO DO”. IT HAPPENS OF ITS OWN ACCORD.

THIS PROCESS IS ONLY THE INITIAL PHASE WHICH PERTAINS TO THE SENSES. THE INTELLECT, THROUGH CRITICAL THINKING, IS THE NEXT NECESSARY ITERATION. IT CAN'T BE IGNORED.

THE SUFFERING WHICH YOU ARE ATTEMPTING TO RECONCILE IS ONE END OF A SPECTRUM. THE OTHER END IS WHAT YOU SEEK. THEY ARE TWO ENDS OF THE SAME THING - INFORMATION BEING PROCESSED INTO CONSCIOUSNESS.

THERE IS NOTHING INHERENTLY WRONG, NOTHING TO ATTAIN, NOTHING TO DO. YOU ALREADY HAVE, AND ALWAYS HAVE HAD, EVERYTHING YOU NEED.

A SINCERITY BEHIND YOUR DESIRE TO KNOW TRUTH IS THE ONLY LIMITING FACTOR.

ASK WHAT - WHEN ENOUGH DATA IS COLLECTED THE WHY APPEARS, THEN ASK WHY - WHEN YOU UNDERSTAND, THE HOW BECOMES EVIDENT.