

Meditation

07 March 2018

Back to our regularly scheduled programming....



A reader asked about meditation, a subject about which I'm barely qualified to even ask; I know the word, but only. Great information came from all of you, and I formulated questions. As we always do, add more Q & I in the comments, I'll ask The Committee for the A. (Q-uestions, I-nformation A-nswers)

Of general meditation, there are:

- Trans-meditation
- Transcendental
- Several - even many - objectives, purposes or goals
- As many benefits as individual people doing it

Sounds like mental reiki, self-inflicted, if you ask me. Since no one did, let's ask The Committee:

Q: Esteemed Committee, I often enjoy the etymology to the meaning of a word; example: sincere ("without wax" originating from Latin, intact in modern French, Italian, Spanish and Portuguese [and probably other codes. too] and borrowed unadulterated into English) meaning bona fide, legitimate or authentic. Shady, unscrupulous sellers of apparently solid columns supplied a wax filled marble tube. A good one was without wax.

Meditate, the word of the day (or this post) is a state of medium? A condition of.... which media or medium? Am I on the right track?

C: Greetings, salutations and our welcome to all, no wax fills our message, marble shall be our thoughts. Slide your understanding, built upon what is asked.

We say not a state but a condition, a temporary one although argue could we to you all well, that a state is also temporary, which likewise is true.

The condition of meditation is simply connection.

Q: Meditate, medium state. Media state? Media condition. Condition created by the medium?

C: Dispense with human word analysis, which is accurate but also otherwise. If a human word is insisted used, likely meaning already attached will stain the new thing, at least for a time. This examination can miss its target, because meditation has origins in a different medium, but physically the same.

Q: Physically the same?

C: As performed, practiced and enjoyed by humans.

Q: Meditation is not done in Heaven? By our souls, maybe yes?

C: No, not as humans do. There is an alternate form we shall explain later.

Q: What then do we humans do?
C: Meditation is disconnection and reconnection.

Q: We are unhooked from what? Rejoined to what?
C: We suggest your words you watch closely; there is no hooking or unhooking. These words related to hook imply force, compulsion and resistance.

You are disconnected from the inputs into human awakened existence, but you do not put your humanity on hold, as is done during sleep and your soul's departure from the body.

We suggest an electronic device such as a computer, with physical cable connections. If equipped with a battery, it can be disconnected from external electricity. Likewise cable connections to printers, internet access and other devices can be interrupted yet the computer may and might still function.

Your human battery will last far longer than the benefit of meditation requires to begin. Unlike an electrical device, you disconnect to reinforce the one connection you never break.

Q: To ourselves and all there is?
C: Yes.

Q: Could we say, meditation is similar to sleep while awake?
C: Yes, without so much of the physical part of sleep.

Q: What are the differences between transcendental or trans-meditation, or plain new/old, simple meditation?

C: These are human names for different techniques, all of which have provided a benefit to the developers and followers of them. Each one is as valuable or less so, as a user finds it. There is no automatic benefit to everyone who attempts to meditate. Some will encounter no perceived advantage and stop nearly immediately. To this we say, what is missing is patience, not effective technique. Some of you will require more time and attempts, nothing more. Others among you have, do and will experience a benefit more quickly, a few among the triers, as soon as immediately.

Q: There are no true differences between them?
C: Yes, there are significant differences in approach and technique. There are also differing results, all at least neutral and improving to different degrees of positive. There is no set of techniques, or rigid steps to follow which result in a certain outcome. It is not mental chemistry and manufacturing.

Q: So, like many things, does a new meditator need to follow certain techniques or have specific expectations and goals, for the process to, as we say, "work"?

C: Not in the beginning. S/he or you simply begin by following a technique already established and useful. Variations are not only useful, but required. How long and in which precise way any person meditating dedicates to each step or phase, is unique.

Q: How can be success be detected?
C: It is a self scoring process, where nothing is measured or counted. You will know you have achieved what you wished, as you feel, sense and perceive it.

Q: By cutting off inputs or turning down the "noise" of the world around us, what are we doing?

C: Allowing yourself to hear yourself. The example we might draw is a good book, where the reader becomes absorbed into the story, and focused easily upon what is happening. All of you have this memory and experience of a book or even movie, where your attention is given automatically and easily, completely dedicated, to the unfolding story. A good deep read, we have seen this described.

Meditation allows this to be done with yourself, but without noise, chatter, activity or movement. To the contrary, these fade into the background and become irrelevant. Unlike the story where movement and activity draw your attention yet allow all other things to be paused, put on hold or silenced, meditation silences the surroundings of your human life.

Automatically your permanent connection emerges, when the distraction(s) are taken away.

Q: How long should a person meditate?

C: For the time s/he prefers. Each of you is unique.

Q: Why do physical benefits ensue?

C: Your mind and soul are connected to and run your body. Direct, willful, act-by-act control over many things your body does, do you have, yet there are many things deemed involuntary.

Meditation offers a greater control over these also.

Q: Bad digestion? Sickness? Anxiety?

C: Yes, however attempting to meditate with the objective of placing your focus upon each of these things, is not what should be done. Meditation is a clearing, smoothing and preparation of the platform. Once the foundation is prepared by it, you may actively construct what you prefer upon top, with your affirmative, active thoughts.

Do not attempt to meditate with specific effects for specific things as the goal. Do that after and between meditations. The two will function well together.

Q: This is a great challenge for many humans, because our world is so full of act & effect. We have to make a move to get a certain result. We believe generally that we get because of what we seek, then act. Y'all are saying we should not do that with meditation?

C: Yes, indeed, that is exactly what we say. Meditation is the acceptance and allowance of what you are, by you. That requires no effort, push or prodding. It is what you always are. The part of you which is always alive and cannot die. The essence of your soul which has no beginning or ending, thus no course, route, path, goal, strategy or objective.

These are fine things to have as part of life on Earth, however they are the wrappings of human life over, on top of and covering your soul, spirit and existence. It is beneficial to temporarily disrobe your mind from human things, and allow your essence, your true being and permanent self, to just be.

This is meditation.

Q: We're so focused on goals, purposes and objectives as humans, I can see SO many people objecting to meditation as wasting time because they won't see meditation feeding achievement and accomplishment.

C: That is okay, soon enough and no later than any soul's return home, will this aspect be remembered clearly. A human life lived without the reflection and consideration of the soul

inside the human body and being, is as worthwhile as another soul & person who actively seeks the re-connection. Very different outcomes will result, both equally valuable. There is no human experience not worth having.

Q: That's a hard sell to anybody who has become a victim or.... there are too many things to list.

C: If you see this aspect of anyone or yourself, where it is difficult to seemingly impossible to perceive a benefit in, from or to a dreadful event, meditation will clear your mental decks. Clarity and understanding will follow, because the meditation will sweep away the mental chatter which otherwise confuses or blocks this clarity.

Q: How about a student in the Florida high school forced to witness the massacre and deaths of fellow students and friends? How can s/he come to have a beneficial view of that incident, if by meditation?

C: The clearing of the mind, when reaction and emotion are calmer and calmed to the point where it can be done, will allow a deeper view. Many of you have observed the debate about weapons; the strong suggestion from many people is that these tools have powers of evil over humans and cause humans to act out violently, the very weapon sending irresistible murdering energy.

This sounds silly or stupid to read, yet the idea taking tools and implements away is a sadly negative, and incorrect view of your fellow wo/man. Does anyone asking for this to be done really have such a dim view of humanity, that such is necessary? That humans cannot control themselves?

Meditation will clear the mind, not convince it.

The blank and open slate will make space for the true issue, which is: why do humans act out this way and can the murdering behavior be reduced and stopped? We say yes it can, however impose can nobody; the change must be voluntary to be permanent and deeply effective.

We will suggest children not learn to bully one another and we will further suggest this begins with family and siblings. The taunting of children by others is not an expected, fixed and thus necessary part of the upbringing of children. It is learned thus taught behavior and parents can change it.

Meditation will allow anyone interested to more clearly, easily and quickly see how.

Q: How does meditation improve physical health?

C: There can be no sound body without an equally sound mind. Along any impartial scale to measure the one against the other, we will say, the perturbed mind has direct, exact and proportional effect on the body, to the same degree by hundredths of a percentage point but for time delay. This means that if allowed to run for sufficient time, the body will reflect the mind in precise ways, amount and proportions. Palm readers are but one small yet well known area of this process.

Mental clutter, confusion and stress beget the exact same thing in the body. Meditation allows organization to come anew, and from that will come physical organization in the body.

Q: Do you have any recommendations about how a novice meditator should begin?

C: Yes.

Read briefly about the different techniques or methods and attempt whichever ones strike you as ideal. This thought will occur to you because your guide(s) will make it seem that way, however do not think this process through analytically; go with what feels okay and seems to resonate better.

Do not establish a time budget or schedule for improvements. These will come as they occur. You will know as they happen, by instinct.

Be patient.

If you do not feel mental or physical improvements in some way, continue and acknowledge that at the very least, you are calming yourself and avoiding unpleasant anything you otherwise run a certain, if small, risk of encountering, were you not trying meditation at that moment.

Give it as much time and effort as you feel are ideal, without looking at timepieces. Do not measure afterwards time spent; do not record date, time or numbers of attempts.

Simply do it when and as the urge and opportunity cross.

You will see a benefit and it will be unmistakable. How unmistakable? You will see. We will not open your gifts for you.

Q: What is the alternate form you were going to explain later? That is done in Heaven, not by humans?

C: The physical body thus brain required to run it, exist not. There is no program or application to run the physical brain, either. Meditation is for this application or programming; to affect or improve it, thus life and human existence.

In Heaven, a disconnection is also beneficial and likewise allows any of you and us to go and do whatever we believe is to our benefit but is achieved by asking connections to be blocked. By asking contactors to leave a message. The simple yet immensely powerful request to have no one make contact, allows each of our souls to be separate. No reverse contact is made. Easy this is, where there is no time. No expectation or delays exist, thus no worry, concern or anxiety develop from silence. Absolute confidence is had by all, that the message will be received, understood and contact returned.

The effects are much the same; clarity.

This is common when planning a life on Earth; separative meditation is done to improve observation of planned or considered circumstances for life. To set aside other considerations, because once incarnated, these will all be set aside anyway. This meditative observation provides a tiny glimpse into and a taste of life, as an incarnation is plotted.

You who meditate well, or often, or to good effect as you feel it - or all of these things together - will likely say meditation is not as we describe. We respond, you are right, that is the difference.

Q: Esteemed Committee, thank you.

C: You're welcome, as now and always. Be well and do return, one and all.