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*All things arise and cease  
due to causes and conditions*

### **An Approach To Right Meditation**

By

*Bing Escudero*

The practice of meditation can be best understood by meditating. Other than that deep realization of life, its benefits are too numerous to mention here. Let's move on right away to what ought to be done about meditating.

Find out for yourself. Come to your own understanding instead of hanging on to a belief. In this approach, your *chakras* or *kundalini* will not be tampered with. It is safe. Do it every day. Then the meditation will be effective. Don't expect too much. Its awesome light and ineffable bliss awaits you.

First, decide to make meditation a part of your daily life. Just like exercising regularly, eating healthy, maintaining hygiene or keeping clean, and doing other daily duties neatly. Set a fixed time and place in the morning. At the start, allow about fifteen (15) minutes.

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*Here is your daily morning meditation outline:*

**IDEAL**

1<sup>st</sup> 5-minutes – Dwell on an ideal and its meaning.

**NO-THOUGHT**

2<sup>nd</sup> 5-minutes – Stay alert with no thought in mind.

**GOOD WISH**

3<sup>rd</sup> or Last 5-minutes – With the ideal, make a good wish to others or for the whole world-at-large.

Prepare the night before. As you go to sleep, let your last thoughts reach onto the most idealistic or altruistic. How? Take up readings that dwell on spiritual ideals. Select inspiring and uplifting passages. You cannot go wrong with the Scriptures of the great world-religions. Take up the original spiritual texts or translations. Spread your choice among the various major faiths of the world. Be open-minded and broadminded. Let your consciousness be expansive and universal.

Put your choice of readings by your bedside for easy reach every night. Do not read too much. A few lines that espouse or highlight a spiritual ideal will do. Dwell on or memorize a passage about an ideal as you go to sleep. Let us say the ideal is peace. Think peace, feel peace, sleep peace, remember peace when you wake up.

Upon waking up in the morning, be aware of your own consciousness as it engages with the senses. Carry on with this awareness. Go to your designated place of meditation. Sit up straight and be comfortable.

Close your eyes. Exhale, hold for a few moments . . . let go. Be aware of the breath. In doing so, you have already withdrawn from the other senses. Leave the breath alone to its own natural rhythm. Do not meditate in order to relax. It is the other way around. Relax in order to meditate.

**IDEAL.** Recall the ideal you went to sleep on the night before. Try to find out its deeper significance or meaning. Do not force thoughts, nor be carried away by any thought. Be open. Moments between thoughts will expand. So if only a few thoughts come, the freedom from thought approaches.

**NO-THOUGHT.** This is the meditation proper. Dwell in the state or space in-between thoughts. Thus there are no thoughts here. This is that state which is not thought, but it can contain thoughts. The mind is alert. If a thought arises, just look. Do not analyze, evaluate, accept or reject the thought. Just look, without approving or disapproving. If you are looking for the best definition of meditation, here it is--- *Meditation is not what you think.*

**GOOD WISH.** Let's use our example of peace as the ideal. Make a good wish, by thinking or saying inwardly, may there be peace at home, at school, at the factory or office. Enter into the feel of it. May this person or group of people be peaceful, especially for our world leaders. May there be peace in a place where there is fighting, violence or war. May the whole world be at peace. These are all just examples. You can be specific or as general in your wish for peace.

After the sitting meditation, feel peace, think peace, act peace wherever you are. Dwell on a selected spiritual ideal for as long as one week to an entire month. Then select another ideal. All the ideals complement and reinforce each other.

Be faithful with your daily meditation, studies, job responsibilities, family duties, friendships, social commitments. Your leisure time can be an extended meditation period. Stay with the essentials. Keep observing the mind, even as you watch TV. To enhance your meditation, adopt a vegetarian diet. Enjoy the freedom from tobacco, stimulants, alcohol, drugs, addictions. Observe healthy and hygienic habits. Work hard and learn to relax. Exercise. Have fresh air. Listen to non-frantic music. Persevere.

Keep your cool with goodwill and a light sense of humor. Be helpful to those around you. Right meditation is the

awakening of our creative intelligence. Spiritual growth is the selfless application of service in the upliftment of humanity.

**A List of Spiritual Ideals for Daily Meditation (N=66)**

Altruism	Freedom	Perseverance
Appreciation	Friendship	Propriety
Attention	Goodwill	Realization
Beauty	Grace	Resilience
Broad-mindedness	Gratitude	Responsibility
Caring	Harmlessness	Reverence
Charity	Harmony	Self-knowledge
Cheerfulness	Honesty	Selflessness
Cleanliness	Honor	Service
Compassion	Humility	Silence
Confidence	Humor	Simplicity
Courage	Integrity	Sincerity
Creativity	Intuition	Sympathy
Discipline	Justice	Tact
Devotion	Kindness	Temperance
Endurance	Love	Trustworthiness
Enthusiasm	Mindfulness	Truth
Equanimity	Order	Understanding
Equilibrium	Patience	Uniqueness
Excellence	Peace	Unity
Forgiveness	Perception	Will
Fortitude	Perfection	Wisdom

Such supreme values constitute our truest ethical center defining our humanity. From this creative centrality, emerges our individual and cosmic wholeness, the source of our spiritual intelligence and ultimate happiness.