

Opening Chant

*Allow yourself to be utterly still
To relax
To be fully awake
Let everything be
Let everything go*

Closing Chant:

*Where nothing has ever happened, meditation begins.
In the eternal present moment, Consciousness awakes.
When we let everything be as it is, over and over again,
then what reveals itself, before thought, is the answer to all of
life - the Creative Impulse - that boundless Love from which the
whole universe unfolds.*

Meditation is freedom from thought

J. Krishnamurti

Meditation is movement in attention. Attention is not an achievement, for it is not personal. The personal element comes in only when there is the observer as the centre, from which he concentrates or dominates; thus all achievement is fragmentary and limited.

Attention has no border, no frontier to cross; attention is clarity, clear of all thought. Thought can never make for clarity for thought has its roots in the dead past; so thinking is an action in the dark. Awareness of this is to be attentive. Awareness is not a method that leads to attention; such attention is within the field of thought and so can be controlled or modified; being aware of this inattention is attention. Meditation is not an intellectual process – which is still within the area of thought. Meditation is the freedom from thought, and a movement in the ecstasy of truth.