

Nothingness:

How to Meditate



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SUCCESS WITH BALANCE

How to Meditate

'All man's miseries derive from his inability to sit quietly in a room by himself.'

-Blaise Pascal



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Oxford University Professor of Mathematics John Lennox quotes renowned Oxford University mathematical physicist Roger Penrose:

"Try to imagine phase space... of the entire universe. Each point in this phase space represents a different possible way that the universe might have started off. We are to picture the Creator, armed with a 'pin' — which is to be placed at some point in phase space... Each different positioning of the pin provides a different universe. Now the accuracy that is needed for the Creator's aim depends on the entropy of the universe that is thereby created. It would be relatively 'easy' to produce a high entropy universe, since then there would be a large volume of the phase space available for the pin to hit. But in order to start off the universe in a state of low entropy — so that there will indeed be a second law of thermodynamics — the Creator must aim for a much tinier volume of the phase space. How tiny would this region be, in order that a universe closely resembling the one in which we actually live would be the result?"

The 'Creator's aim' must have been accurate to 1 part in 10 to the power of 10 to the power of 123, that is 1 followed by 10 to the 123rd power zeros. That is a "number

which it would be impossible to write out in the usual decimal way, because even if you were able to put a zero on every particle in the universe, there would not even be enough particles to do the job.”

That requires conscious Intention.

“It is in the silence that the soul grows strong. For then it is thrown back upon its own energies and powers, and learns to know itself. One of the finest ways of getting light on a problem quickly and certainly, of cultivating intuition, is by not passing the trouble of solving it on to someone who you believe can help you. Seeing solutions and solving problems are a matter of training, of inner growth. One of the first rules that a neophyte is taught is never to ask a question until he has tried earnestly and repeatedly to answer it. Because the attempt to do so is an appeal to the intuition. It is also an exercise. It strengthens one’s inner powers. Asking questions before we have ourselves tried to resolve them simply shows that we are leaning, and this is not good. To exercise our own faculties means growth, the gaining of strength and ability.

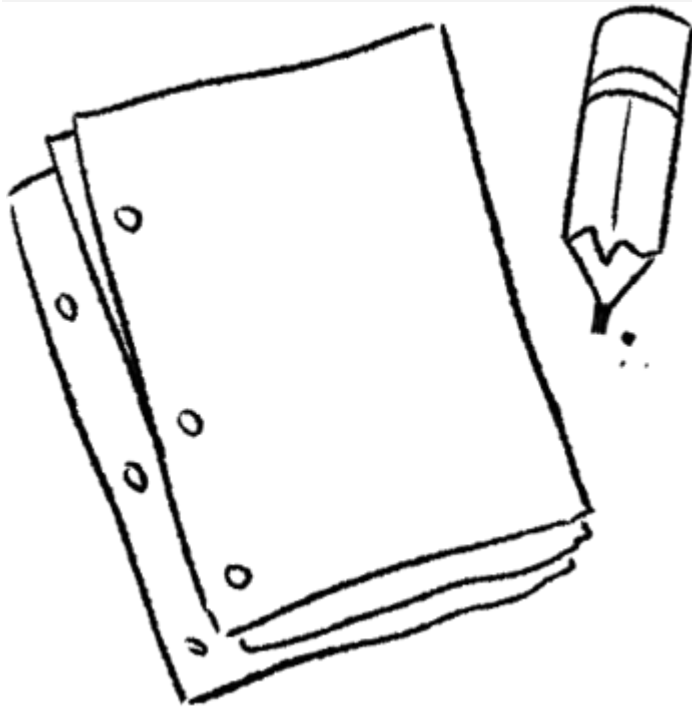
Certain questions, however, come with a force that compels an answer. They are like the mystic knocking on the door of the temple; they demand the giving of more light, for they come not from the brain-mind, but from the soul striving to understand the light flowing into it from the perennial fountains of divinity. Ask and ye shall receive; knock — and knock aright — and it shall be opened unto you. If the appeal is strong and impersonal enough, the very gods in heaven will respond. If the individual is very much in earnest, the answer will come to him from within, from the only initiator that any neophyte ever has.

Meditation is a positive attitude of mind, a state of consciousness rather than a system or a time period of intensive brain-mind thinking. One should be positive in attitude, but quietly so; positive as the mountain of granite, and as serene and peaceful, avoiding the disturbing influences of the ever-active and feverish mentality. And, above everything else, impersonal. Meditation in the better sense is the bending of the consciousness, and the raising of the mind to the plane where intuition guides, and where some noble idea or aspiration is native, and the holding of the consciousness in thought there. But one can meditate also on evil things and, alas, many do just this.

It is possible so to meditate before falling asleep that one’s soul ascends to the gods, and is refreshed and strengthened by its confabulations with those divine beings. But it is likewise possible to brood before sleep comes so that when the bonds of wakefulness are broken, and the brain-mind is silenced, the soul is dragged downwards, and is thus degraded and weakened. One should never sleep until one has sincerely forgiven all injuries done unto him. This is very important not only as an ennobling practice, but as a much needed protection. Fill the heart with thoughts of love and compassion for all, and the mind with some lofty idea and dwell on it calmly,

with the higher, impersonal brooding that is effortless and still, and then there will be a rest of all the senses, and quiet in the mind.

One reason for the need of strict impersonality, without the slightest thought of any destructive or morally offensive element intruding into the heart, such as hate, anger, fear or revenge, or any other of the horrid progeny of the lower self, is that when sleep steals over the body and the ordinary brain-mind consciousness drops away, the soul now released automatically follows the direction last given to it. Thus the practice of calming the mind before retiring can elevate the soul.”



Below is my Guided TQT. It is best to do this first thing in the morning.

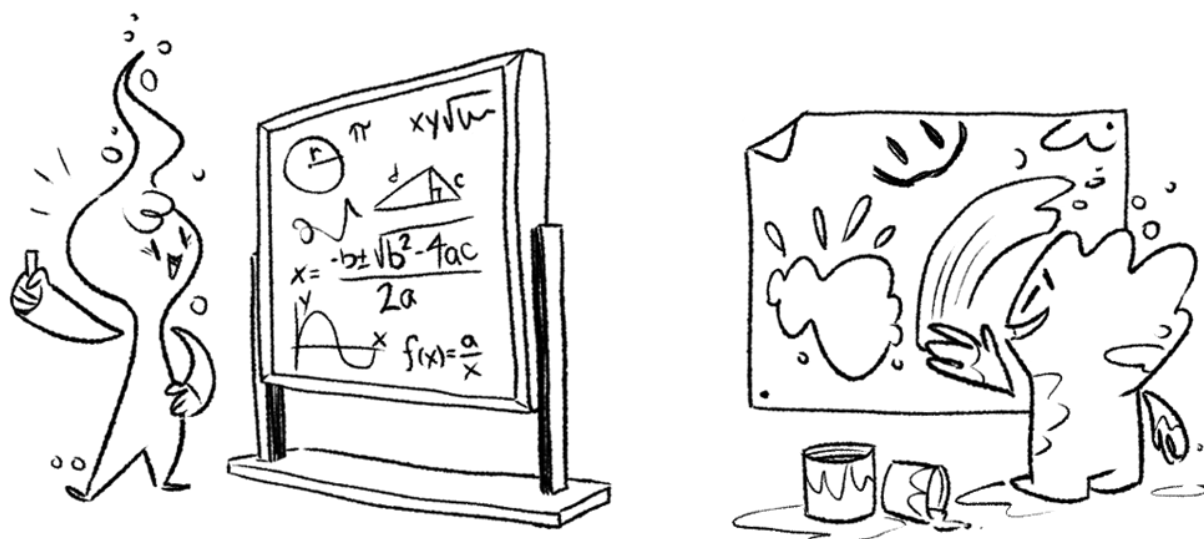
No excuses.

You will need 30 minutes and at first it is best to do it alone in a comfortable, silent space.

👉 [TQT Technique](#)

👉 [Nap Time](#)

Benefits of Meditation



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Even after describing the world's simplest meditation technique, I find many people reluctant to try it and skeptical about its benefits. As a scientist, I only do things in my life that are proven scientifically. I don't waste money on store-bought vitamins. I don't yo-yo diet. I don't fall for the nonsense of climate change causing that month's hurricane. Facts speak for themselves. Data matters. Truth sets us free. So, if you still harbor doubts about the advantages of making meditation a daily habit here are some facts.

Any form of meditation, and any technique of meditation has the following benefits:

Improved Brain Functioning

- Human Physiology 25 (1999) 171-180; Psychophysiology 31 Abstract (1994) S67; Psychophysiology 27 Supplement (1990) 4A; Psychophysiology 26 (1989) 529; Psychosomatic Medicine 46: (1984) 267-276.

Increased Flexibility of Brain Functioning

- Biological Psychology, 55 (2000): 41-55; Psychophysiology 14 (1977): 293-296.

Increased Efficiency of Information Transfer in the Brain

•Motivation, Motor and Sensory Processes of the Brain, Progress in Brain Research 54 (1980): 447–453; International Journal of Neuroscience 10 (1980): 165–170; Psychophysiology 26 (1989): 529.

Improved Perception

•Perceptual and Motor Skills 49 (1979): 270; Perceptual and Motor Skills 64 (1987): 1003–1012.

Improved Problem-Solving Ability

•Personality and Individual Differences 12 (1991): 1105–1116; Dissertation Abstracts International 38(7): 3372B–3373B, 1978.

Increased Resistance to Distraction and Social Pressure

•Perceptual and Motor Skills 39 (1974): 1031–1034; Perceptual and Motor Skills 65 (1987): 613–614; Perceptual and Motor Skills 59 (1984): 999–1000; Dissertation Abstracts International 38(7) (1978): 3372B–3373B.

Increased Intelligence

•Intelligence 29/5 (2001): 419–440; Journal of Personality and Individual Differences 12 (1991): 1105–1116; Perceptual and Motor Skills 62 (1986): 731–738; College Student Journal 15 (1981): 140–146; Journal of Clinical Psychology 42 (1986): 161–164.

Increased Creativity

•Journal of Personality and Social Psychology 57 (1989) 950–964; The Journal of Creative Behavior 19 (1985) 270–275; Dissertation Abstracts International 38(7): 3372B–3373B, 1978.

Increased Self-Confidence and Self-Actualization

•Journal of Social Behavior and Personality 6 (1991): 189–247; Higher Stages of Human Development: Perspectives on Adult Growth (New York: Oxford University Press, 1990), 286–341; British Journal of Psychology 73 (1982) 57–68; College Student Journal 15 (1981): 140–146; Journal of Counseling Psychology 20 (1973): 565–566.

Improved Verbal and Analytical Thinking

•The Journal of Creative Behavior 13 (1979): 169–180; The Journal of Creative Behavior 19 (1985): 270–275; Perceptual and Motor Skills 62 (1986): 731–738.

Who doesn't want all of those advantages?

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Concentrative or Non-directive?

A team of researchers at the Norwegian University of Science and Technology (NTNU), the University of Oslo and the University of Sydney has determined how the brain works during different kinds of meditation. Results were published in the journal *Frontiers in Human Neuroscience*.

“Different meditation techniques can actually be divided into two main groups. One type is concentrative meditation, where the meditating person focuses attention on his or her breathing or on specific thoughts, and in doing so, suppresses other thoughts.

The other type may be called non-directive meditation, where the person who is meditating effortlessly focuses on his or her breathing or on a meditation sound, but beyond that the mind is allowed to wander as it pleases.

Non-directive meditation (TQT version is non-directive) led to higher activity than during rest in the part of the brain dedicated to processing self-related thoughts and feelings. When test subjects performed concentrative meditation, the activity in this part of the brain was almost the same as when they were just resting.

‘I was surprised that the activity of the brain was greatest when the person’s thoughts wandered freely on their own, rather than when the brain worked to be more strongly focused,’ said Xu. ‘When the subjects stopped doing a specific task and were not really doing anything special, there was an increase in activity in the area of the brain where we process thoughts and feelings. It is described as a kind of resting network. And it was this area that was most active during non-directive meditation.’ “

A survey of sixteen experimental tests, by Charles Honorton, now conducting experiments at the Princeton Psychophysical Laboratory, reported that nine of these experiments provided positive evidence for the enhancement of ESP by meditation.”

Ray Dalio (personal worth \$14 billion) – “42 years ago the Beatles inspired me to meditate 20 minutes a day. Now I feel like a ninja in a fight,” Dalio said. “When it (market changes) comes at you, it seems like slow motion.”

William H. Gross (\$2 billion) – “My best ideas come after I do nothing 20 minutes a day.”

Daniel Loeb (\$4 billion dedicated practitioner that raises every day at 5:30) – “All my best ideas come from meditation.”

Enough said?

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- 👉 [The Art of Doing Nothing](#)

Other Meditation Techniques



Find out more in The Transformation Experience