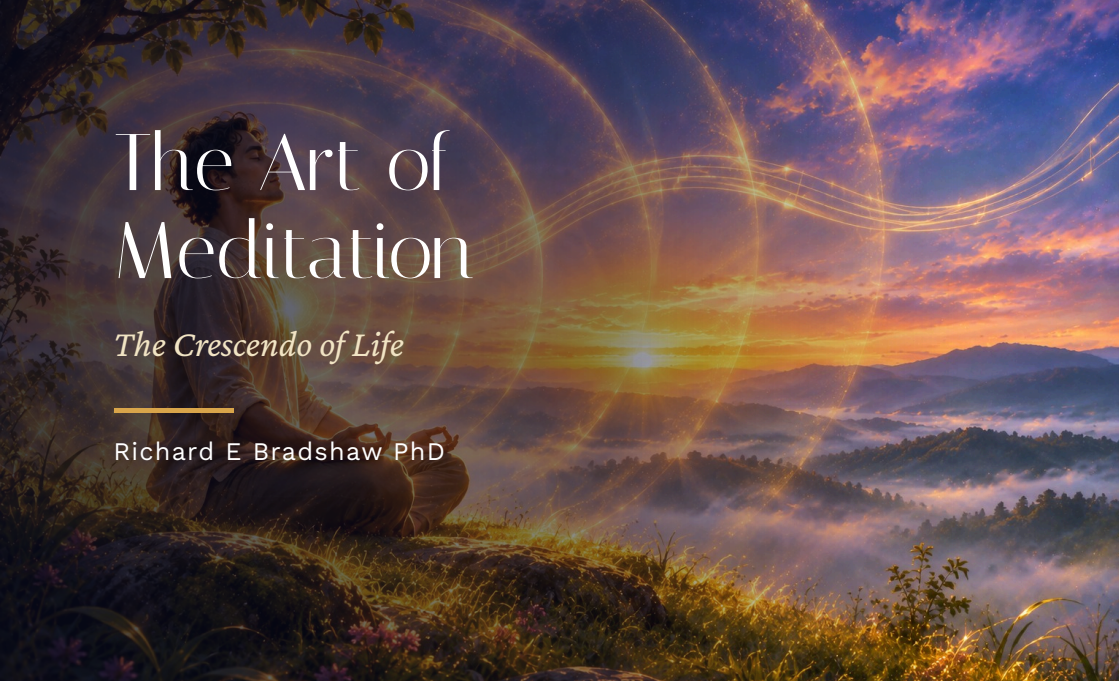


The Art of Meditation

The Crescendo of Life

Richard E Bradshaw PhD

Learning to focus directly and indirectly, one-pointed and everywhere, residing within everything or residing within one point, eyes focused and unfocused. Aware of what resides in each moment, gone as soon as it arrives.

The spontaneity of letting go

You never know what the next moment is going to bring, and spontaneity is being able to flow with the uncertainty of that moment, whatever it brings, as it arises and sets into the next moment: the simple flow of awareness.

Three levels of mind as a vehicle to meditation

The path of meditation consists of three levels: concentration, contemplation, and finally meditation. Concentration focuses awareness, or consciousness, over time. Contemplation is absorbing awareness into a specific experience. Meditation is the act of being aware of awareness. All three must be practiced together even though they are seen as three stages, and all three become

deeper and more proficient if practiced persistently over time. This three-pronged practice leads to changing landscapes of consciousness which broaden the meaning of all three stages.

Music can be a form of concentration, and if you are absorbed within it, contemplation. Finally, if you are aware of the awareness which is experiencing the music, music becomes a form of meditation. Meditation is everywhere if you just train yourself to recognize it when it arrives. If you do so, you will soon find yourself in a constant state of meditation: being aware of your own awareness, being aware of what is happening around you within each moment, and allowing that moment to flow unhindered by various forms of attachment to the next or previous moment.

If a thought comes as you are listening, simply let it come and let it go. If a chain of thought comes, break the chain by taking your focus away from the chain and back to the present moment. If you break the chain it will fade away and leave you back in the present moment. Would you like to begin breaking both mental and emotional chains?

Breaking the emotional chain

> Think of some situation in the past in which you became very emotional. Let the chain of thoughts that arise from that emotional experience begin flowing through your mind. Now, with great effort, take your attention back to the present moment and keep it there even though the pull of emotion tries to take you back.
>
> Now once again, bring that emotional experience back into your consciousness and let the chain of thought begin. Give it three or four seconds to really power up. Now take your awareness away from it and focus on being here now, letting the emotional experience and its

powerful pull slowly dissipate, allowing you to rest again within the present moment.

Continue this exercise for a few moments until you feel that you have total control over the arising, continuation and cessation of your emotions. Send love to your emotions, for they are beautiful, but know that they are only with you when you allow them to be, and that you can bring yourself back from your emotions to your present self at any moment: to a state of inner freedom, of lucidly resting within the flow of present awareness.

Meditation and your life experience

Your life experience and meditation are highly related. Meditation is a matter of focus, and your focus determines your reality. Meditation helps you to see more clearly and objectively the causes and meaning of experiences you've gone through, and gives you insights into how these experiences have molded your character and have provided the stimulus you need, or have needed, to self-actualize.

We constantly define ourselves through our experiences with other people. Meditation helps us to see others and ourselves more objectively and realistically, instead of through our desires or fears in relation to another. Meditation fills us with a quiet joy which neutralizes the neural networks created by unsavory experience.

Astrology helps explain the meaning behind these experiences and draws a picture of the challenges and abilities you have within you that interact in a progressive way to help you carry out your mission in this human world.

The art of patience as meditation

When patient you see everything, and when impatient you see only yourself and your desires. Learning the art of patience in response to both the inside and outside worlds, both of which are constantly demanding your attention, will bring you to quietude and clarity: a state of awareness that has as its substrate a pool of joy.

Those you give attention to are energized and become much more active in demanding your attention. Patience provides you the time and lucidity needed for accurate perceptions and decisions in defining where your attention should go: a process of learning to focus directly and indirectly, one-pointed and everywhere, residing within everything or residing within one point, eyes focused and unfocused.

Strategies using focused awareness are usually the first step in learning to meditate, for focused awareness allows you to have something to hang on to while you're letting go of everything else. Unfocused awareness is where you are aware of awareness, aware of everything in your presence but focused only upon your awareness.

Continue the journey

Free guided meditations: acosmicjourney.com/astrology/guided-meditations
The Freedom Series: what freedom is, and how to live it
The Clarity Series: insight poetry on perception and awareness
The Mandalam Series: a consciousness sci-fi journey · watch it free
All books: acosmicjourney.com/books

© Richard E. Bradshaw, PhD. Free to read and share with credit.