

Application #10B – Riding the Divine

Previous meditation exercises are combined using a name of God in this tool. Prior applications are combined in other ways for you to experiment with.

Exercise 10B -- A possible combination, experimenting with the G-word

The next entry in this series to be covered is a combination of previous applications. It involves using a very short devotional mantra at a relatively high frequency, at heartbeat speed or twice your heartbeat (using your own internal rhythm) along with emptiness. Blank, blank, blank, blank, blank.

This application is very similar to using any word or mantra repetition introduced in *Application 9A*. The concept of constant repetition of a one word mantra is at the core of Transcendental Meditation (as was pointed out in an earlier application).

□ The word or concept that your focus is on should be one syllable and very short such as: God, God, God, God, God... You can use the words Love, Jah, Allah, Mother, Daddy, etc.; any short word that connotes the Divine for you can be used. As you are doing this mantra, bring your attention or focus (*fΔt*) – focus over change of time -- inside, 90 degrees away from everything.

This is another exercise where the use of power/stroke and rest, stroke and rest, stroke and rest...may be applicable.⁷⁸ These rests however are for very short periods. The power or stroke part of it is focusing and saying the word 'God' the rest – emptiness -- is the short space between words. (God...God...God...God...)

Alternatively, you can also float, gently float back into it, and flutter into your being; riding the word repetition – empty -- with no rests.

Here again, because a God/Divine concept is involved, a devotional element is involved with this exercise.⁷⁹ If you have some love for the Divine, use the love that you may feel for God with it. If you do not know if there is a God or not, pick a word that you associate with the Divine Concept and say it in to your not knowing, "with the eyes of a child"..

You can use both mind bursts and love bursts as you do this mantra. The devotional element in this application is conjoined with another version of a continual mental mechanical preoccupation.

⁷⁸ *Application 9A*

⁷⁹ *Application 9C*

At first, try this application rapidly, twice your heartbeat. Later, on your own, you can do it at whatever speed you want. That speed is picked because it matches some of your internal rhythms. You may prefer to do it with each heartbeat. You as the individual may have to learn to experiment on your own and play in your head, with this, to see how it feels.

However, if you do any degree of experimenting, stay with one general action per sitting. Whatever application used, be constant through the whole exercise for that time window.

Experimenting

This exercise can also be applied to instrumental music as in a previous application.⁸⁰ Remember that as you are doing any of these mantras or exercises, you are just existing -- being. Your whole attitude is just sit and wait while doing them. Nothing for you to do but wait and do the chant/exercise.

Remember, an intention of introducing all these exercises are for you to explore yourself and to play with your mental mechanism. You can use these presented mantra exercise types in a multitude of applications. That was one of the goals of this series, to custom design your personal meditation approaches along some common principles – common mind mechanics.

Usually, mantras tend to involve you in relationship to some of your perceptions of the outside and yourself. And...it can go the opposite way, too ("*null + 0 = hold that thought*").⁸¹ It is totally up to you which way you want to take it -- your intentions/motivations. When you are 'playing' with these ideas and concepts, recognize that there are different directions, vehicles or modalities, and ways you can take it.

No matter what you do: if you do anything over an extended period of time with one-point focus, there is going to be an effect -- consciousness change -- within you. You may not understand or even recognize this change. And...you do it to yourself. Doing mental exercises done in conjunction with regular breathing or deep breathing, this consciousness change can be augmented.

As with some of the previous exercises, with this and other meditations, you set a beginning time and an end time, set aside a time window.⁸² With many meditations, something that automatically sounds is very useful like use of a clock or a cooking timer. See what time it is, and

⁸⁰ *Application 13*

⁸¹ *As in Application 10A*

⁸² *Application 7B*

wait until the clock rings the quarter, half, three-quarter, or the hour; or, do the exercise until the cooking timer ‘dings’.

This objective time reference like a clock or timer keeps things clearer and cleaner for you. Use time. Although from the Eternal Divine’s reference, time is non-sequitar. The Divine uses it to approach us – to those who experience time. You can use it as well.

“Okay, I’m doing this right now.

“OOPS, I drifted. I forgot.”

“I’ve got to bring myself back.”

This time allocation can help keeps things clear for you. The time to stop is when the timer thing goes off. Afterwards, you can start thinking about some of the things that came into your mind while you were doing the exercise.

When doing the exercise though, do not think about any thing. You can always set the distracting thoughts on a shelf and say, “Later. I’ll think about that one later.”

For this application you:

- ***You are to get into a comfortable position (but not too comfortable).***
- ***Do a motivational analysis – what is it you want, establish priorities or intentions, and cultivate a ‘disinterested-interest’ in what you are about to do, perform Application 7B.***
- ***Notice how you feel and how your mind feels before the application.***
- ***You are to do three separate 20-minute Divine Name sessions. (at three separate times; meaning, several hours have occurred between applications)***
- ***As with the other exercises, sit and observe yourself 2-5 minutes afterward, see Application 7B.***
- ***Enter any thoughts or feelings into the workbook.***