

## Art Of Contemplation

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an exquisite gem of a book this deceptively simple technique of contemplation can be learned in a single day and yet it will change your life forever taking us through there 3 levels of contemplation pausing pivoting and merging richard rudd invites us to hone the art of contemplation in our everyday lives to gain insight into any issue or problem to heal deep seated trauma and ultimately to find peace and clarity

how does one control and quieten the mind how does one relieve the mind from tension and stress and take it to a state of joy and peace how do we break free from our sense of limitaion and fear in the art of contemplation swami chinmayananda answers all these questions and gives six simple exercises which if practised regularly would enable us to control quieten and free the mind swamiji shows how the body must first be quietened then how to start chanting the mantra what the various methods of chanting are how to witness the body and the mind how to get rid of negative emotions and finally how to reach the state of completeness the absolute peace and happiness

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the philosopher and scholar probes the concepts underlying meditation as it applies to a number of eastern religions including taoism buddhism and the krishna sect of hinduism

this book was written during the global pandemic of 2020 when the gravity of our situation called us as individuals to sanity and inner strength sheltering in place or in confinement as some prefer we entered into a fierce and strange new world if we had not actively developed our contemplative side before this the insistent benevolent voice of that inner world so famously avoided in today s society now sounded a clarion call the art of contemplation is intended to inspire your own reflections as i explore the timeless treasure house of contemplation the reasons we actually need it and how to work with the blocks that most of

us encounter on the way for contemplation is a journey within with no beginning and no end taken from anywhere and everywhere that we find ourselves in life for the theists among us our contemplations will organically lead to prayer just as bud goes to flower and flower goes to seed which drops to the ground to begin another round of creation for the nontheists the inner state of contemplative prayer might be called inner stillness meditation on truth or the practice of pure awareness or even inner yoga as yoga is anything that links us to the divine it does not matter what we call it what does matter is that we as human beings evolve in a mutual love affair with the universe from which we are created what matters is praise there is a time to beg for grace to intervene in the sufferings we endure as human beings as we contemplate our own awareness within the mystery of life we begin to expand our generosity as vessels of awareness of awakened consciousness for our own personal transformation and for the benefit of all beings then our inner yoga takes flight resting in receptive inner space enables us to rejuvenate and restore to tap intrinsic healing intuitive and creative energies at the level of source water where the river of life flows pristine and we touch the ineffable the taoists have a beautiful way of expressing it lao tzu said muddy water let stand becomes clear clarity is one of the many gifts of contemplation and as we build a capacity for the inner journey a sacred world is revealed in the mirror of the soul

in it draws me the art of contemplation mary m mcdonald invites her readers to study art with a contemplative eye the contemplative reads for wisdom and insight as well as knowledge

the next fifteen chapters break layer by layer the filters that more than 3 000 years ago prevented the rational deciphering of the human condition it is not a matter of judging whether life deserves to be lived or whether it is wise to shorten it before old age excluding the martyrdom of religions the suicide of intellectuals and the euthanasia of medicine the anastasis remained the natural metamorphic phenomenon that annihilates the synapses of the ego reading these chapters in ascending order will make it easier to understand the hypothesis and theory of the synesthetic art of contemplation as an anastasis methodology for those who wish to survive with sanity the selective pressures of the inexorable process of the ecological and demographic pyramids inversion and the practice of the exercises of

union of the senses synesthesia in the 8 keywords game and contemplative tai chi described here will be the tools to awaken the maximum potential of native intelligence this will be the first step for the human species to evolve into a superorganism and postpone its extinction no matter how you seem to fatten on a crime there can never be good for the bee which is bad for the hive warned ralph waldo emerson the synesthetic art of contemplation is not psychotherapy or vocational consultation its aim is to neutralize the ego and solve the most important and crucial of all the challenges ever faced whether there will be a golden future or a new dark age contemplation resulting from synesthesia frees us from an outdated neurobiological mechanism that has already been mistaken for possession sins and moral defects and then with organic diseases and psychological disorders when it was 12 milliseconds delay in the nervous system preventing the physical stimuli captured by the senses were analyzed in full by the mind free of the voice of an internal virtual intermediary with thought receiving pure sensory stimuli exclusively any action and decision will be an act of altruism towards one's own body and the others without revolts and revolutions without sacred books and self help manuals without charismatic leaders and opinion influencers a generation with the ability to contemplate is enough then all utopias will be overcome at the end of this book readers will have gone through the phases of denial anger bargaining depression and conclusion this journey will be difficult and time consuming for some and very easy and quick for others for the ancient greek socrates a life not examined by the ego knowing itself is not worth living yet in the synesthetic art of contemplation experiencing the death of the ego in life before the last breath of the body is all that it deserves be examined applied and shared living does not have to be dangerous

enlightenment dissolves all material bonds and brings men together in the golden chains of spiritual understanding it recognizes only the direction of christ it has neither ritual nor rule except universal impersonal divine love she has no other adoration than the interior flame which is always lit in the sanctuary of the spirit this union is the free state of spiritual brotherhood the only restriction is soul discipline therefore we know freedom without license we are a united universe without physical limits a divine service to god without ceremony or creed the enlightened ones walk without fear by grace

the popular and highly regarded josef pieper speaks of the necessity for human persons to be able to contemplate and appreciate beauty to develop their full humanity pieper expresses succinctly that the foundation of the human person in society is leisure free time in which one can contemplate be receptive to being and its beauty

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