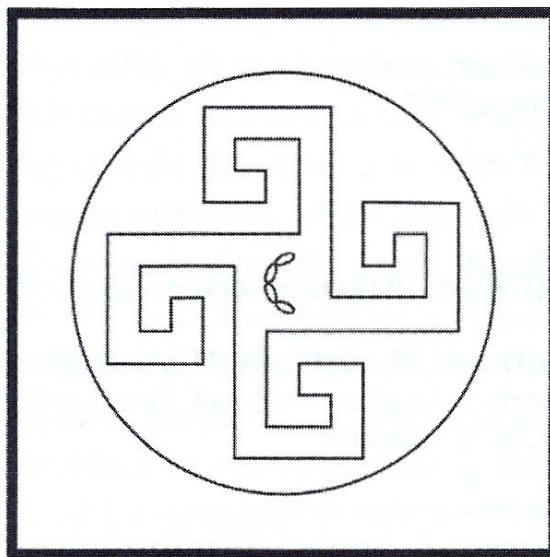


Introduction to Meditation

Einführung in die Meditation



by
von

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Translated by Vibka Wallder



A bilingual book

The Structure of the Book

The book is divided into 7 main parts, namely:

1. Foreword
2. Introduction
3. The actual meditation
4. Introduction to the meditation
5. Teaching of the meditation
6. Further explanations
7. Something to be remembered

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Purpose of the Book

The 'Introduction to Meditation' allows the human being to learn the meditation through one's own study. Therefore he/she does not need to visit 'gurus' and 'yogis', who, for much money, want to make him/her believe that they could bring him/her 'salvation', although thereby they only make him/her dependent, exploit him/her and poison his/her thinking and thereby enslave him/her in his/her consciousness.

The study of meditation however is very hard and requires much commitment, willingness to learn and perseverance, if the human being wants to enjoy the unsurpassable gifts of the consciousness. A crash course, a short or intensive course, as they are offered everywhere for the impatient ones, may well be tempting, however, they are extremely delusive and dangerous, and above all – the reward fails to appear.

The human being of Earth is not used to creational-law-based thinking and acting, therefore the switch to patience and calmness, as the meditation demands it of him/her, is not easy for him/her. At school and also in one's job, material-intellectual efforts (ambition, thirst for knowledge, and so forth) and the devout dealing with cognitions and knowledge which are not one's own, are constantly demanded of the human being.

The religions have placed the human being under the thumb of an imaginary godhead and thereby have deprived him/her of his/her self-mastery. Worldly and human might-structures such as church, state, economy and science also ensure that the human being remains unknowing and manipulable. The human being therefore no longer knows the might that actually is present in himself/herself, which is why he/she searches for compensation in a purely material achievement, wherethrough he/she condemns his/her consciousness to inactivity. But perhaps nevertheless some human beings internally have an inspiration from their subconsciousness which tells them that many things, which they have taken part in, cannot be right. The human being, and above all his/her consciousness, wants to live differently, namely in harmony with the Creation.

Many human beings believe – idly expecting a flash of light – to receive the right kind of life and the right mentality while sitting by the roadside.

The human being needs not sheer off because he/she can begin in his/her own familiar environment to think and act based on the laws of Creation. However, he/she must not and cannot wait any longer to really concentrate for a few seconds on his/her inner self, only because it temporarily requires still more of him/her, for example, to find out the exact time from his/her inner self rather than looking at the clock. However, once the human being masters this concentration capability, then it is also useful for him/her where he/she, with his/her habitual material mode of thinking, would have to go for kilometres in order to check something, of which he/she then nevertheless still could not say with absolute certainty: IT IS SO.

The human being should consider that the Creation is never inactive. It also uninterruptedly fulfils all its self-created laws and recommendations, in order to secure all its creations in their existence. The human being is one of its creations and has to follow suit.

The meditation does not simply serve the relaxation – which is why it is also recommended by doctors. No, it serves especially the self-disciplining of the human being, the schooling of his/her consciousness, the cognition and the creating of inner peace and the equalisedness and the actual mastering of life in general.

If the human being studies this book accurately and heedfully and acts according to the presented knowledge, then these and many other cognitions will be granted to him/her.

Billy