

BUDDHAS BREATHING TECHNIQUES: MEDITATION



Man and woman are not just physically different, they are mentally distinctive. Sex is not just a distinction in the body; it is a distinction in brain research projects moreover. A female personality implies receptivity absolute receptivity, surrender, love. A follower needs a woman like brain receptivity; else he wont have the capacity to learn. A woman is not just getting something, the minute she gets it; it turns into a part of her body. A kid is gotten. A lady considers; the minute there is origination, the kid has turned out to be a part of the female body. It is not outsider, it is not remote. It has been consumed. Now the kid will live not as something added to the mother, but rather generally as a part, pretty much as the mother. Also, the kid is not just got: the female body gets to be imaginative; the tyke starts to develop. Take one technique and play with it for no less than three days. In the event that it gives you a specific sentiment liking, in the event that it gives you specific sentiment prosperity, in the event that it gives you a specific feeling this is for you, then be not kidding about it. At that point overlook the others, dont play with different techniques. Stick to it at any rate for three months. Supernatural occurrences are conceivable. The main thing is that the method must be for you. In the event that the strategy is not for you nothing happens. A devotee needs a womb-like receptivity. At all is gotten is not to be accumulated as dead information. It must develop in you; it must get to be blood and bones in you. It must turn into a section, now. It must develop! This development will transform you; will change you the beneficiary. Love turns into the exceptionally fundamental gadget to give Meditative knowledge. We would say we can say that exclusive adoration is something which goes past duality. At the point when two persons are enamored, the more profound they move into it, the less and less they are two, the more they get to

be one. What's more, a point comes and a peak is achieved when just evidently they are two. Deep down they are one; the duality is risen above. That is the reason there is such a great amount of craving after sex. The genuine craving is after unity; however that unity is not sexual. In sex two bodies have just a tricky sentiment getting to be one, however they are not one, they are just joined together. Be that as it may, for a solitary minute two bodies overlook themselves in each other and a specific physical unity is felt. This craving is not bad, but rather to stop at it is risky. This craving demonstrates a more profound inclination to feel unity. In love, on a higher plane, the inward one moves, moves into the other, and there is a sentiment unity. Duality breaks up. Just in this non-double love would we be able to have a look at what is the condition of a Meditation. We may say that the condition of a Meditation is outright love with no returning, from the peak of affection there is no falling back. It is staying on the peak. In love moments this blessed journey happens, however not for all on the grounds that nobody moves past sex. So we continue living in the valley, the dull valley. At times somebody moves to the peak of love, however then he falls back in light of the fact that it is so confounding. It is so high and you are so low, and it is so hard to live there. The individuals who have cherished, they know that it is so hard to be always enamored. One needs to return over and over. How to make this most elevated crest conceivable: past duality, past obviousness, past consciousness, past the body and past the soul, past the world and past the alleged Enlightenment-Liberation? How to achieve this peak? The technique is Meditation. When you go into love, into a profound, close universe of adoration, the individual vanishes, the form vanishes, and the beloved turns out to be only a path to the universe.

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