

Twitter Thread by [Wisart](#)

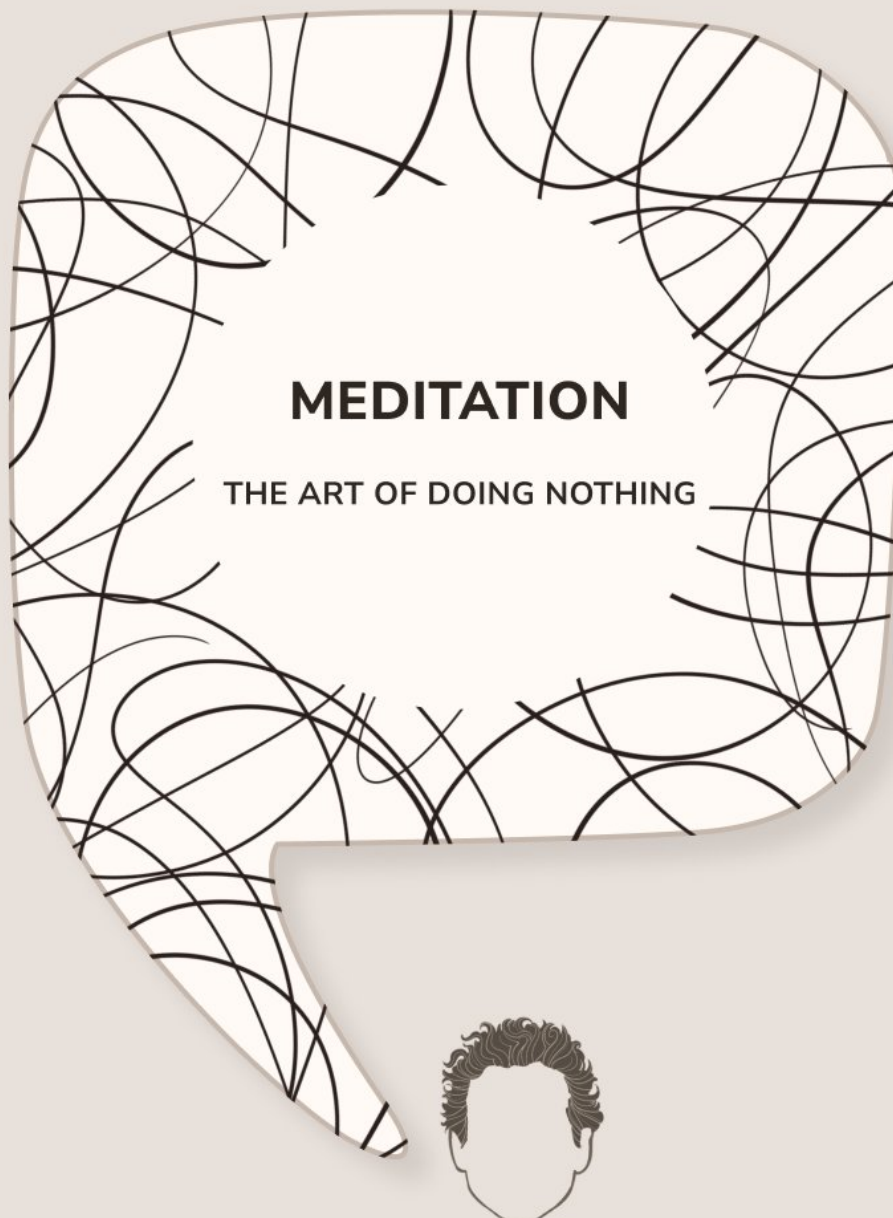


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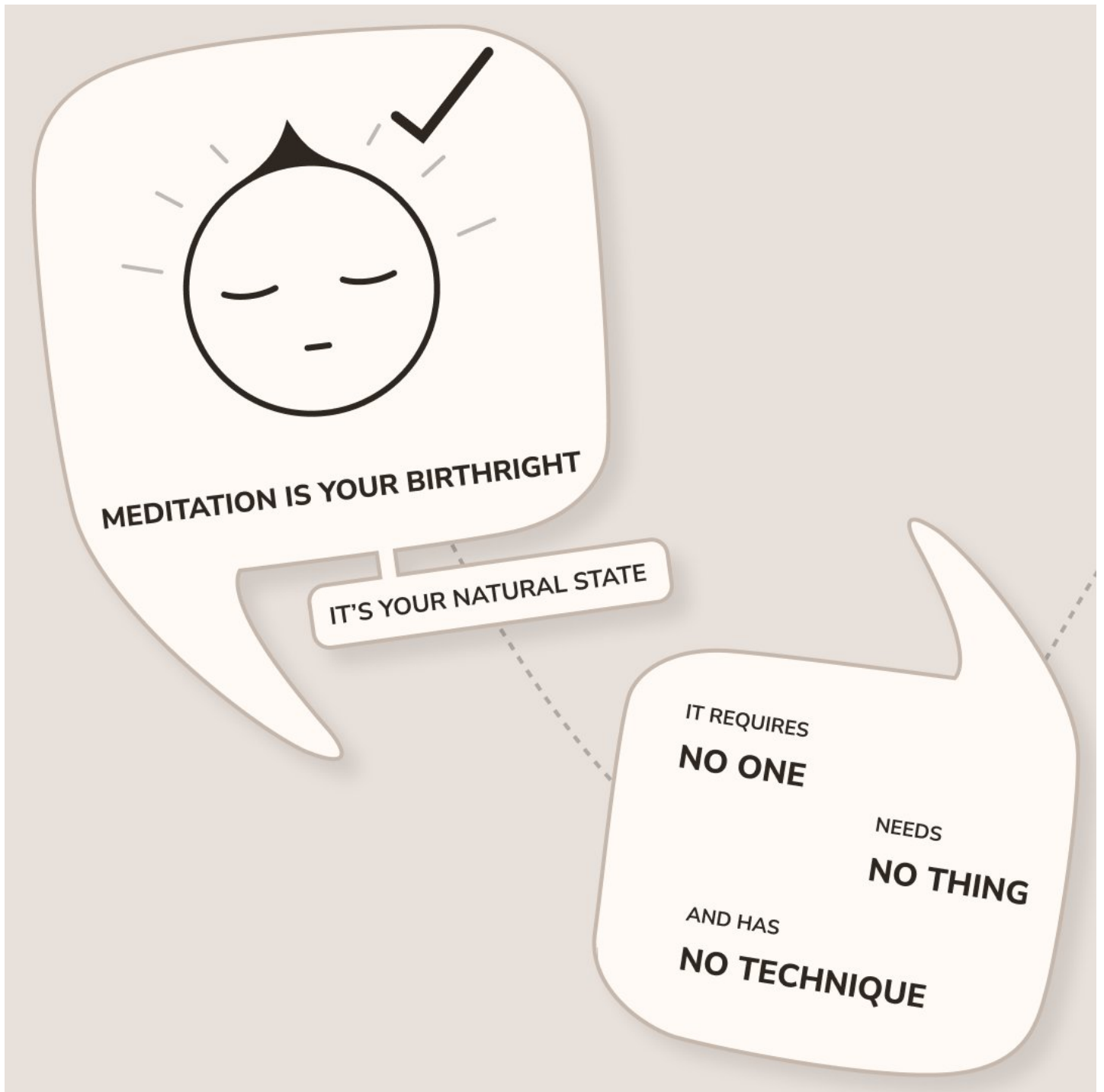
[@wisart_in](#)



"Meditation - The Art of Doing Nothing" by [@naval](#) Visualized ■■■ 1/24

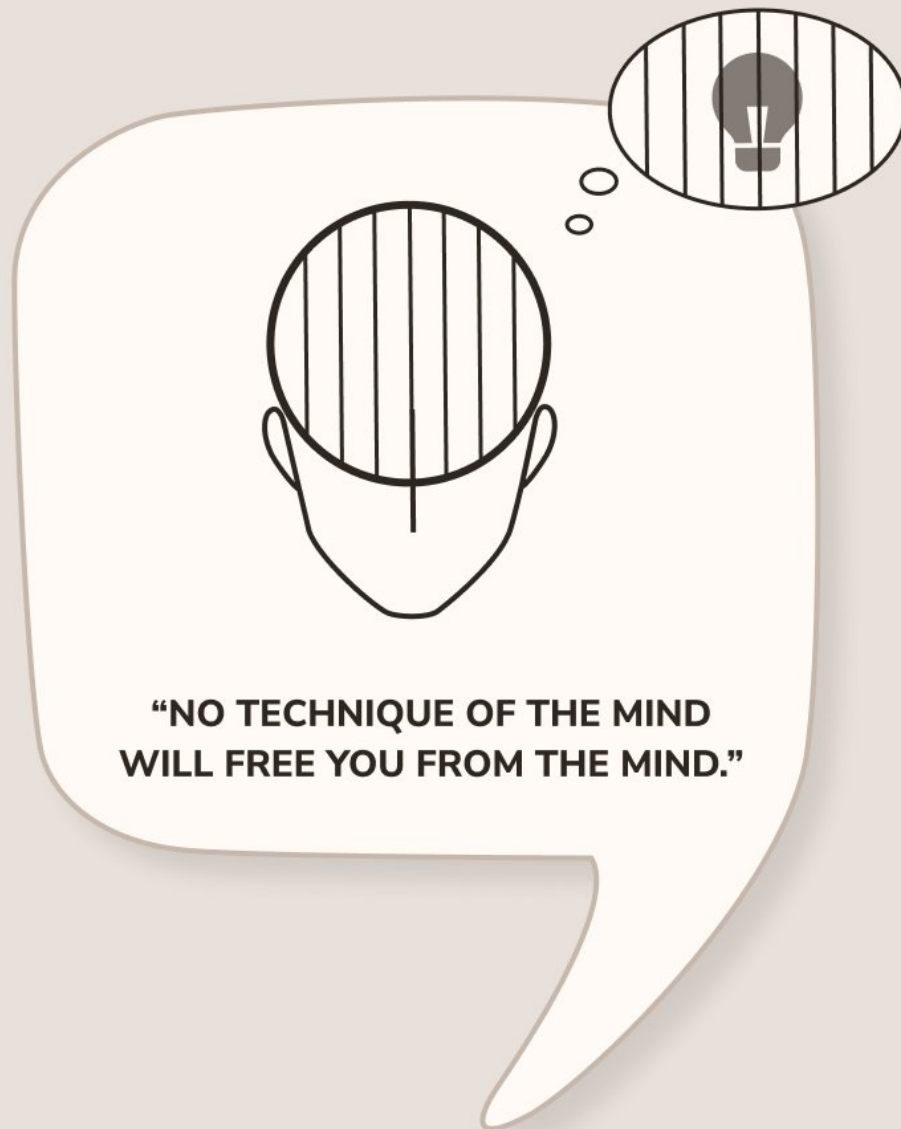


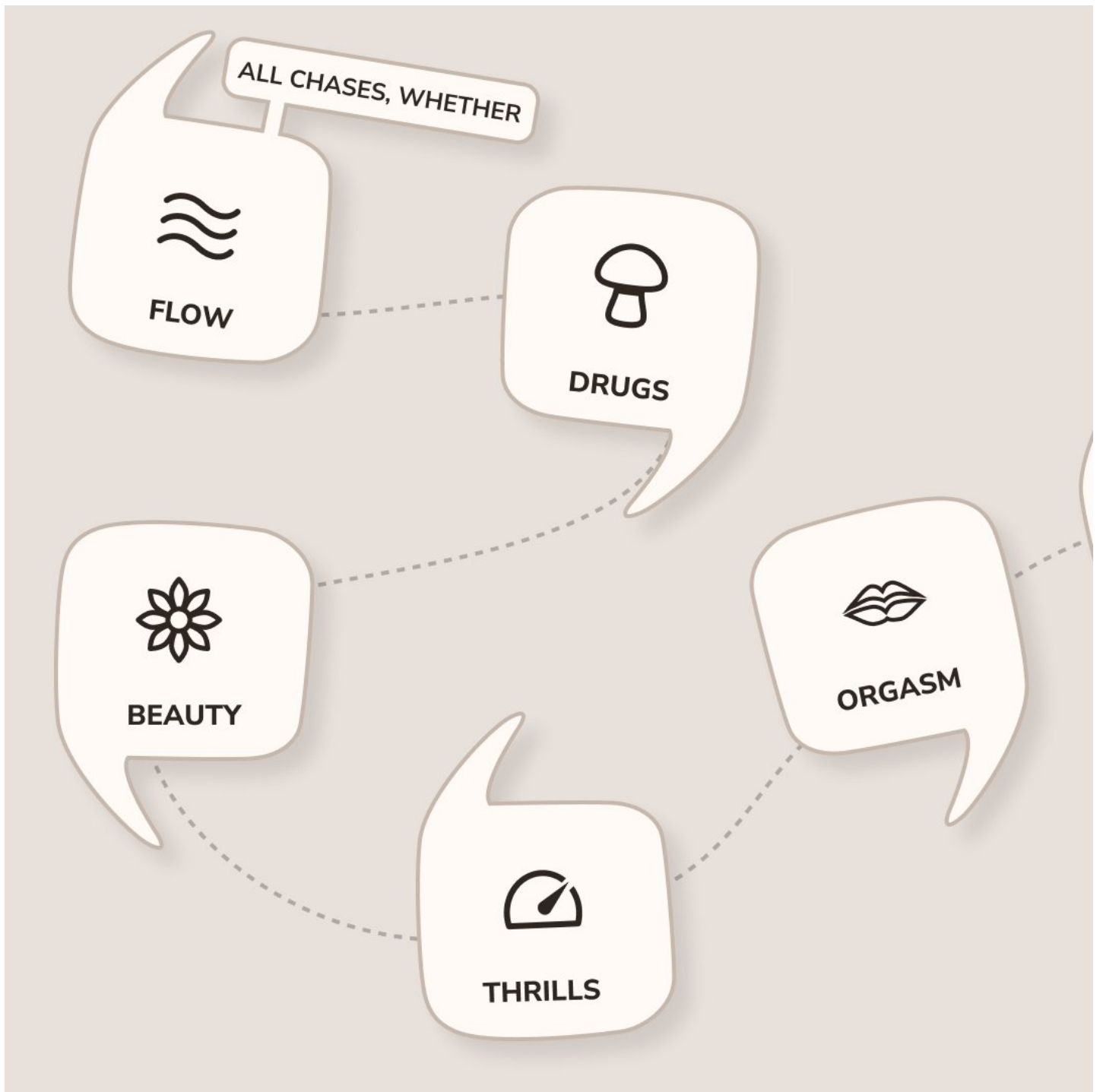
BY @NAVAL



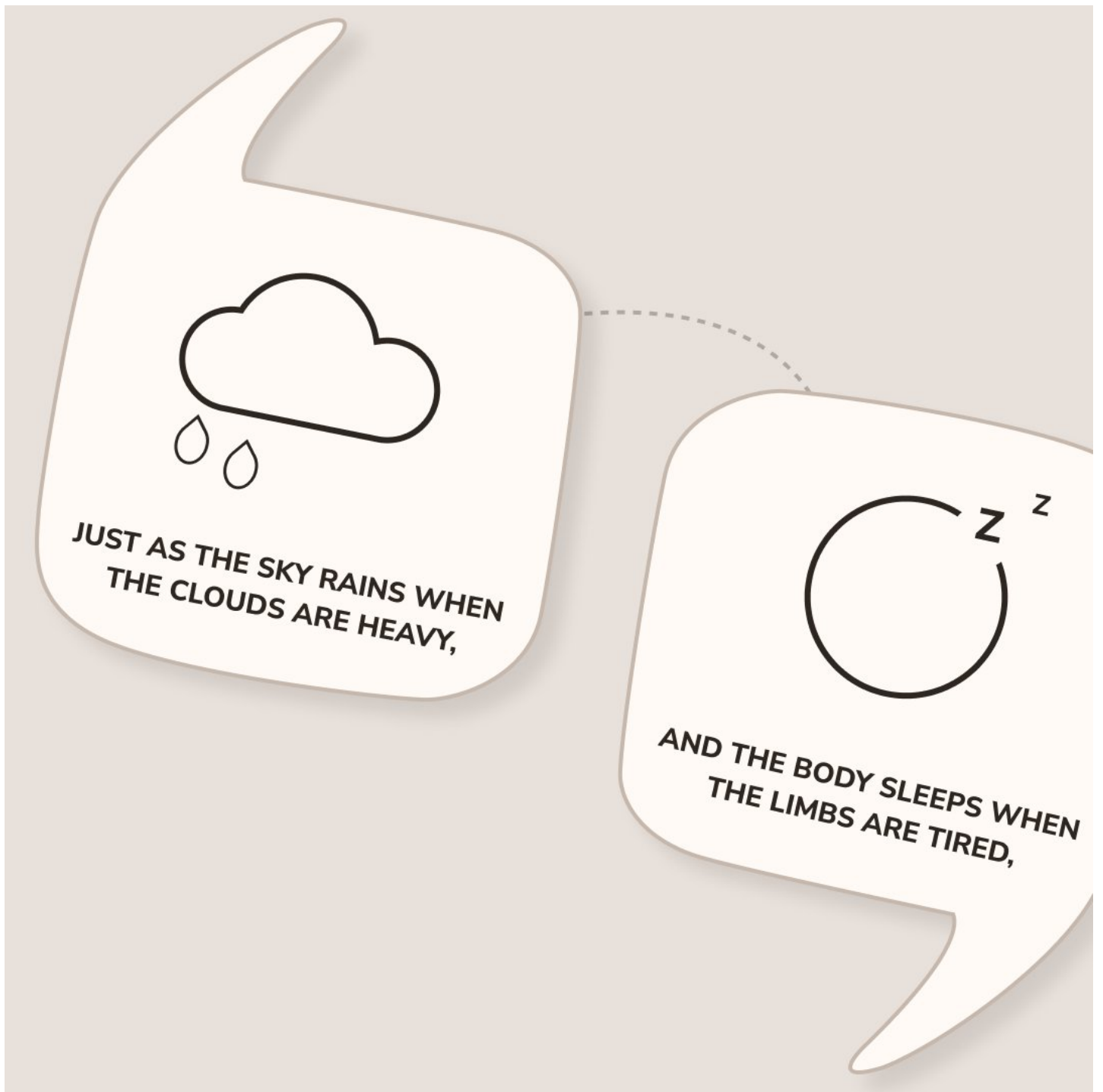
WE SAY THAT WE WANT
PEACE OF MIND









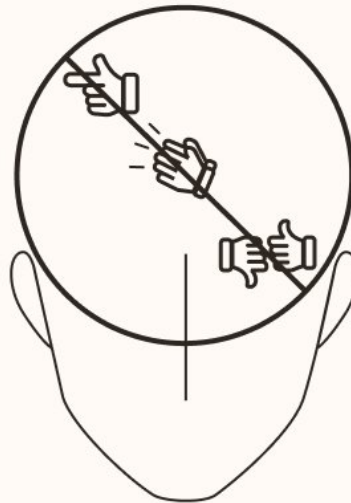




PREPARE FOR MEDITATION

**BY SITTING QUIETLY IN THE MORNING, WITH EYES
CLOSED AND BACK UPRIGHT, IN ANY COMFORTABLE
POSITION THAT WILL MINIMIZE MOVEMENT.**





**REALIZE THAT AT THIS MOMENT, YOU
ARE THE ONLY PERSON IN THE WORLD**

**AND THERE IS NO ONE TO INSTRUCT YOU,
PRAISE YOU, OR JUDGE YOU.**

**MAKE NO EFFORT FOR OR
AGAINST ANYTHING.**

WHATEVER HAPPENS, HAPPENS

SURRENDER TO YOURSELF IN THE MOMENT

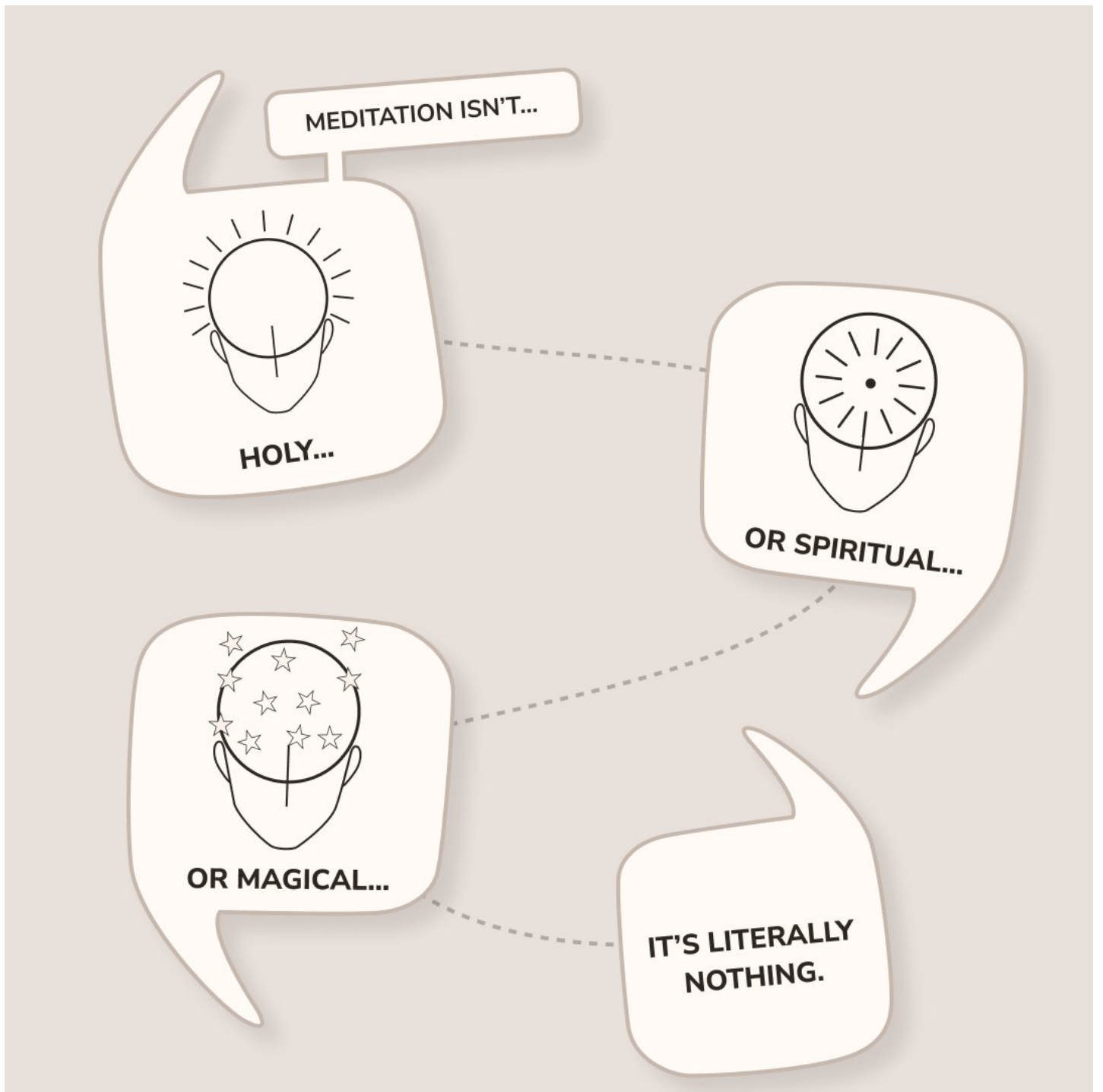
**RESIST NOTHING AND REJECT NOTHING,
INCLUDING THE URGE TO RESIST AND REJECT.**

**MEDITATION IS NOT GOING THROUGH
THOUGHTS BUT RATHER...**

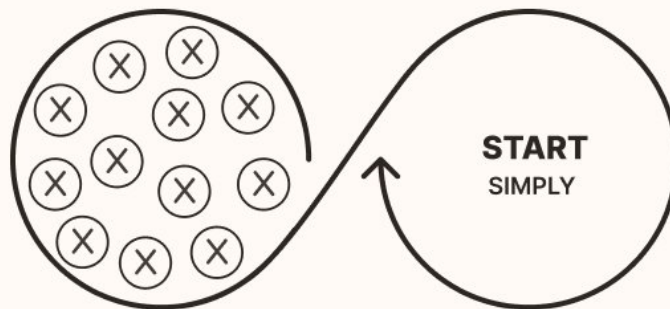


LETTING THOUGHTS GO THROUGH YOU

**THE THOUGHT "I AM MEDITATING"
IS ALSO A THOUGHT**



NO FOCUS, NO MANTRA, NO DHARMA, NO CHAKRAS,
NO BUDDHAS, NO GURUS, NO GRATITUDE, NO
SCRIPTURE, NO TEMPLE, NO MUSIC, NO GADGETS,
NO APPS ARE REQUIRED.



SOME MAY BE HELPFUL, BUT
EVENTUALLY ALL WILL HAVE TO BE LEFT
BEHIND. START SIMPLY, BECAUSE THAT'S
WHERE THIS ALL ENDS.

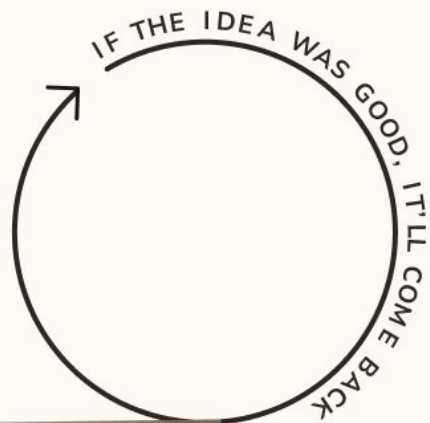
THERE ARE MANY MEDITATION METHODS, BUT



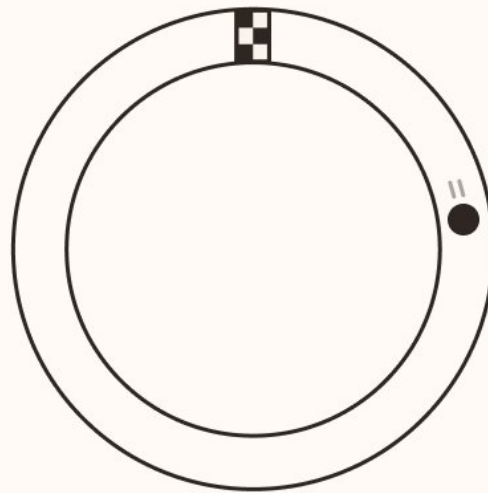
**"NO EFFORT"
IS THE UNIVERSAL METHOD**

EVERY CREATURE AT ALL TIMES CAN CHOOSE TO DO NOTHING.

THERE'S NO NEED TO GET UP TO
RECORD A THOUGHT.

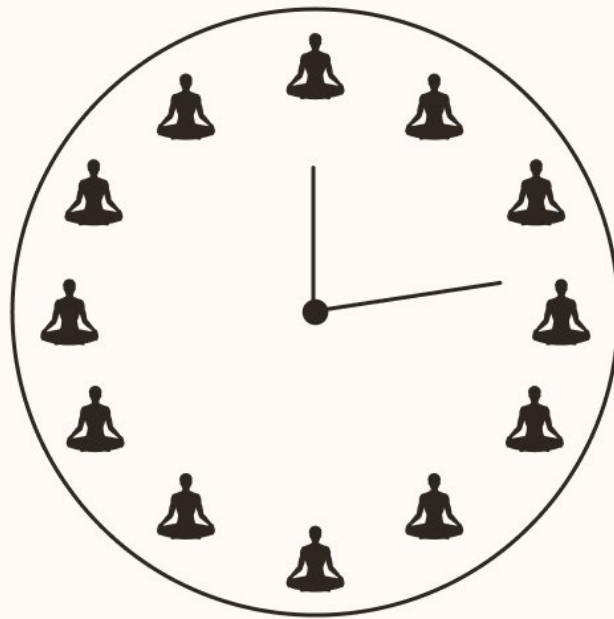


IF IT DOESN'T COME BACK, IT WASN'T THAT GOOD.



**MEDITATION IS A SINGLE
PLAYER GAME**

**THERE IS NO POINT IN COMPARING TO
OTHER MEDITATORS OR TO EVEN YOUR
OWN PREVIOUS MEDITATIONS.**



**IF MEDITATION WAS EASY,
YOU'D DO NOTHING ELSE.**

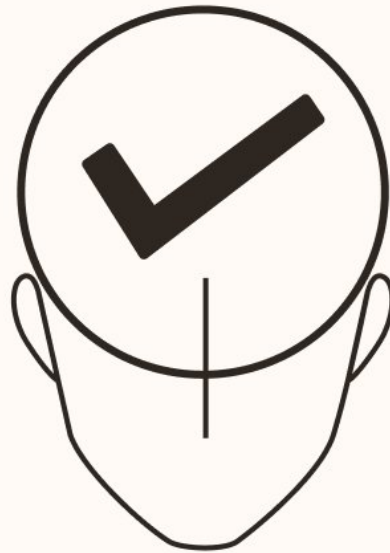


**THE POINT OF MEDITATION IS NOT
TO BECOME "A MEDITATOR"**




**IF IT DOESN'T BRING LASTING
AND EFFORTLESS CHANGE,**





YOU CANNOT FAIL AT MEDITATION.





**THE CLOSER YOU GET
TO THE TRUTH, THE
MORE SILENT YOU
BECOME INSIDE.**

**THE ABILITY TO BE
CONTENT AND AT
PEACE, BY YOURSELF,
IS FREEDOM.**



@NAVAL

Instagram version of the thread: <https://t.co/WMMqMRTAey>