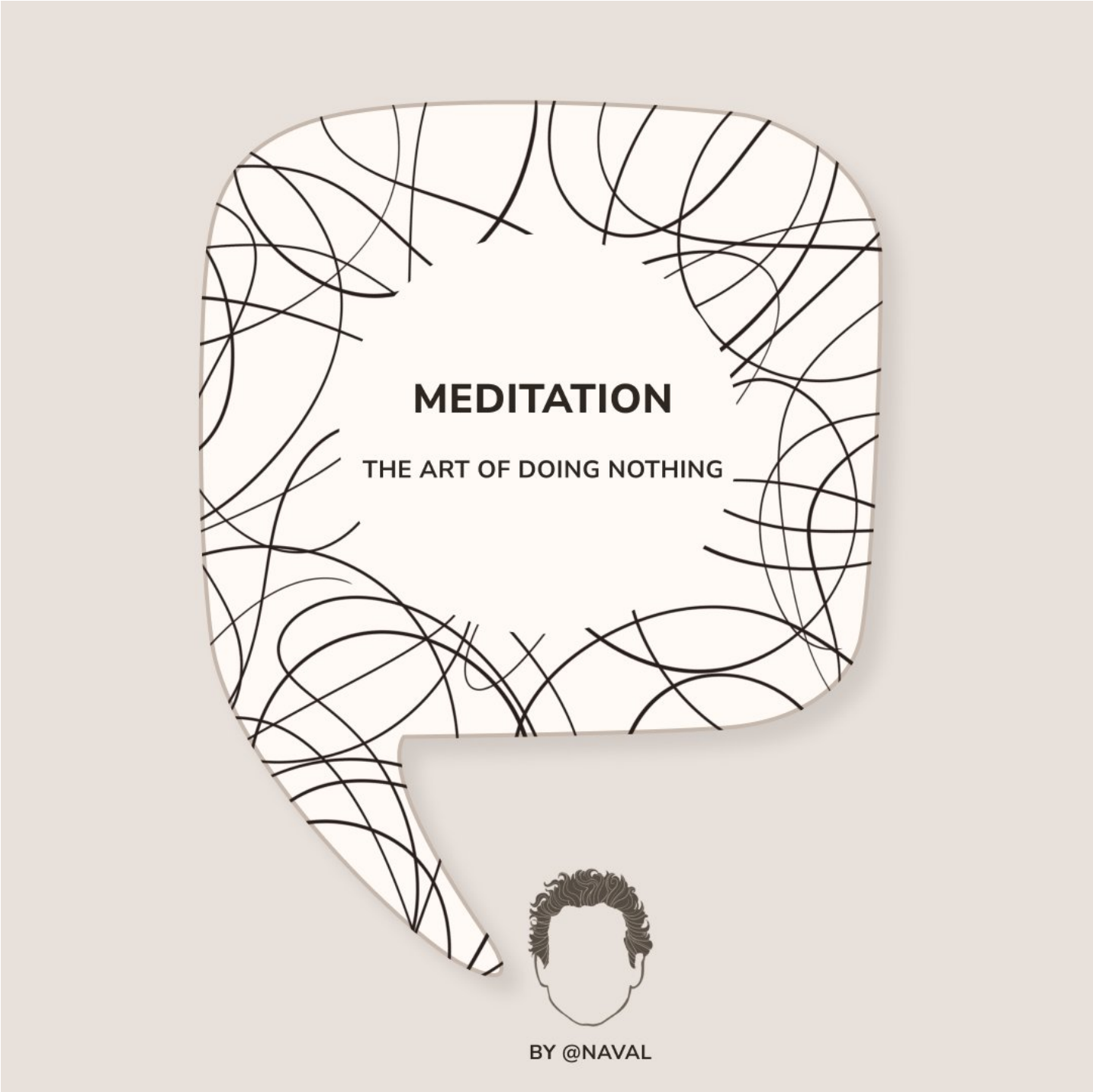
Twitter Thread by Wisart

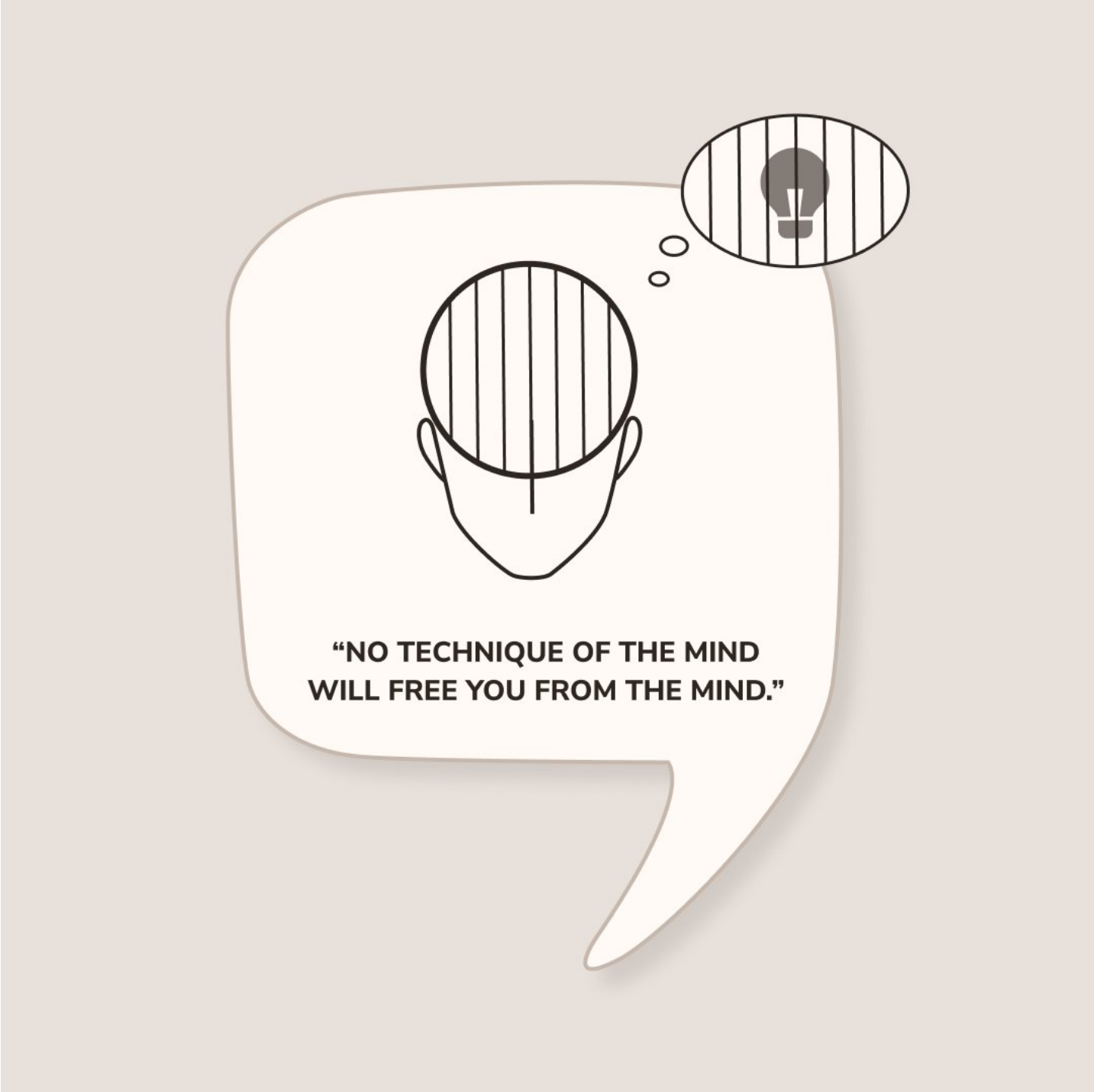
Wisart
@wisart_in

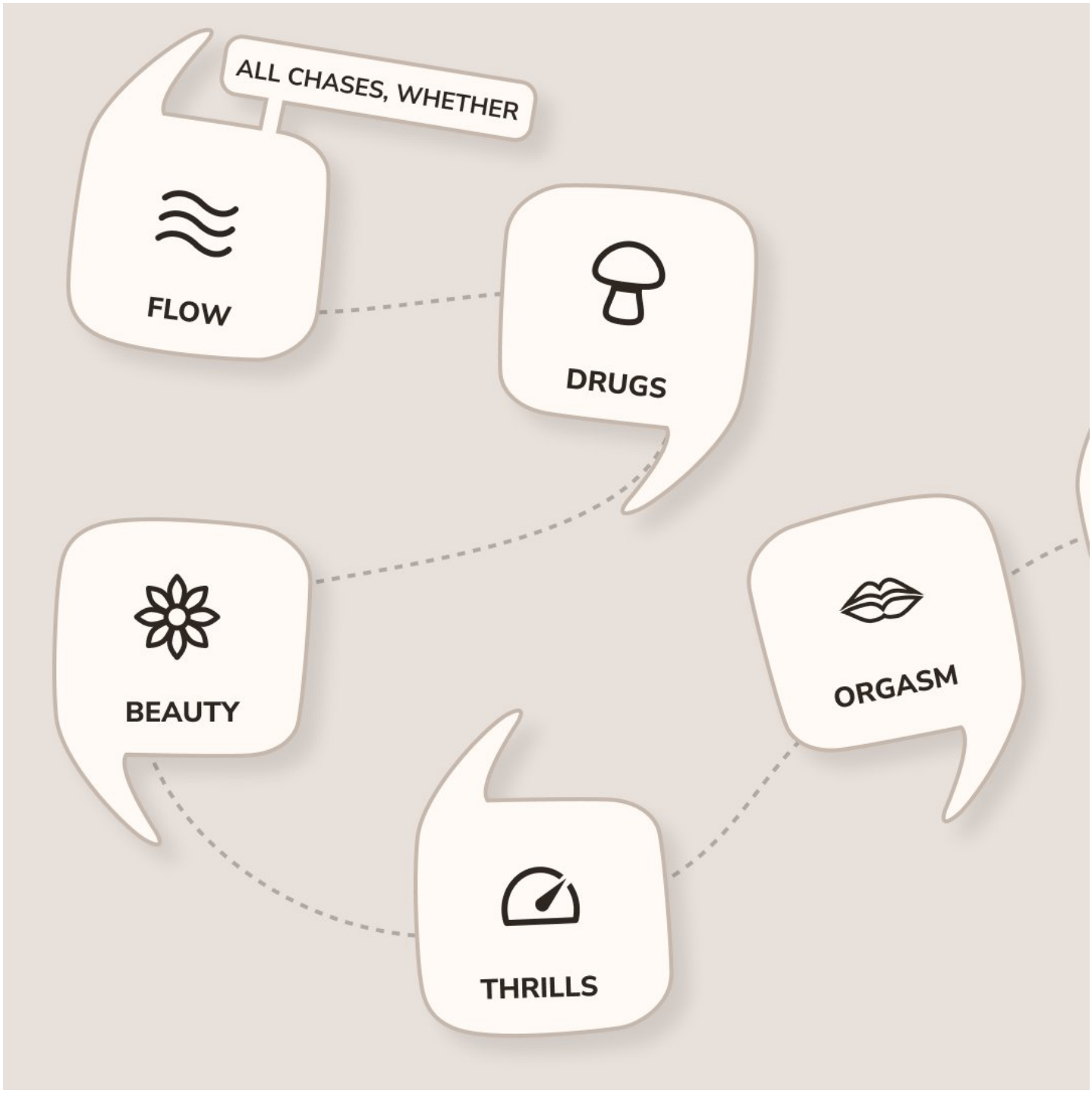
"Meditation - The Art of Doing Nothing" by @naval Visualized ■■■ 1/24



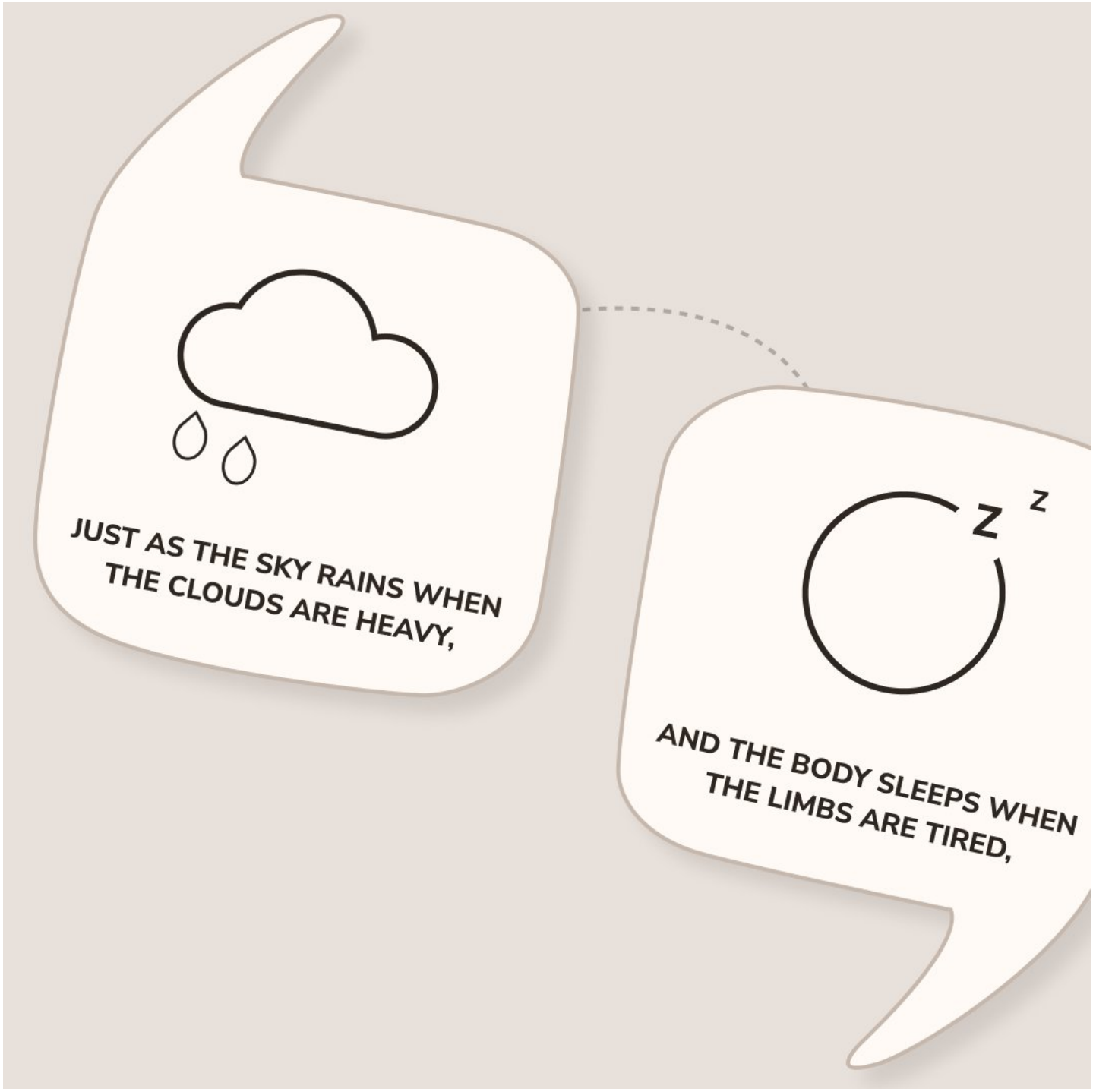

MEDITATION IS YOUR BIRTHRIGHT
IT'S YOUR NATURAL STATE
IT REQUIRES
NO ONE
NEEDS
NO THING
AND HAS
NO TECHNIQUE

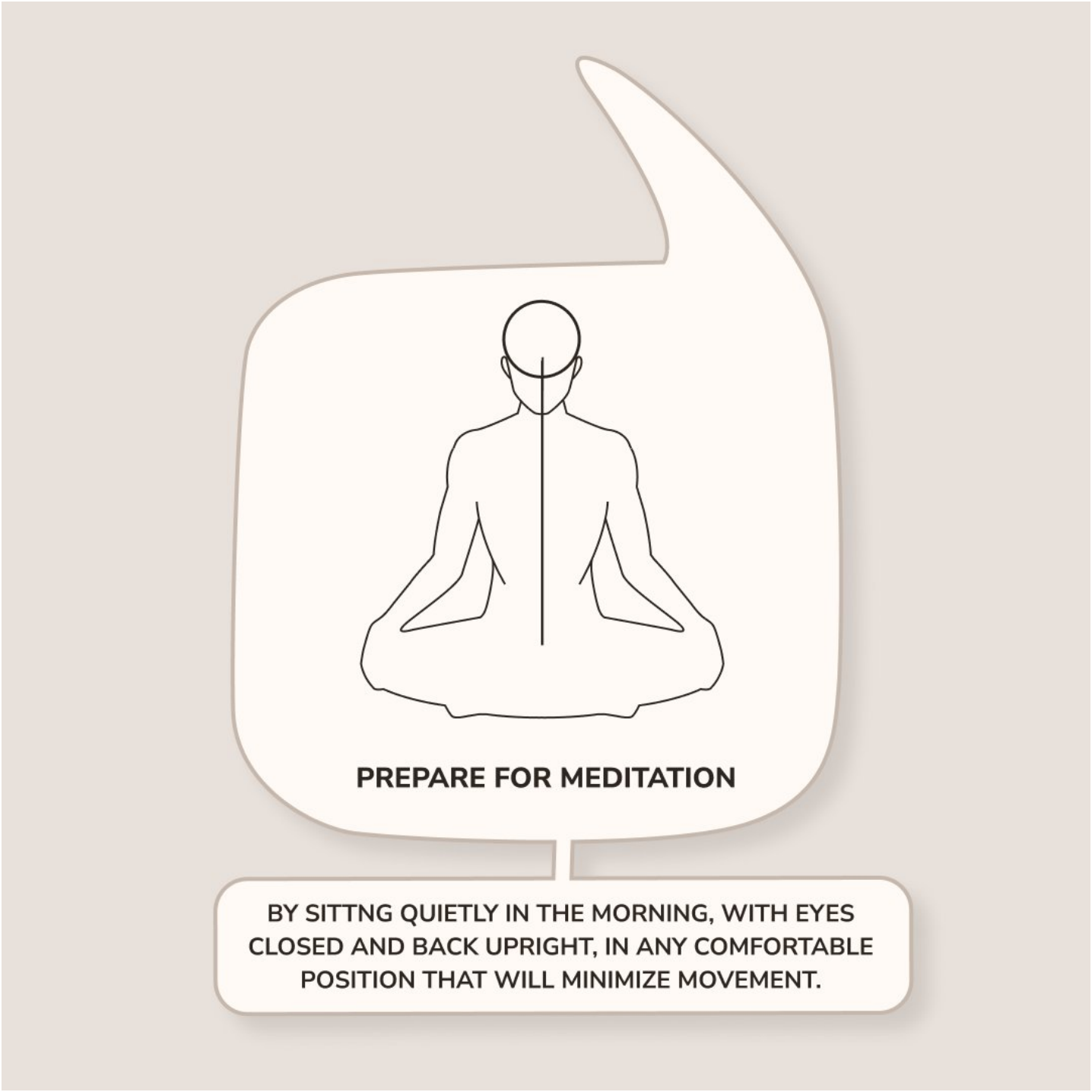

WE SAY THAT WE WANT
PEACE OF MIND

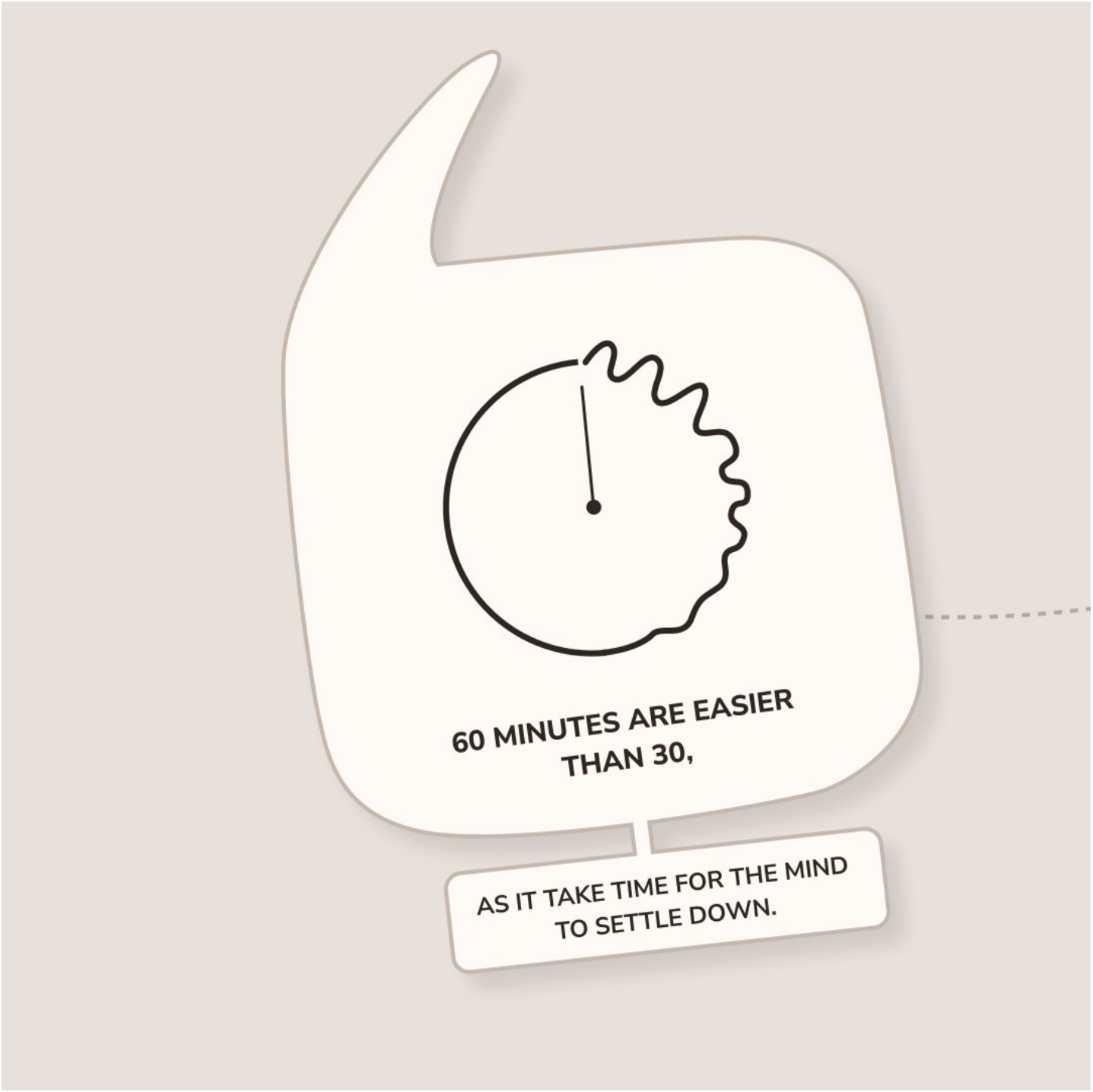

“NO TECHNIQUE OF THE MIND
WILL FREE YOU FROM THE MIND.”

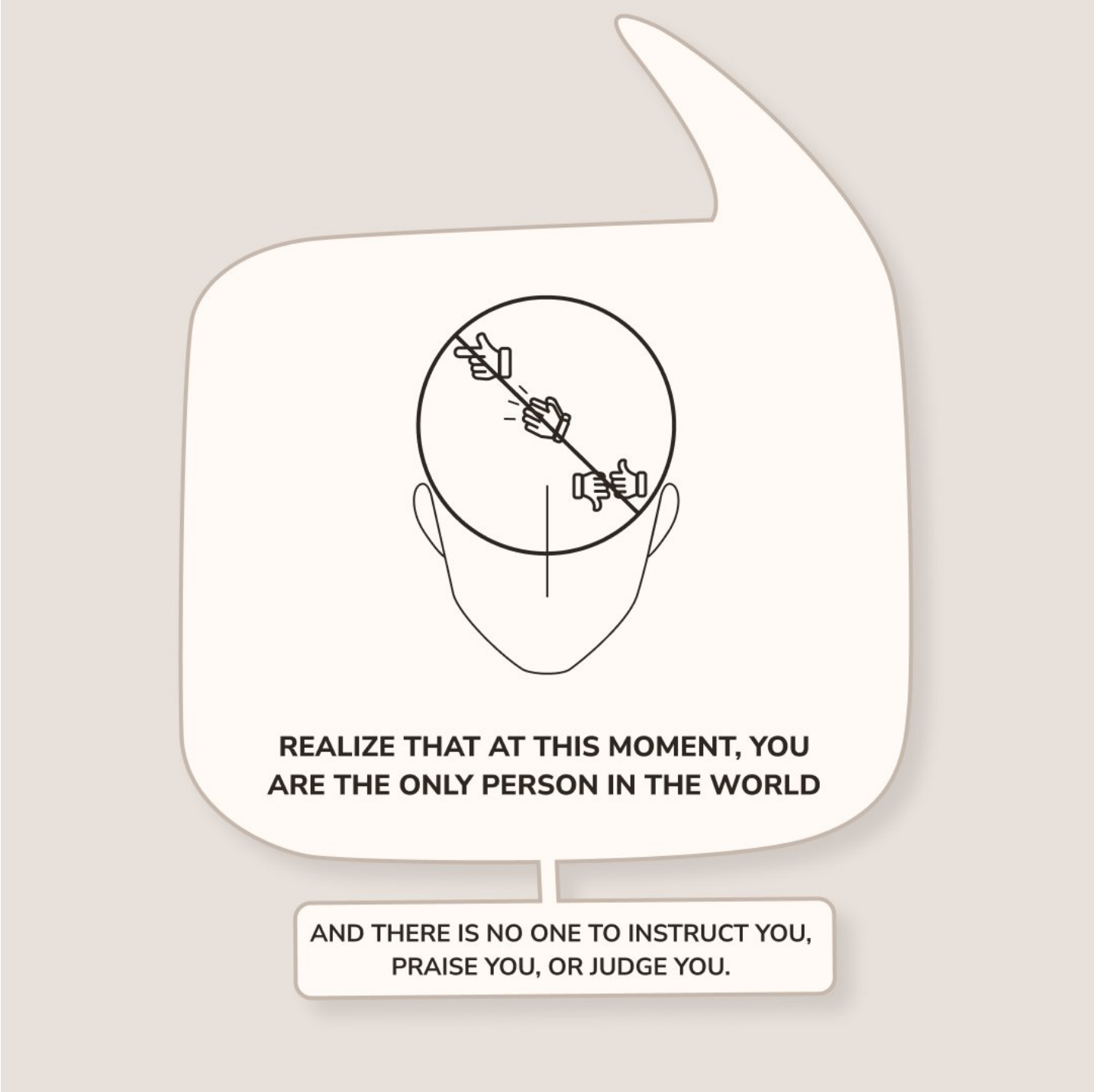

ALL CHASES, WHETHER
FLOW
DRUGS
BEAUTY
ORGASM
THRILLS

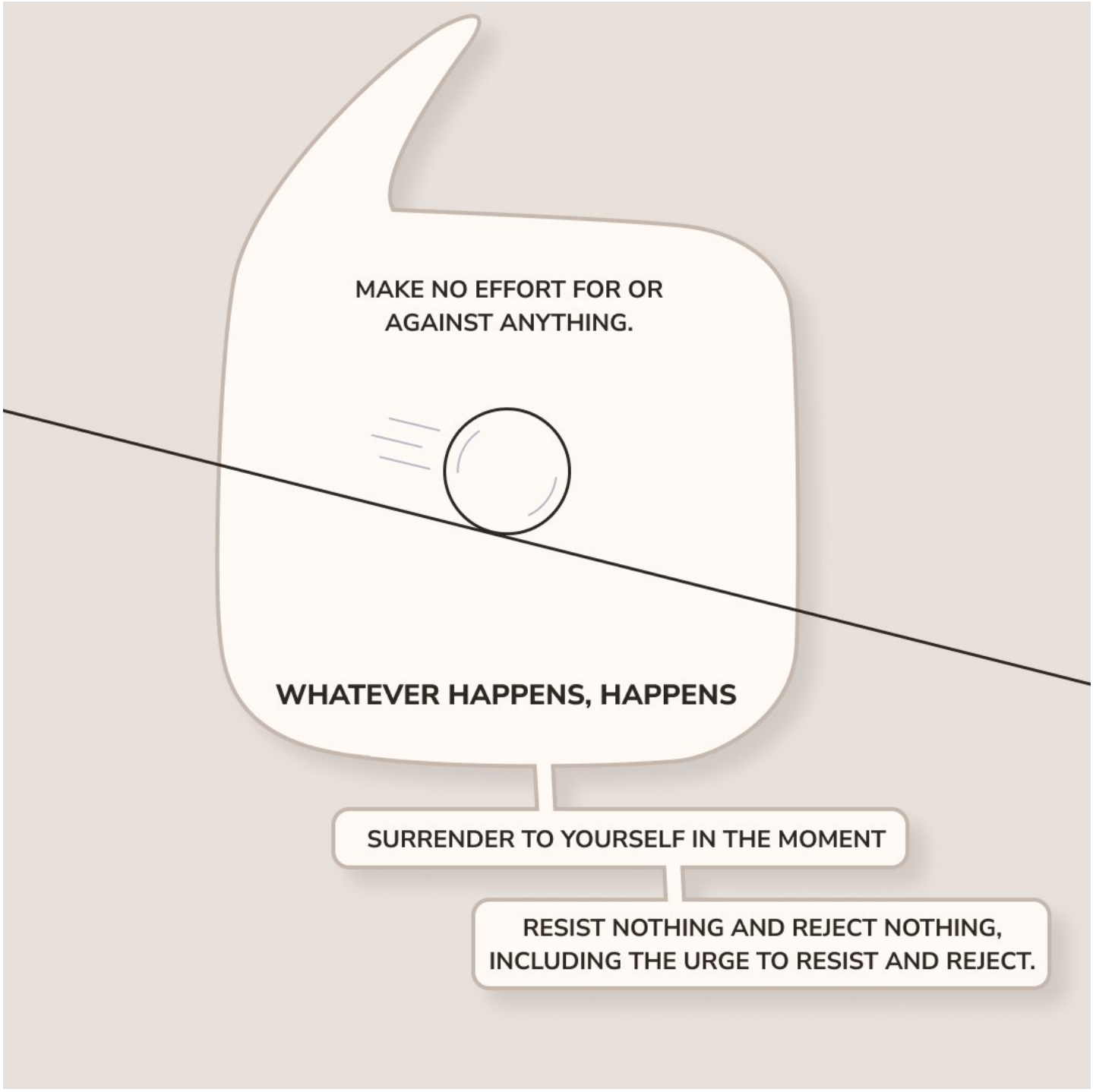

IN AN AGE OF MENTAL GLUTTONY,
MEDITATION IS FASTING FOR THE MIND.

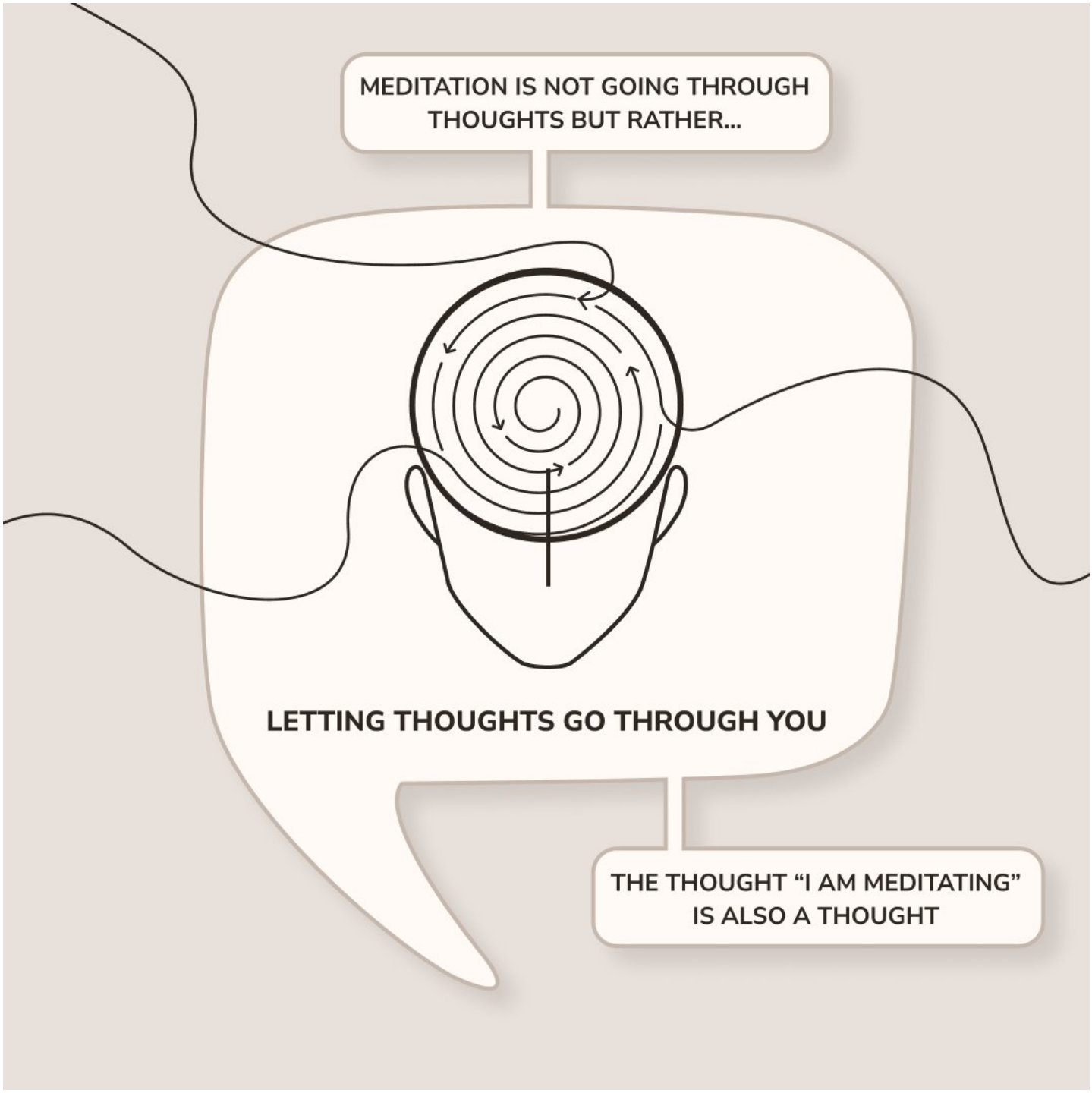

JUST AS THE SKY RAINS WHEN
THE CLOUDS ARE HEAVY,
Z
Z
AND THE BODY SLEEPS WHEN
THE LIMBS ARE TIRED,

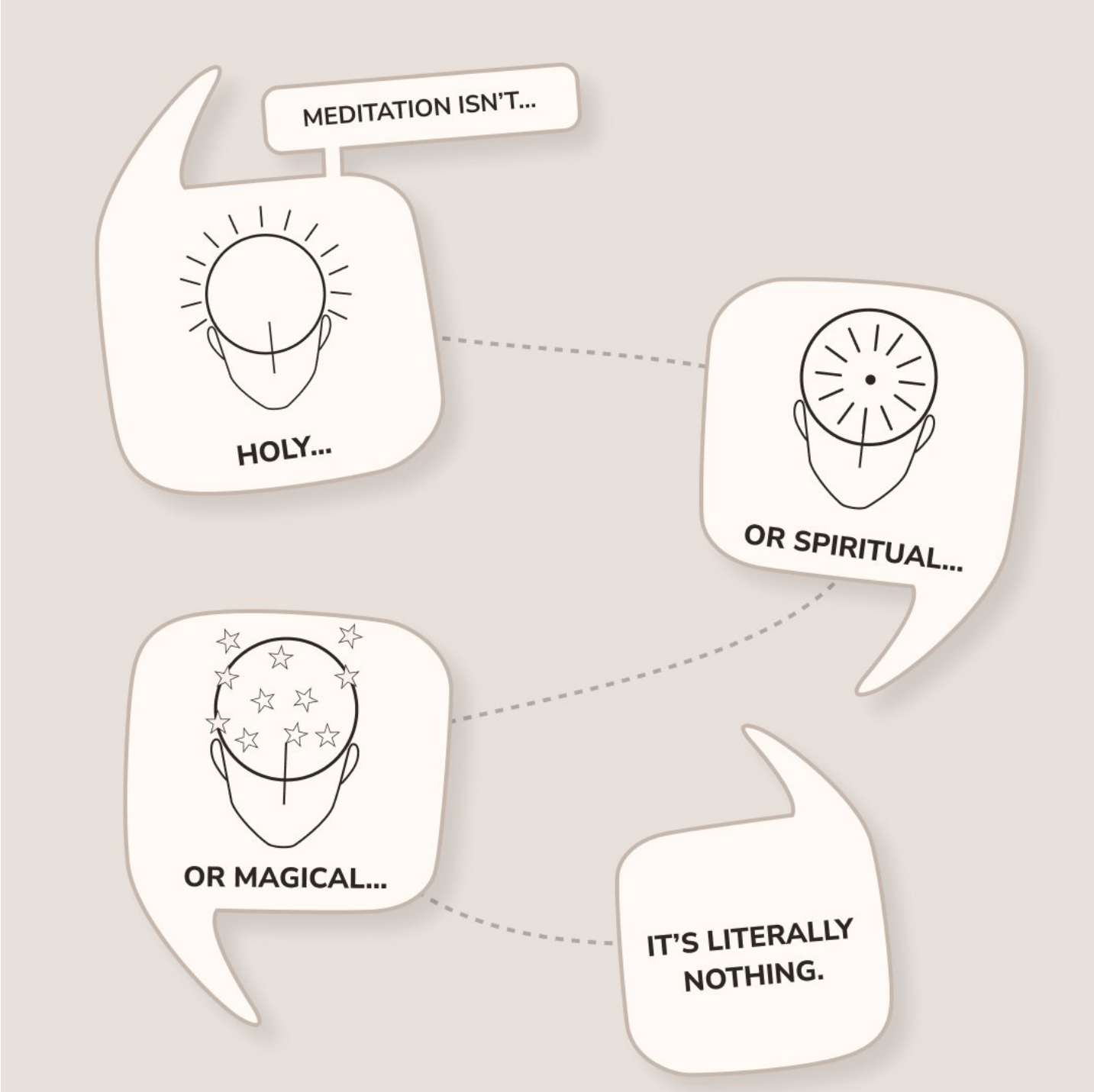

PREPARE FOR MEDITATION
BY SITTNG QUIETLY IN THE MORNING, WITH EYES CLOSED AND BACK UPRIGHT, IN ANY COMFORTABLE POSITION THAT WILL MINIMIZE MOVEMENT.


60 MINUTES ARE EASIER THAN 30,
AS IT TAKE TIME FOR THE MIND TO SETTLE DOWN.

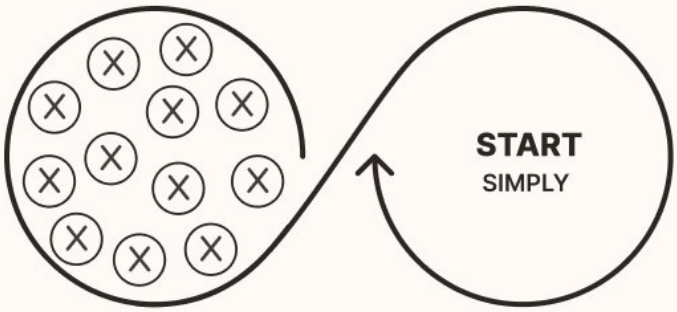

REALIZE THAT AT THIS MOMENT, YOU
ARE THE ONLY PERSON IN THE WORLD
AND THERE IS NO ONE TO INSTRUCT YOU,
PRAISE YOU, OR JUDGE YOU.


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

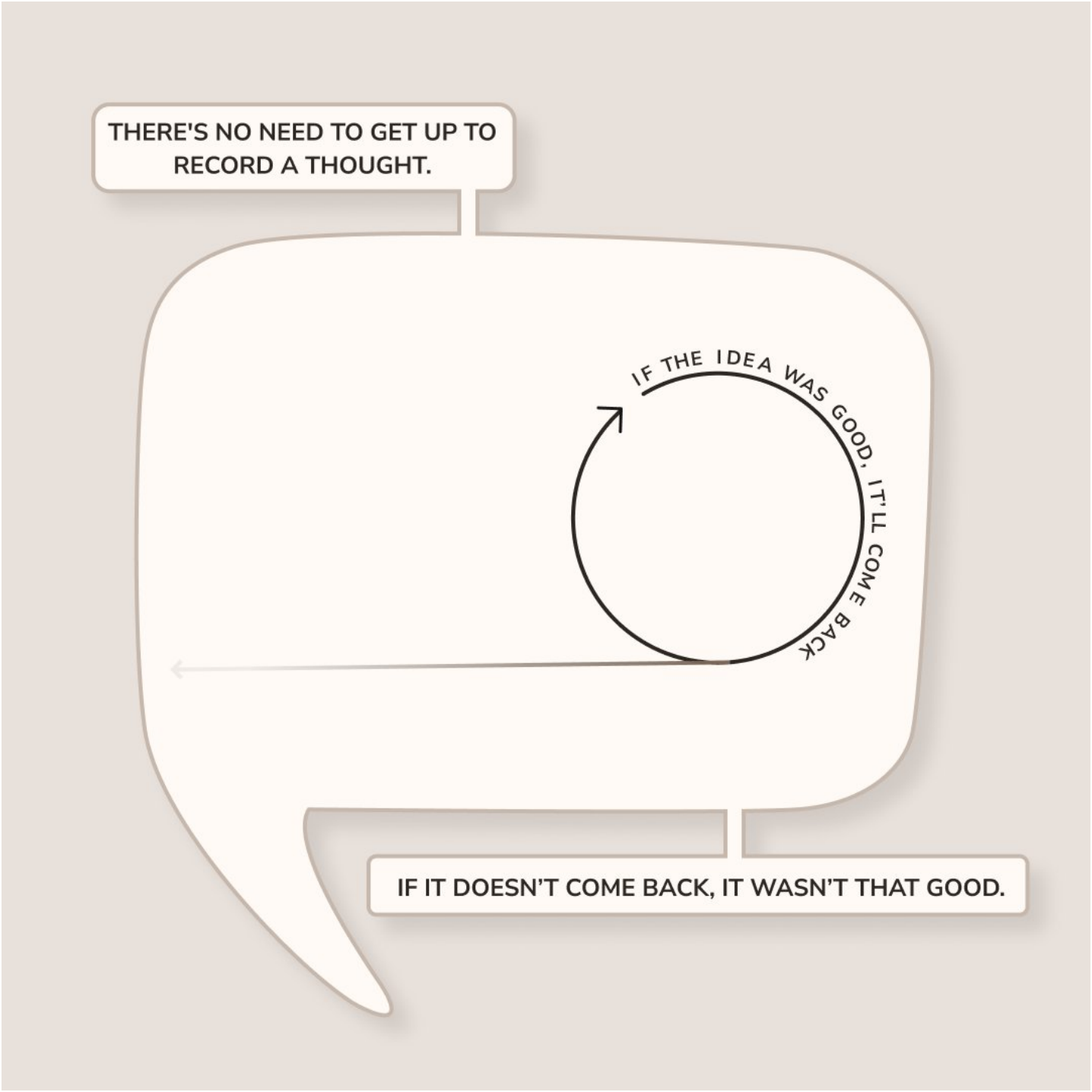

MEDITATION ISN'T...
HOLY...
OR SPIRITUAL...
OR MAGICAL...
IT'S LITERALLY NOTHING.

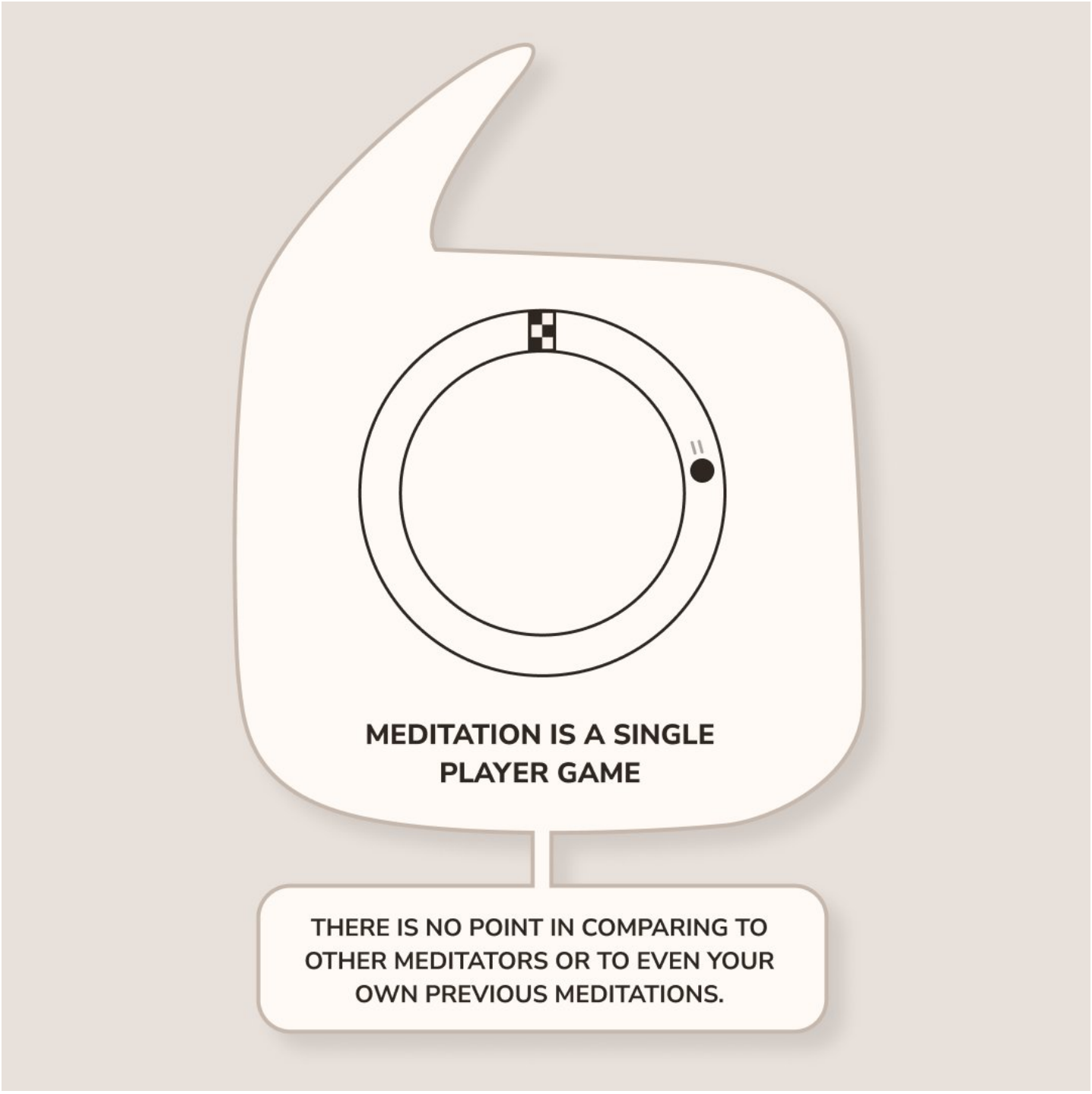
NO FOCUS, NO MANTRA, NO DHARMA, NO CHAKRAS, NO BUDDHAS, NO GURUS, NO GRATITUDE, NO SCRIPTURE, NO TEMPLE, NO MUSIC, NO GADGETS, NO APPS ARE REQUIRED.



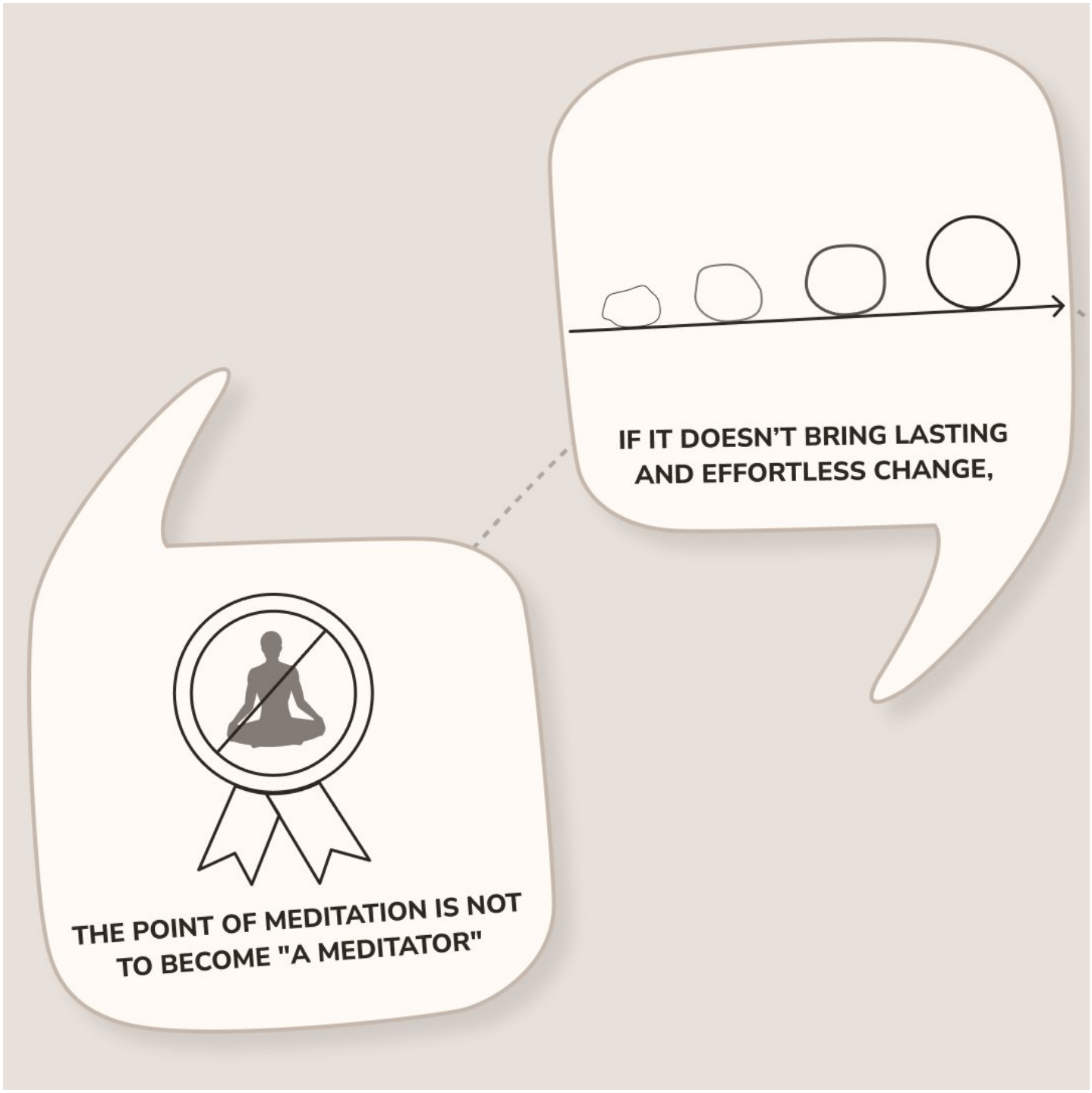
SOME MAY BE HELPFUL, BUT EVENTUALLY ALL WILL HAVE TO BE LEFT BEHIND. START SIMPLY, BECAUSE THAT'S WHERE THIS ALL ENDS.


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 THE IDEA WAS GOOD, IT'LL COME BACK
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.

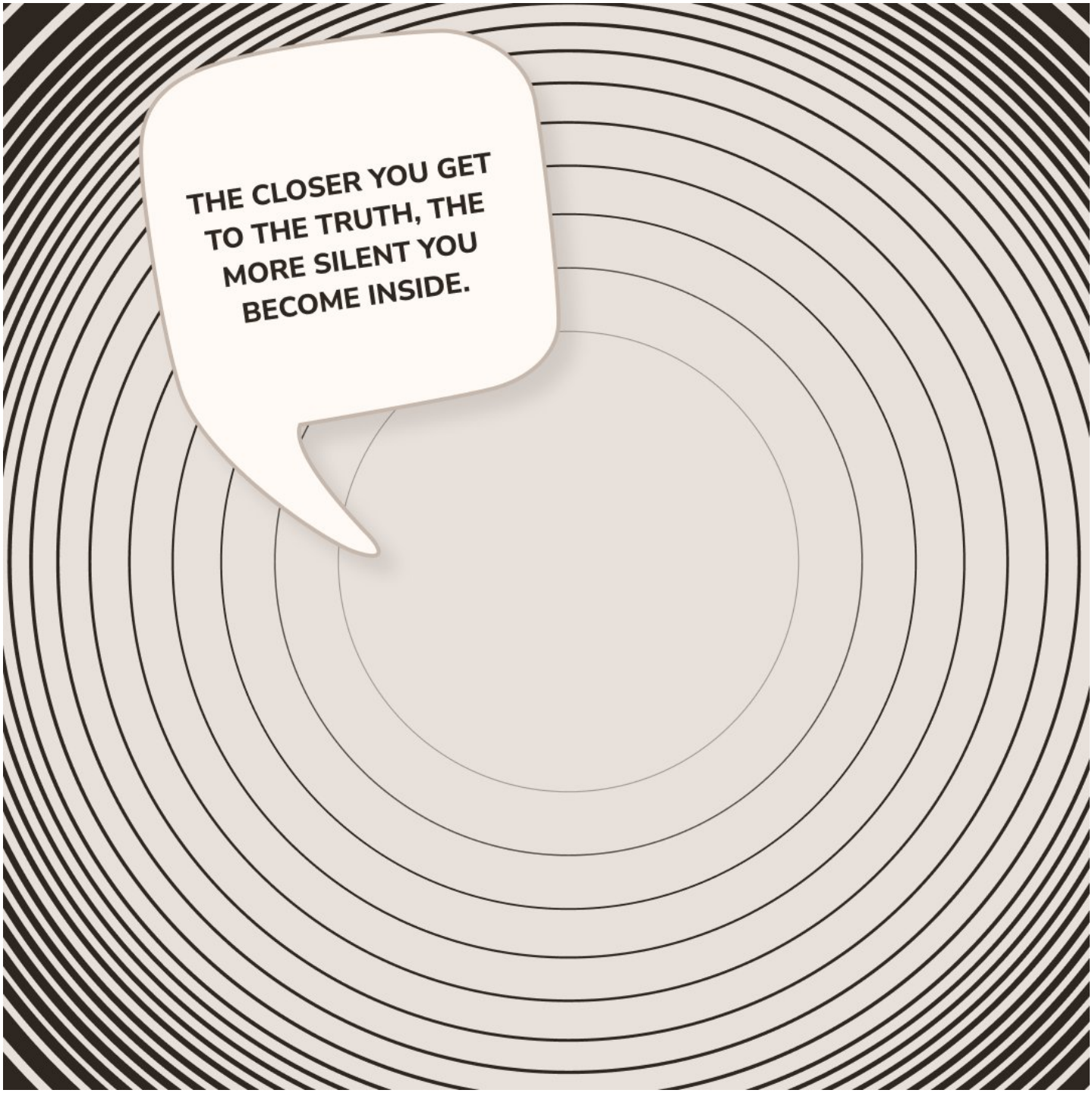

IF MEDITATION WAS EASY,
YOU'D DO NOTHING ELSE.


IF IT DOESN'T BRING LASTING
AND EFFORTLESS CHANGE,
THE POINT OF MEDITATION IS NOT
TO BECOME "A MEDITATOR"


THERE IS NOTHING TO SAY...
AND NOTHING ON OFFER.
NO ONE IS TAKING YOU ANYWHERE,
SELLING YOU ANYTHING...


YOU CANNOT FAIL AT MEDITATION.


MEDITATION
IGNORE ALL ADVICE ON MEDITATION
INCLUDING THIS THREAD


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



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