

10 WAYS TO MEDITATE

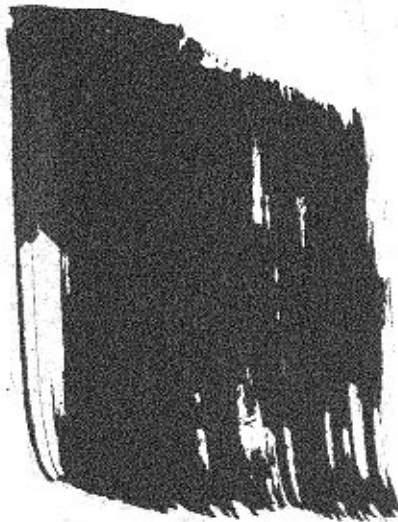
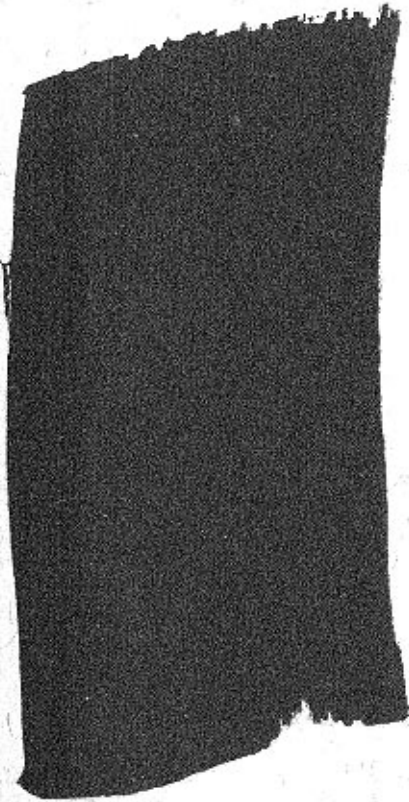
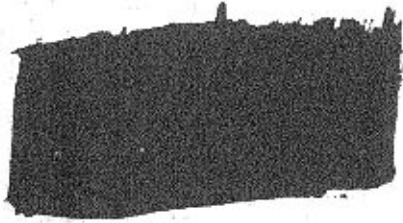


reps

SANDPAPER BOOKMARK for do-it-yourself finishing of the Philippine-mahogany binding boards. To be used meditatively in smoothing the rough edges and gently rounding the corners.
"sandpapering can be meditating too" —reps

2-2264

4955



Standing,
in the rain
isn't it
wonderful

10 Ways to Meditate

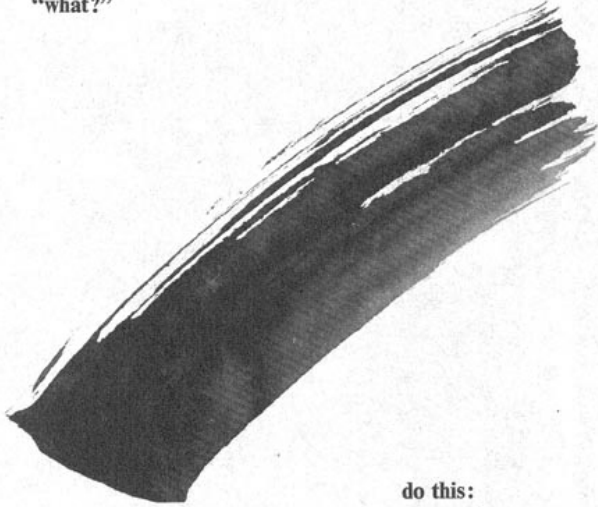
*My eye conversed
while my tongue gazed.
My ear spoke
and my hand listened.
And while my ear was an eye
to behold everything visible,
my eye was an ear listening to song.*

—Ibn-ul-Farid

“why the ink paintings?”

brushed-on
black-ink flow
let flow
shows something

“what?”



do this:
draw a line
wholly
on paper
or wall
or air

aren't we drawing
such lines whenever
we move?

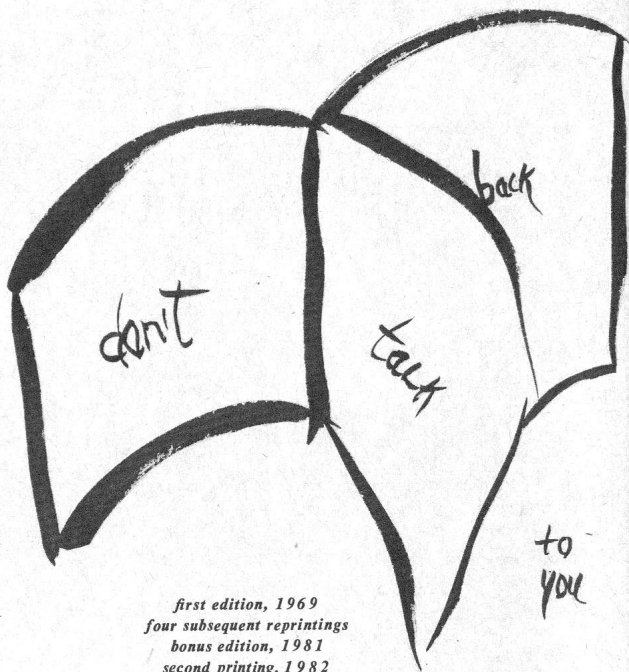
10 WAYS TO MEDITATE

words and pictures by PAUL REPS

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*meditate:
to think deeply to reflect
turns into searching INquiry
into who I am*

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bonus insert

*the ways tendered here
are beginning ones
easy to do they may
not be done uneasily
the best way for you
is yours*

LIST OF INK PAINTINGS

standing in the rain : *front endpaper*
ink flow let flow : *frontispiece*
don't talk back : 4
living on earth : 8
stones once were men : 14
uh uh : 18
is : 20
hair standing on end : 22
line of light : 23
weeding flowering : 26
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wave returns to sea : 41
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living at altitude : 46
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exploding sun/mind : 52
four authentic buddhas : 54
direct experience : *back endpaper*



to begin:

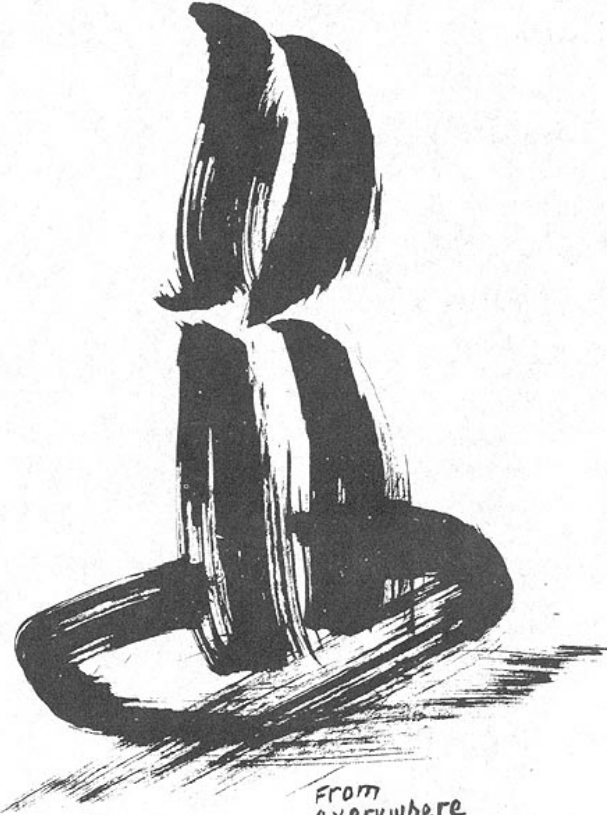
to open inner doors
men of many races and times
have used meditation magic prayer
as we now use science to open
doors outwardly

how shall you open your doors?
this book tries to give ways briefly
as tonal notes for your playing

should one meditate?
the answer is NO
if it isolates us from mankind

the answer is YES
1) if done innocently
2) if it melts instead of solidifies my-ness
3) if played experimentally
4) if born momentarily anew

don't stop here



From
everywhere
Living
on earth

COMPLETELY RELEASE ME

through the ages man has invoked
his fount of being and left images
of himself doing so

what are those buddhas doing there?
what are those shivas and sages
and egyptians doing in the great
museums of the world?
why were they carried so far from home?
to show us something?

what do they sit and stand for
honey-eyed inward smiling with soft
straight back in balance slightly
forward flexive yet firm?
we may too?

*in japan there is a practice of sitting on one's feet as in kneeling with the back
straight and still it is found most beneficial but is not named meditation or even
still sitting so one is feel-free to do it freely without any mind-bind when some-
thing is named and formalized the adventure of doing it may be (s)mothered*

TO STILL
TO BLISS THIS
COMPLETELY RELEASE ME

lie down shoes off
stretch
release face
neck shoulders
middle back
me the one who says me
then

SIT
facing a wall
forward on a low seat
both feet on ground
or crosslegged on a cushion
easy erect seeing released
as completely un-me'd
as when lying down
STILL

"bliss?" nerve juice blood juice lymph juice enzyme juice
sex juice sweat juice=life juice

continue

mind
stills

as mind attention
stills

IT-IS-AS-IT-IS
presently

"is that all?"

who is there
to ask for more?

*experience this let this experience you we sit to rest as we still we Inpower
ordinary sitting uses energy extraordinary still instills energy generates
regenerates rejuvenates only turning off as we move then begin again
open this immediate door opening IN*

訴
你
她
對
你
的
想
法。
志
待
信
六
解

you have
a pile of books
in your arms
startled
you drop them
this instant
you're meditating

you help someone
in some small way
you're meditating

leaving dream
into deep sleep
you're meditating

you sit crosslegged
like a buddha
you're *not* meditating
why?
because your mind
is itching
that itch

minding is good too
meditating is good too

an insect hums
you become it
a bird sings
you become it
you're meditating

她
閃
爍
的
眼
神
裡
也
正
告

那
懸
掛
在
雲
際
的
星
星
在

not so long ago
in india china japan
each day
one bowed a moment
before a home shrine
palms together
evoking presence
of ancestors back to
the first man

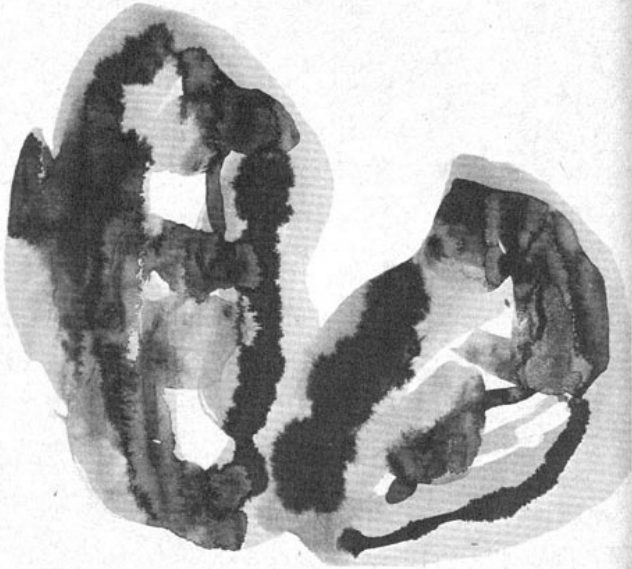
further yet
unnameable fluids
and essences
vitalizing form
are with us

there is an IN life
before words
opening in integrity
turning on with our will
not to will
to still

why get put out?
why kill?
a billion years
to grow fingernails
another billion
learning imagining

yet each moment
IN solid emptiness

清
風
吹
進
了
你
的
門
窗
你
不
要
忽
略
了
這
良
友
的
拜
訪。



stones
once were men
who sat to
become them



ENTER BREATH

experiment

if you are being breathed
10 breaths a minute
600 an hour 14400 a day
take one play day for your
breath of breath

with heart pause breath pause with single nerve pulse

eyes closed
or half closed
seeing released
l e t breathe
as you let wind blow
rain fall

enter
one breath
WHOLLY

going with not against THE harmony

“am I already in my breath of life?”
who could be out of it?
we only think us put out

STILL
sit

l e t
breathe

are in themselves deep meditating
before we name them
before we do them
on a day without complaint

*before-ing troubling melts
if the human race (you) is (are) mad (with desires) the act of still sanitizes
and puts you in breath where you belong to live long and well
at home with light and dark*



until its
Fun
better left
undone

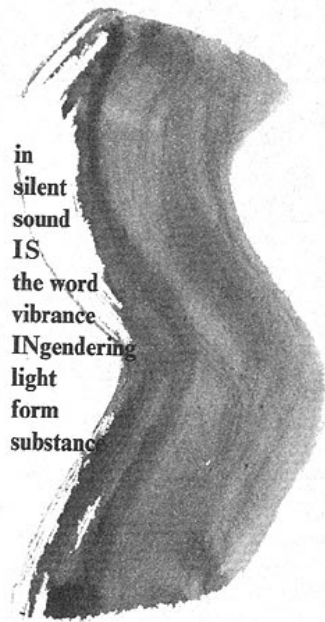
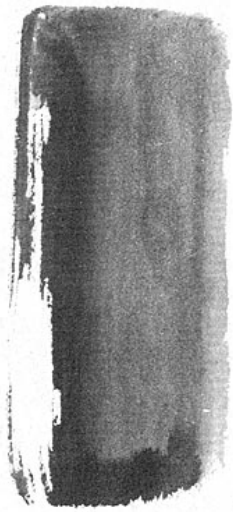
INLISTEN

3

“do we need a teacher?”
we need each one each presence
each experience teaches us something
more we need response to our
fount of BEing

there is no substitute for inner
guidance our dearest teacher
intuitively within even when without
in our re-act

*we use intuitive guidance to make a choice to walk across a room
to think to gesture women are rich in it
this same intuitive turns inward to our source of be-ing
in fact we never are away from our source
so established nothing is the matter*



in
silent
sound
IS
the word
vibrance
INGendering
light
form
substance

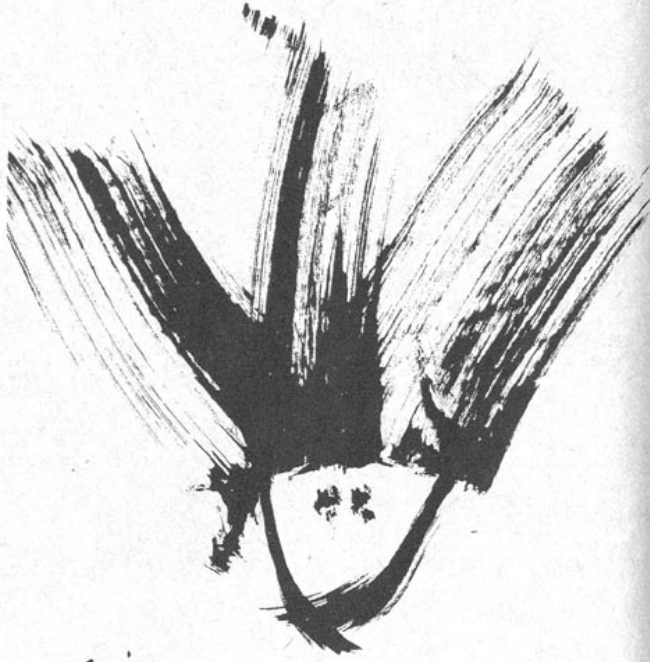
*ultra sound as HUU in coo of dove purr of cat hum of motor in wind
bell gong tone of sea do it lightly when the child in us no longer feels
moves plays draws freely (after about 5 years of age) when spontaneity dulls and
guilt shame formalisms are imposed then the imposer joins the living dead
what is an answer for you? another imposition?*

wheat in the field has been found
to grow better with music sound waves
we grow with silent sound integrity

do we listen really listen?
to what? to put out meanings?
nationalism internationalism racism
me-ism as concepts incite us

to purify me is possible
to melt think into love is possible
we are doing it most of the time
when we are not doing it

*seeds knows root knows sprout knows
in silent sound*



seeing
you
my hair
stands
on end



INLIGHT

what we do formally
we freeze
what we do informally
we free

touch finger to forehead
both object-ing and subject-ing

between these
the indescribable experience

FAR
down
your LINE
OF LIGHT
your order
will be
FILLED

let
INlight
turn on

sit in sun
or in the light of dark
seeing released

in INlight
consciousness
be
light

*"how?" before how pore see wholly see INlight is instant
it reaches through all space we are made of lightpoints "what is light?"
infrontofyouinbackoverunderarounds this LIGHT*

being alone makes possible
being alone together

what we ask
into the aroma of a flower
or a stick of incense
may turn us upsidedown
so that all we have falls
out of pockets and
everything is all right

BRIGHT

*how seriously a child plays insideout perfuming the atmosphere for miles around
clap hands for the gigantic celebration of seed and flower
helpless helpful to do anything but seed and flower*

to say what it is
 would be like
 sewing a label on a flower
 or tying a purse to a bird
 to say what it is not
 would only be another tying

weeding
 Flowering
 we pass
 your door

MOVE STILL



a seed a small thing
 potentials a huge tree
 a man a small thing
 potentials in-finiting
 grace

as breath flows out righen
 as breath flows in o p e n

*in exertion we soon self-learn to move with breath
 when we forget then impulse moves us out and lost
 we tire and don't know what's the matter
 plenty is the matter moving against ourself*

*cultivating the breath of life is the work of every plant
 shall we be less than a plant?*

**when moving
do not disturb
the breath**

**move with it
smooth
even**

*continued motion without acceleration or deceleration feels like dancing
our nerve-muscle network likes such unusual kindness
consider motion in motion*

A BONUS OF FOUR ONES:

One Moment That Lasts Forever

One Supreme Way to Turn On Our In-light

One Celebration

And one scroll for you . . .

One Moment That Lasts Forever

In talking about meditation during my visit to India, a man who had been a chronic alcoholic and a dope addict . . . related that one day he had met a holy man. (There are about two million roaming the country in India.) The holy man told him that all he had to do was to still the wheels of his mind and for about half an hour, twice a day, affirm: "Brahma's love, peace, beauty, glory and light are flowing through my whole being, purifying, cleansing, healing and restoring my soul."

He followed the instructions, knowing that he would activate and resurrect the qualities and powers of God resident in his subjective depths. He continued meditating every night and morning; and at the end of a few weeks, while meditating one night, his whole mind and body, as well as the room he was in, became a blaze of light. He was actually blinded, as was Paul, by the light for awhile. He felt an inner rapture and ecstasy and a sense of oneness with God and the whole world. His feeling was indescribable.

He had experienced what the ancient mystics called "the moment that lasts forever." He was completely healed and is teaching others how to lead a new life. He invested his mind wisely—that is real meditation.

—Joseph Murphy's "Within You Is the Power,"
p. 75 (DeVorss, 1977)

One Supreme Way to Turn On Our In-light

"How do I do this?"
As easy as A, B, C.

-A-

WE ARE MADE OF LIGHT
visible and in-visible
with countless stars
we see turning
rhythmically as suns
and suns of suns
in this
lightness.

As we accept this,
as we receive this,
we see ourselves rightly
as made of uncountable
lightpoints
one with our whole
be-ing indescribably
near dear.

-B-

"How do I do it?"
Do no-thing but
receive

your life-gift
to you of you.

With subdued exertion
on natural outbreathflow
your inbreathflow
returns rhythmically
heaping from body base
to tophead with
indescribable
lightness.

As you become the
lightness
you ARE, other feel it.
Such giving—radiating—
increases your receiving

-C-

Do not make this mysterious
or difficult. Play it.
If is the truth of our
packaging cosmos in a
grassblade, as the freeing
spirit of children,
as the flight of birds,
we earn by sweating—each atom
intepenetrating each other atom.

So much is given us for
sharing.

Tell others but in your own
words. This is as simple as
turning, turning to the love-
harmony-beauty through your
breathflow you already are
in and of.

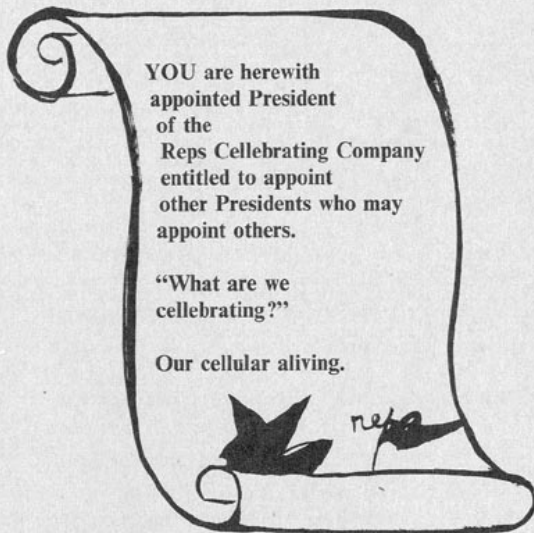
Let do.

Enter the motion silently
saturating all nature,
our nature.
Moving silently we simply
replace outgoing mind-
attention with IN
and IN this sure moving
we let all pressure off our
face, now somehow a new face
in a new world as we move
wholly.

Is this hard to understand?
It may seem so when we move
against ourselves, against our
constrictions.
Light saturates
and frees self-imposed
constrictions as we let it.

“How does this relate
to others? How do you
know it? How do you know

And one scroll for you . . .



to stand still
to move still
we will to do it
then are willing
by will we kill
another or ourself
still
we will not to will
it is so easy
we make it uneasy
to prove it

*cup hands stretch high moving slowly at the same rate of speed let palms
pass without touching over head forehead face neck torso legs
feet our + - flow awaits our guidance*

*forcing is not the way indulgence is not the way YOU are the way
out of breath a thought comes to you you ask "are we killers? we kill thousands
of bloodcells each day making way for new ones we kill as we think step
chew we organize group killings shall we meditate this?"*

*are we killers or transmuters? we are children of the one mother atomically
electro-magnetically there is no killer or killed but an ever transmuting every-
one is busy becoming everyone else we ARE together isn't it wonderful*



how can two
sleeping in
the same bed
have the same
dream

6

WAKE

we are mostly asleep when awake

“is it possible to sleep awarely?”

we say I had a sound sleep
so we must be aware of it innately
though not divisibly
senses do not sense until we INsense
why scatter into matter?

“who suffers? kills? is killed?”

no one
it's a dream

“then how do we wake from this dream?”

you already ARE awake

*waking from dream we have no more concern
with the dream participants
waking from daydream we have no more concern
with the daydream participants*

wake

wake

WAKE

*body becomes mind mind becomes whatever is in it
and when its load gets too heavy
born again is like waking*

easy as play
considerately
consider
deep
sleep
early at night
enter
deep
sleep
awake

when awake
wholly release
nerveflow
bloodflow
any thought
and
enter
your
BEing

*in usual sleep "is this my being?"
we are unaware of it why ask me
until afterwards why not ask your me
in sleep awake pre-conceiving
aware unborn
we do not re-act eternal
pervasive
here*

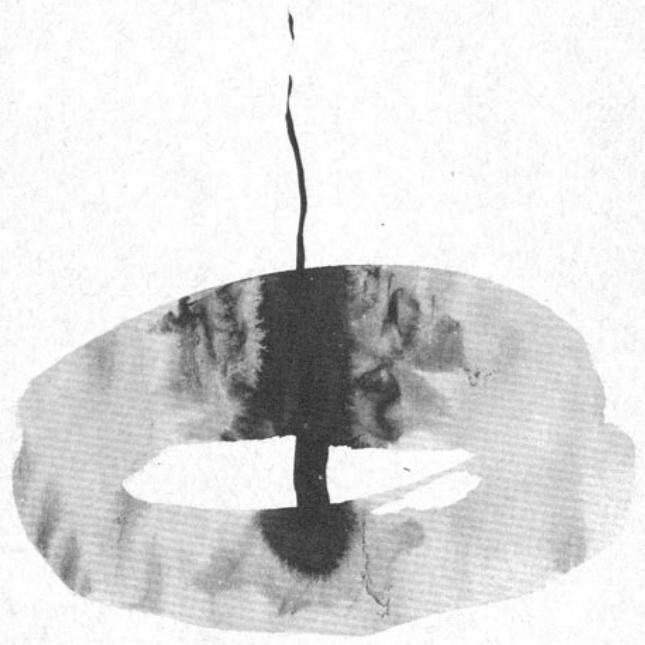
7

SILENCING

each evening
silently
observe
any thought
any feel

so simple
delightful
very peaceful too

*life is beyond closed comprehension name form
and absolutely inescapable
every product of man is spiced with error*



POOL
OF
thud

do this

actualise
space

silently

in this
SILENCING
aware

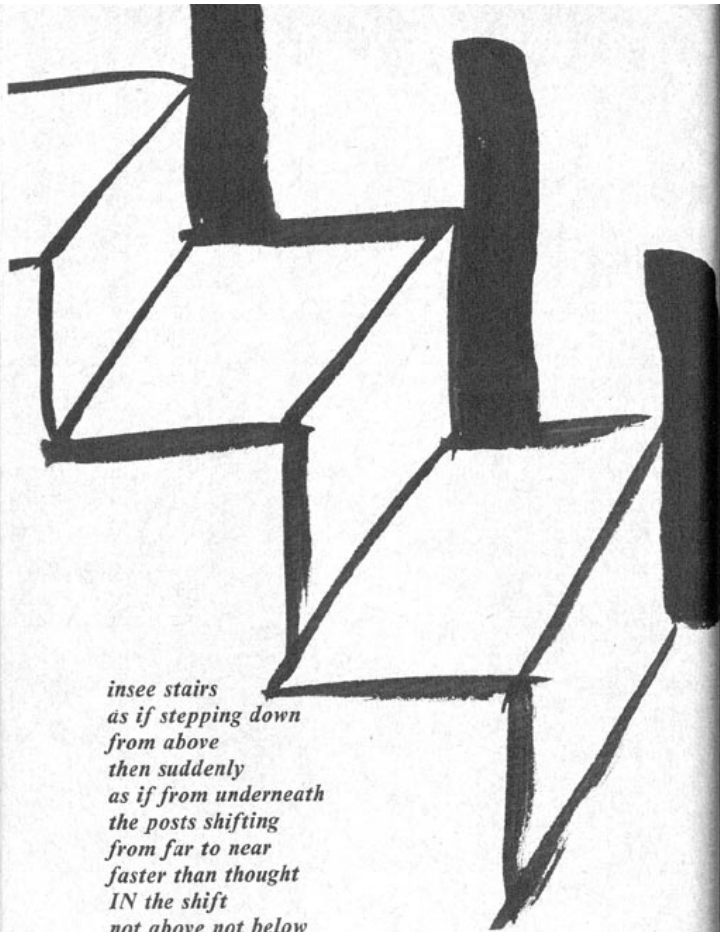
word spoken
returns to
SILENCING

a thought
becomes
all thought

busy
intertastes
still

in your
SILENCING
presence

more than yours



*insee stairs
as if stepping down
from above
then suddenly
as if from underneath
the posts shifting
from far to near
faster than thought
IN the shift
not above not below
not far
not near
IN*

8

INCHANT

“GOOD”

*a sound heard
also is self-made
a pre-sound pre-heard
initiates the inner life*

*we approve of us there must be some deep reason for this for grass growing
INsinging INsing some silent word on breaths “what word?” any word is
good as you make it so perhaps GOOD or GOOD GOOD GOOD*

positively

deep in
each one feels
I AM

who is this
innate I AM?

I AM
the heart
of each one

receptively

small i
fits into BIG I
as hand in glove
as wave in sea
immediately

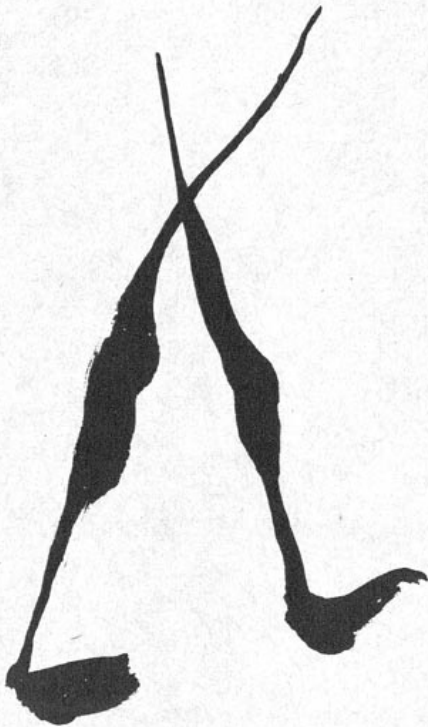
*though bodies come and go I AM never has been known to change does it not
follow that "I choose and am responsible for my thought and action"?
yes I AM*

*wave
returns
to sea*



*wave : our separative self
sea : our native thought-free state
giving oneself as another
as water flowing as effacing
of a sleepless child as leaf
in wind
effacing as greatest possible refreshment*

Planning?
Scheming?



take a
little
WALK



ACCORDINGLY

“why do we live?”

to re-present ourselves
to go with it

“how?”

we are impacted
with innumerable sound vibrances
we never hear
with myriad lightpoints
we never see

wherever we are
as we are
ten thousand impresses
come through
although we may be aware
of only a few

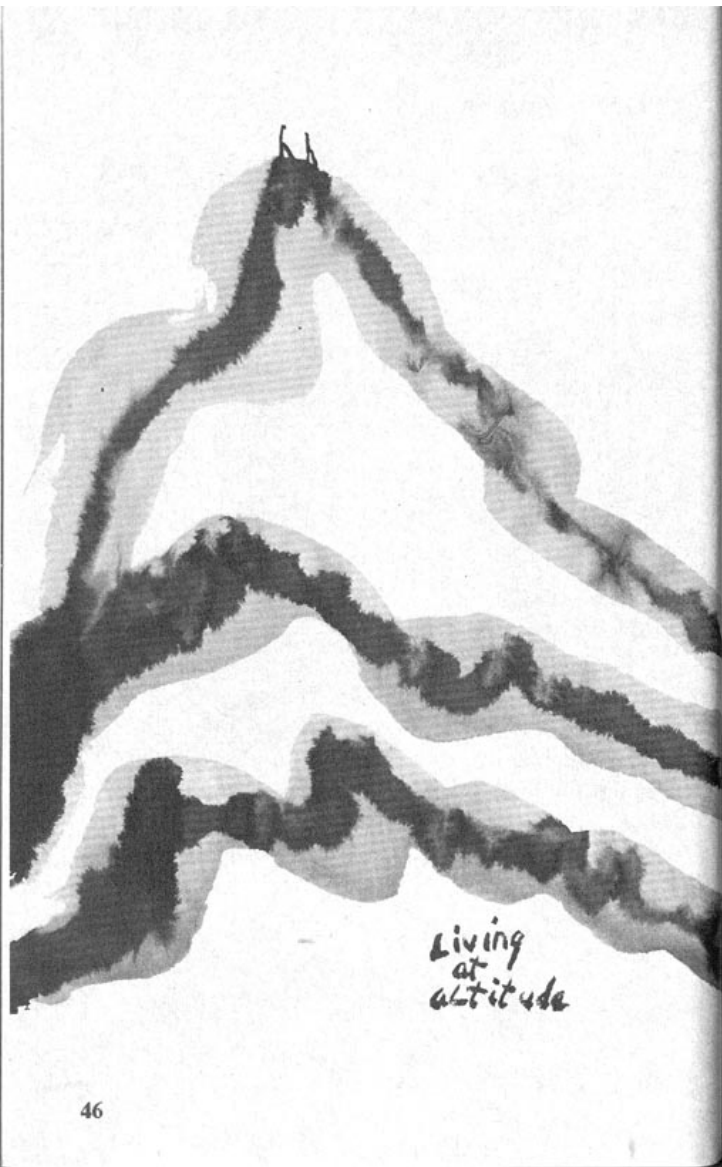
these few are for you
let it
whatever it is
through

*without re-acting to it
without imposing any value judgment on it
without weighing or saying it
simply receive*

and
selfmade knots
let go

and
it has no resistance
from us
so it passes through
so life passes through
free of me

IN perfect be-ing



Living
at
altitude

10

MIND OF LIGHT

when from some overnegative or overpositive re-act we tighten up then it knots in our back anyone can feel it as this knot is steadily pressed (mother presses child) it lets go and the congested organ and breath let go to feel better such let go precludes hurry worry and may be learned from any cat

what we do often contradicts our basic slow nerve rhythm under heart rhythm then we shorten our life with forcing fearing confusion how dangerous we are instead of spending energy for what why not release do in the do as they do in green city ching cheng in szechuan province in china where so many men and women 150 to 400 years of age live at altitude eat lightly focussing spirit life with the spirit of heaven and earth perfectly normally

we explored all out
turn IN?

as m i n d
by its very nature free
I am free of me

as me however
possessing dream
and daydream
I make myself
plenty of trouble

instead of hunting
ways out
hunt for you

find no pinned you
too aliving
to pin down
or up

laughingly

“looking inward
I find
no
thing
but
being”

come closer
experience this
experience that
now

experiencing
experiencing

in the
mind
of light
one does
not die

a naked jump into our immaterial pool of joy jump

constant changeless boundless whole



THERE IS

there is a state of formlessness in form
toss a string or string of beads in air
and as it rests in beauty
read the picture there

there is the state of love
clap hands
which hand was the clapper?
make the other one the clapper
now make both that's love

there is a state of bliss of reality
stand with both feet parallel
let eyes close
feel weight more on one foot than the other
as weight comes to exact center you disappear
this IS bliss

there is a state of perfect peace
sit most comfortably erect
let eyes close



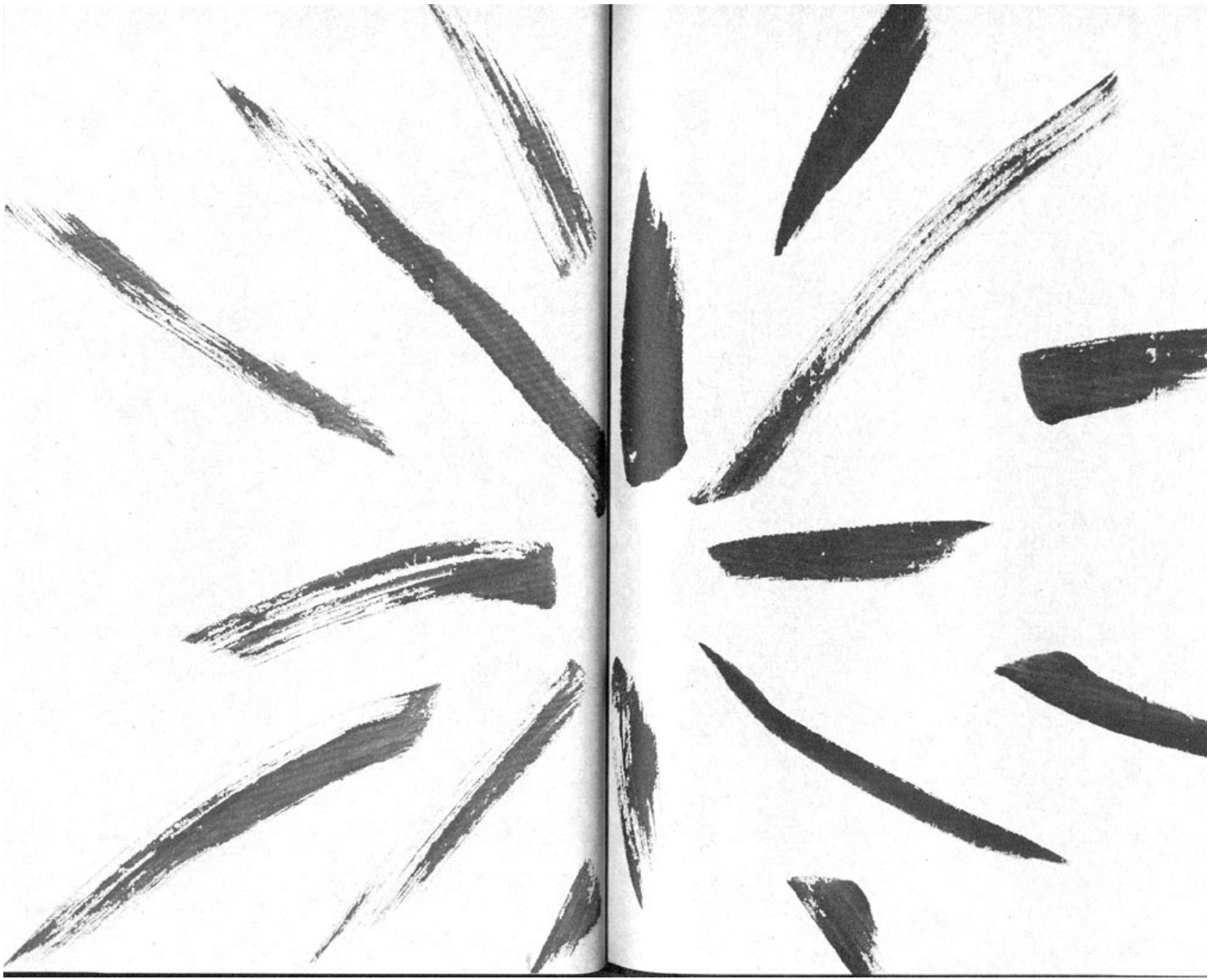
feeling the weight more on one sit bone
then the other
equally on both bones
you're in peace

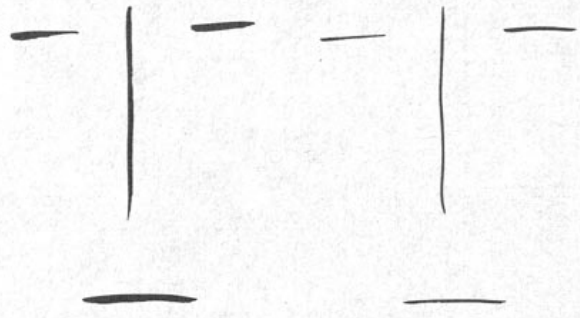
there is a state of cosmos consciousness
let move in evenly timed rhythm
without stopping or breaking
or accelerating
or decelerating
as the sunrise

there is one light equally for everyone
one love

there is one sound
one silent sound
opening the flowers and weeds
filling all needs

there is a state of BEing
just BE and you're IN it

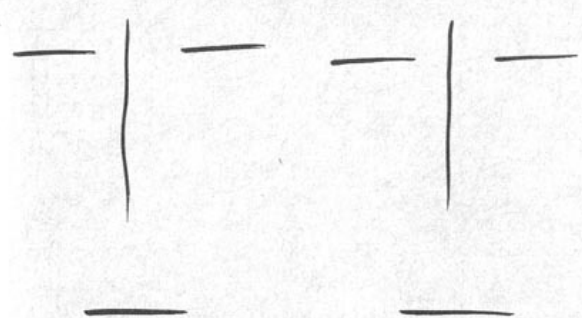




some questions, some answers "but *how* do I meditate?
exactly what do I do?"

you don't you *let* do it it is built in you are doing it already
innately in sleep in moving in sitting still all nature is medi-
tating in adoration of its BEing only we humans spoil it by tight-
ening up on ourselves and disturbing our great peace "is it *that*
easy?" not when you make it hard so let us review our ways:

1. completely release me lie down and let go then sit still as
much at ease as when lying flat just like a cat "but what do
I do with my thoughts?" do nothing as you still let thoughts
still they will in still you begin to rejuvenate
2. "how can I be still when I am breathing?" never breathe
just let breath breathe in its own rhythm let let l e t
3. "but I hear sounds" let them through as an experiment put
fingers in ears to inlisten to biorhythmic tone inlisten as a root
to insound so near so far away you do not hear but feel it
4. "do I do this in the dark?" dark or light let your insight
turn on at first imagine you are made of innumerable lightpoints
as you are turn on your bright
5. "but I must move" naturally when you are moved only
don't move against yourself let move smooth gently even IN
moving is meditating too



6. "how can I wake when I am already awake?" let wake more
love it wake to inmost you as well as to outer things waking
is BEing

7. "is silencing the same as still?" in still our whole life is given
us sometimes in silencing it becomes powerfully invibrant
presence

8. "is this good?" inchant "good" and discover for you no
one can do it for you we are both wave and sea don't miss
your sea effacingly

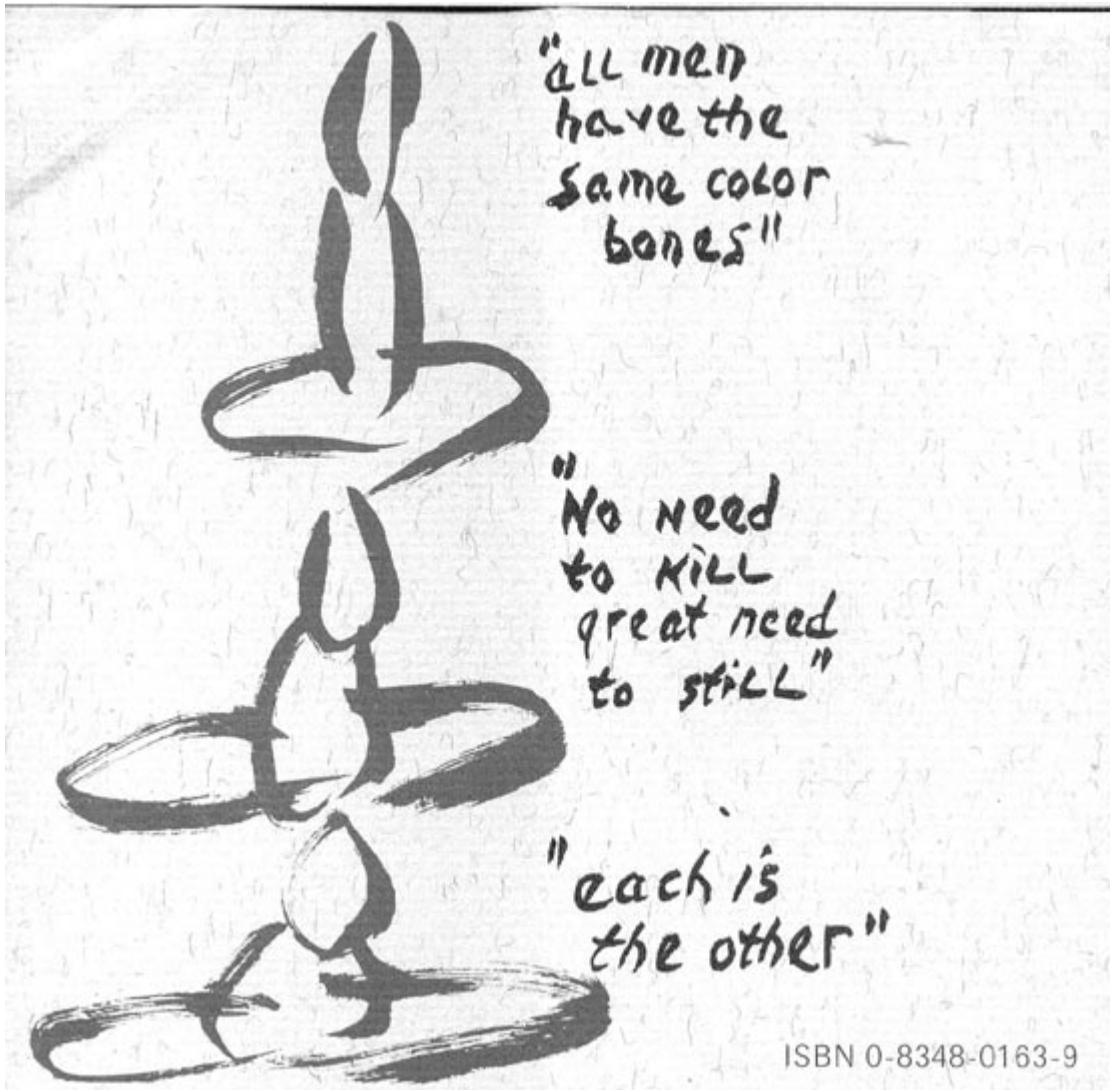
9. "but I have many responsibilities" we all have but don't
lose response-ability going with it

10. "have we a mind of light?" we do not have mind we *are*
mind you may name light or insound vibrance or whatever you
choose experiencing is more than naming more than thinking
more even than BEing or effacing this more let through you

"is there a school where I can learn this?" yes yes wherever
you are whatever you are doing teacher and learner are in
you 10? 10,000 ways to learn and teach and INreach thank
you for your life



direct
experience



"all men
have the
same color
bones"

"No need
to kill
great need
to still"

"each is
the other"

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