



## The “Right” to Meditation

For centuries, people thought of meditation as something exclusively reserved for robed men in the mountains of Tibet. Yet, as one can gloriously see, times have changed and people of all classes, races, ages and backgrounds have adopted the art of meditation as a form of self-mastery and self-therapy. From stay-at-home moms to Fortune 500 CEOs, everyone is benefiting from utilizing this magnificent ancient practice. Yet, if everyone is utilizing meditation and “benefiting from it,” that would surely mean that everyone could teach it too, perhaps even without asking for exuberant amounts of money or that proverbial pledge of allegiance. And if that were so, why should one not go to them instead? What is it that one learns here and nowhere else? Well, you see, when you have no reference to what is right, you will never know when you are being taught something wrong. And unlike many others, I am not following a self-serving agenda and thus have no problem to teach you the right way to meditation!

In this day and age, it seems that being a yoga practitioner or spiritual enthusiast of any kind, qualifies one to become a meditation guru almost automatically - whether one knows anything about meditation or nothing whatsoever is just an insignificant detail no one needs to talk about. Such way of working, however, has unfortunately misled many people into thinking that they are receiving an adequate education into the sacred Eastern practices, simply because they hear one of the many self-proclaimed “gurus” regurgitate what they had read or learned from someone else without really grasping the underlying truths and wisdoms at all.

Meditation is not a field that calls for you to attend a few courses, answer a few multiple-choice questions so you can be certified and feel adequate enough to teach it. Proficiency in meditation is something that must be earned through personal experience in order to fully understand what cannot be explained with words alone. Thus, in order to teach it, your experience must span decades of demonstrable mastery in the *realms of thought* and *physical adeptness*.



Anyone can claim that their experience with energy work spans years, if not even decades, but few of them, if any, have proof to show for their efforts. After all, I ask you: How many of them can demonstrate extraordinary feats, such as superhuman strength or the ever so evident age-reversal I have mastered without any external assistance? How many can show the impact their adeptness in the worlds of science and spiritualism and the positive change their use of practical philosophical approaches had on the lives of hundreds, by now perhaps even thousands, of people around the world, while bridging the socially perilous gap between religion, science and spirituality?

I am not asking these questions to boast about who I am - there really is no use in doing so. Rather, I am asking these questions to highlight the importance of understanding and vetting your “gurus” before blindly following their advice, which so often can lead you astray, if not even cause you harm whether you consciously know about it or not.

Sometimes people look at me and dismiss me as just a young, good-spirited, yet dewy-eyed guy. Well, to those I say: As long as the world is spinning, there will be nay-sayers and haters - but let them talk and let them tweet. People dismiss what they cannot understand. But to you, my fellow student, I will say: Don't let my youthful appearance fool you. In fact, let it serve as proof that what I teach is the real deal. Don't take it for granted if what you seek is to become the greatest version of yourself. And to do so, you have to understand the following:

**Everything around us is energy. Our bodies are made of it and science has proven this as fact. We are living batteries that absorb, hold and emit electromagnetic/light energy - one of the four forces of the Universe.**

This force makes up everything in existence; everything you can see and everything you cannot. From every subatomic particle in your body to every particle outside of it, everything is *electromagnetic energy (light)*.

The second major force in the Universe is *Gravity* and it is the only force that can affect electromagnetic frequency. Gravity is the only thing that can attract, trap and distort light. This is



a pretty compelling fact to remember when you consider that everything we perceive as solid matter is actually made up of the very same light energy that gravity can bend.

Do not, however, misunderstand the type of gravity we are referring to. We do not speak of the gravity that holds you to the ground. That would be like comparing electricity to the electric feeling you get in the pit of your stomach, when you meet that special someone.

One energy is a more crystalline form of the other. A fair comparison would be between an infant and an adult. Neither looks very similar to the other, yet they are both human beings. But how does knowing that help us grasp the right way of meditating?

The answer is simple: Because mediation starts, ends and happens solely in the *mind*. As quantum physics and Noetic Sciences have proven, thoughts produce gravity. And the mind produces thought; and the secret sauce - so to speak - lies in its correlation. (More on this in *Manifestation 101* and *Attracting Wealth*).

This gravity is constantly attracting and distorting the electromagnetic energy in and around you. Perhaps you have heard the wise say that your thoughts create your reality and now you can understand why. It is not just some old-age wisdom, those wise men in white beards - as we so commonly depict the “wise” - say. No, as you can and will see for yourself, as you proceed through the levels of Thought Mechanics®, thoughts literally DO create your reality!

The human mind produces a new thought roughly every six seconds. People with ADD/ADHD produce new thoughts every 4 seconds. Think about how many thoughts have popped into your mind, since you began reading this essay? Lots and lots of thoughts ... and each of them is producing gravity, and that gravity is attracting and distorting your current reality. Thus, it would seem that if you begin to think about or visualize the things that you want in your life, they would essentially be attracted to you faster right? NOT ON YOUR LIFE!!!

**The reason for this is that we actually spend more time thinking about what we do NOT want, rather than about the things that we DO want.**

Why else do you think that the people we dislike have such a hold over our lives and the people who are kindest to us we often take for granted?



Everything in and around you is creating noise, like a runaway orchestra without a conductor. Your friends, your loved ones, all your lovers, enemies, your work, vacations, any partying, shopping, the cars and homes ... all of such things are noise.

The Universe/God whispers the answers to our guts and hearts. But most of us have become so used to all of the noise around us that we have sadly forgotten how to listen. We've lost our ability to recognize the subtleties as well as the nuances of our lives, and have grown accustomed to complaining about the lack of opportunities in them. *Keep turning up the volume on anything and you'll eventually hear nothing.*

Meditation is imperative to your overall wellness and prosperity, because when you are able to silence the mind, you can see things more clearly and make better decisions. You can keep from becoming anxious or stressed, which in turn inspires others to remain peaceful and receptive toward you.

The highest and most coveted form of mental yoga is thoughtless or transcendental meditation, and very few people in the world are qualified to teach it. It requires time-honored ancient techniques in order to calm the mind until it eventually becomes thought-less. With a lack of thoughts being produced, there is also a lack of gravity, and with a lack of gravity to distort and trap light, electromagnetic frequency is free to flow in whatever directions it needs to.

**THIS** is what allows manifestation to take place faster, because the biggest obstacle standing in the way of the Universe manifesting what you desire is **YOUR MIND**. As stated previously, the body is a living battery and just as all batteries, it eventually loses its electrical charge. When that happens, illness begins to appear, until all of the charge is spent and there is nothing left but death. Maybe now you will understand better why children have so much energy; they are starting life with a full charge.

So where does this electrical charge come from, you ask? From all around you! Why are we not recharging by default then? Well, the issue is that many of us are **NOT** absorbing enough electromagnetic energy into our bodies, because of the barrier formed by the gravity of our erratic thoughts. That is one of many reasons we have to make use of meditation: In order to pull in that energy and recharge our batteries, so we can remain healthier and younger for longer.



Even modern science has begun to recognize the amazing benefits of meditation. Yet, without a shadow of a doubt, there is no meditation more miraculous than thoughtless meditation.

**Where there is an absence of gravity, life is free to flow and can do what it knows best: THRIVE!**

The body answers to the mind just as a car answers to the driver. A weak or inexperienced driver is a danger to himself and others, even if it were the safest car ever made. We meditate to give the driver the clarity of mind necessary to make better decisions on the intricate and oftentimes winded road of life.

“The Mind is King,” you will so often hear the most successful people say, and unfortunately there are not enough hours in the day to describe all of the ways that this is true. But the great part is that you don’t have to go about searching the world for the right meditative technique that will change your life forever. It’s right here in this very School of Mind Mastery in front of you.

There is a secret paradise, a Garden of Eden if you will, within your very own mind and you don’t have to wait for the afterlife in order to experience it. You can access that paradise as you are living today, right now, and you, too, can have the peace you’ve always wanted. What do you say: Are you ready to be closer to the Source than ever before and unlock all that God has in store for your life?