

ON MEDITATIVE THINKING (MT): AWARENESS

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The way of life in today's world is structured and linear. This arrangement results in an unnatural interpretation of time and the rhythm of life. A call is issued to re-discover the natural rhythms of life and to put the modern lifestyle in healthy relation to nature. In so doing, one goes with life rather than against it and the interconnectedness of our place in all that is and all that will be is revealed.

One naturally moves with that which is present: *musings* and *contemplating*; *pondering* and *reflecting*, with that which comes and goes, in awareness.



Meditative Thinking MT

Let me if you please present a very short lecture On Meditative Thinking (MT): Awareness:

I am aware therefore I am. In conclusion, awareness is.

With the lecture now presented it should be understood that the themes: *musings* and *contemplating*; *pondering* and *reflecting* are integral to Meditative Thinking. For people with an intellectual bent of direction Meditative Thinking displays a new horizon.

What occurs when one lets the mind work on its own the mind shifts from *musings* and *contemplating*; *pondering* and *reflecting* that are an integral action. This occurs without focusing on anything in particular. Example: You have something that is problematic or a particular idea. It is in mind. Now let go. Go for a walk. Come back refreshed and let it come together.

Meditative Thinking (MT) is to *empty* oneself and let the mind work on its own.

THE WAY OF MEDITATIVE THINKING (MT)

One can do this meditation while walking with mindful awareness.

This breaks up the monotony of uninterrupted sitting. It is a way to practice extending the mindfulness with movement and activity.

Just walk back and forth in an area of your choice that you feel comfortable.

- Begin by walking at your usual pace, following your breath as you walk.
- Coordinate your breathing with your walking.

Take four steps for each inhalation and four steps for each exhalation.

Look ahead of you, with your eyes lowered at a 45-degree angle.

Be relaxed and comfortable as you walk.

- Enjoy your steady, mindful walking for as long as you wish.

Should your attention wander or you start to hurry, gently bring your attention back to your walking.

Notes

Musing-Introspect; reverie; depth of thought; creative thought; creative imagination; poetic imagination; lateral thinking; esemplastic imagination; shaping imagination; allude to; touch on; make reference to; opine; afflatus; infusion.

To become absorbed in thought; to turn something over in the mind meditatively and often inconclusively; wonder; marvel.

Contemplating-Envisage; envision; have in view; meditate; notion; speculate; study; look over; examine; careful look; hard look; inspection; a vetting; survey.

To view or consider with continued attention; meditate on; to view as contingent or probable or as an end or intention; concentration on spiritual things as a form; a state of mystical awareness; an act of considering with attention; the act of regarding steadily.

Pondering-Consider; play with; perpend; speculate; retreat into one's mind; coquet with the idea.

To weigh in the mind; chances for success; to consider quietly and deeply.

Syn. ponder; meditate; muse; ruminate.

To consider or examine attentively or deliberately. Careful weighing of a problem; prolonged inconclusive thinking about a matter of one's thoughts on something so as to understand it deeply on the meaning of life. Going over the same matter in one's thoughts again and again but suggests little of either purposive thinking.

Going over again that which is significant enough to be worth considering.

Reflecting-Illustrate; demonstrate; exemplify; project; prefigure; pretypify; adumbrate; call attention to; observe; recollect; remember; bring to mind; call up; evoke; recapture; call back bring back; revive; review in retrospect; go back over; echo.

To make apparent; to realize, consider; to express a thought resulting from reflection; to bring about a specific appearance or characterization; an image given by a reflecting surface; a thought or form as a result of meditation; consideration of some subject matter, idea or purpose; turning back; thoughtful; deliberative.