

MEDITATION PRESENCE

#01.STUDY,CONTEMPLATION AND MEDITATION

To enable the truthful understanding of oneself in order to find healing,peace and joy,one needs be equipped with the knowledge through learning from teachers and books,spend time to understand through contemplation,and finally and most importantly,to get into the actual exploration practice of meditation.

Study/learning are external information or what others have to say.These can only become ideas.

Contemplation allows external ideas to be understood and organised to become useful for the actual process of understanding.

Meditation is the actual process of experiencing, verifying and digesting these ideas without which there will be no internal understanding.External ideas without internal understanding can never become the Truth.Truthful ideas are untrue unless verified through meditation.

#02.SHIFTING INTO SPIRITUAL WORLD/REALM ESSENTIAL FOR MEDITATION

An essential criteria whether or not a person does meditation is his ability to transform his perception into his spiritual world/realm.

This transformation takes place when a meditator begins to perceive sensationally,visually and audily objects and forces he does not normally perceive with his 5 sense organs or thinking mind in his normal everyday sense.

It is like opening a bag.The contains normally do not look the same as the irrregular appearance on the outside surface of the bag.The surface feeling and irrregularity is comparable to everyday life,the contains within is the spiritual reality.

#03.THE REAL WORLD WE CREATE THROUGH OUR EVERYDAY ACTIVITIES OF THOUGHTS,ACTIONS AND SPEECH

During meditation,our body appear completely different from how we normally feel.It reveals the actual shapes and feeling of our condition rather than the manner which we see and feel with the normal perceptions.These shapes and feelings are what we have created through everyday thoughts,actions and speech,enhanced with emotions,condensed and remembered by the body and consciousness.

#04.THE UNDERLYING MASTERMIND OF OUR DAY TO DAY LIFE AND HOW WE DEAL WITH IT

These energetic forces of memories are non-stable but remain active all the time,projecting us to the events and consequences of everyday life. Memory of every of life experiences and our habitual patterns of thoughts,actions and speech fight to outdo one another(causing conflicts)the winner gets to express itself through actualising situations.

When we make decisions,it actually means that one of these energetic forces wins over the other.

Without meditation,such forces cannot be neutralised but increase,enrich and empower themselves continuously.

#05.PAIN AND DISEASE PROBLEMS ARE MEMORIES OBSTRUCTING PHYSIOLOGICAL FUNCTIONS

The continuous creation,compaction and accumulation of memories which are unevenly stored cause suffocation and blockages resulting in pain and disease problems.It also projects the mind far up and away from body causing fear panic and disharmony.

Medical interventions through drugs and invasive procedures provide physical remedy or

relief often without addressing the energetic spiritual issue. Healing can only come from meditation which switches the mind into the energetic/spiritual counterpart to unload and dissolve these suffocation and blockages.

#06.MEDITATION TO ENABLE PROBLEM SORTING AND PREVENTION

Meditation enables the switching of mind into a state whereby the underlying forces that determine our body's condition and everyday life can be revealed and sorted out to reduce harm and become well and happy.

Genuine meditation must enable the following 2 aspects to happen:

Perception(sensationally,visually and auditory)

Changing,dissolving and clearing(these involves strict observation of meditation rules)

#07.SPIRITUAL WORLD-PHYSICAL WORLD

The spiritual world is the world when observed through meditation while our everyday world is the everyday reality we are in.

Through the practice of meditation,the spiritual world becomes revealed.This revelation makes us realise the 2 essential components of our being comparable to the 2 sides of a coin.Duality exist in every situation like days and nights.

Without regularly connecting to the spiritual world,people will be lost in fear,panic and confusion.With familiarisation of the spiritual world through meditation,one becomes fearless toward uncertainties of life,develops clear sense of purpose and direction in life while difficulties and disease problems become eliminated.

Physical reality is comparable to images reflected in a mirror and spiritual world is the where the actual objects are placed.Through meditation real changes can take place.If a person doesn't like the objects in the mirror,he should move the actual objects rather than hiding them with shadows.Physical actions are the shadows that hide the objects.They do make changes but on the other hand,more tangible changes are possible through meditation.

#08.KARMA

Now you see that our everyday events and decisions are determined by a behind-the-scene mastermind.This mastermind is actually our own creation.The first time we are the creator but after that we are the servant to our own creation.These happen in a cause and effect,action-reaction manner.This is the meaning of the word karma.

#09.EHIPASSIKO

This truly is an interesting and rewarding journey.Ehipassiko,go in to see for yourself! Be the true warrior!In the words of Buddha,one who trains his mind to win it back from his karma is a brave warrior more superior than one who wins all his enemy in ten thousand battles.

Do not be the frog who spends his whole lifetime in a well thinking that the well is the world and the sky the universe and he knows them thoroughly well.One day when he jumps out of the well he sees and big strange world,become terrified and jump back in.He prefers to believe that he owns the world and the universe.

#10.THE SECRET CODES OF ENTERING INTO MEDITATION

There is a door that separates your spiritual world from your physical world.Without knowing such a door exists one will be doing all the familiar activities of physical world thinking he has

entered into his spiritual world. Such actions can have disastrous consequences for the person by causing confusion caused by mental activities that do not conform to the conditions in the physical world.

On the other hand if one knows about the existence of such a door and is able to open it, move in to observe the rules and do the right things, it brings tremendous benefits and rewards that can be reflected in the physical world.

The principles and rules are as follows:

a. Meditation is for the purpose of freeing the mind from thoughts

b. The purpose, direction and goal of meditation is to empty oneself from defilements and enslavement caused by memories manifesting as thoughts

c. Presence through body-feeling is essential to enable the freeing of the mind

d. Once entering the spiritual world, the real energetic forces that propel physical events and actions become revealed

e. Meditators must maintain working on the meditation job in order not to be distracted or deviated from the meditation purpose.

#11. THE MIND IS NOT THE THOUGHT

A pre-requisite for meditation is a clear understanding that the mind is not the thoughts. Thoughts are memory which are dynamic energetic forces projecting themselves for self enrichment and empowerment.

Such a process draws the mind up from body at the same time draw in non-vibrational homogenous cosmic energy (emptiness) and convert it into vibrations carrying frequencies in the subject of thoughts.

Such thoughts add on to the existing load of memories.

The new set of memories formed carry fragments of the mind which is no longer available to support the life mechanism of the body.

Memories are vibrational energetic forces which are active, non static and unstable thus becomes easily aroused into activities that attract conditions to project. Because of the projecting nature of memories which not only cause a person to react habitually to situations but also draws events into life's situation or lead the person into events and situations according to its projection. Therefore every memory is karma, all of our past, present and future are karma because they are products of, and produce causes and effects. A chapter discussing about karma will be written.

MIND IN THE BODY IF NOT ABSORBED BY KARMA IS LIFE THAT SUPPORTS LIFEFUL FUNCTIONS

Mind taken away by karma through thoughts and emotions become fragmented into countless parts and projected up and out.

Memory become condensed and stored into the body in lines and folds charged with information thus creating blockages.

The continuing projection of karma remembered in this manner thus enslaves the person.

#12. MEDITATION RESCUES/FREES THE MIND FROM THOUGHTS

Meditation is an activity (of a type completely different from normal activities inspired by thoughts) to insist on keeping the mind to the body.

When the mind is kept in the body, karma projecting itself through thoughts is deprived (refused) of the essential raw material mind to coagulate with drawn-in external cosmic energy forces to form new memories. The projected karma thus becomes destroyed to that extent because of deprivation in the manner like a fast growing tree not getting sufficient water. When that part of karma becomes dried up, the mind that was previously entrapped and enslaved by it becomes freed and returned to the body to enhance life, thus healing takes place.

This same process continues to liberate the mind until it becomes extensive. Mind liberated in this way is so refined that it cannot be kept in the body but radiates to re-connect with the fine cosmic energy of the universe.

#13. WHAT MEDITATION IS NOT

Meditation is not:

Focusing or concentration

Contemplation or deep-thinking

Idle or appealing thoughts which are essentially day-dreaming

Visualising of a desired effect like building qi energy in the body, intending the qi to flow, or healing

These amount to a creations process contrasting meditation. As warned by certain authentic meditation literature, the effects of such wrong meditation actions brings serious consequences.

As most teaching in meditation do not make a distinction between thoughts and the mind, meditation practitioners may endanger themselves by following wrong and harmful understanding of meditation.

#14. ACTION OF NO ACTION

Meditation is thus an activity to keep the mind from being driven around by thoughts as in everyday activity. It is thus an action of no action, not thinking and not not thinking.

#15. LETTING GO INTO EMPTINESS

Insistence on not allowing the mind to be drawn into thoughts allows detachment from the karmic creation process to let go of getting enslaved by karmic forming ideas, frees/rescues the mind to return it to the body unblocking the coagulated energetic forces of karma condensed in the body, and dissolves/releases karma to return it into emptiness of the cosmic universe.

The ultimate goal is to become completely freed from karma. When the mind is no longer attracted to objects and activities of an impermanent nature, called samsara, it becomes permanently freed from attachments of any kind together with the fear and panic that comes with such attachment. This is the stage when all sufferings become extinguished, called Nirvana.

The liberated mind is of a fine nature that re-connects to the unadulterated cosmic energy of the universe (called emptiness).

The direction of meditation is thus emptiness.

#16. LIBERATING THE MIND WITH PRESENCE

Observing presence with a body's feeling deprives the opportunity for karma to strengthen/empower/enrich itself through thoughts thus saving precious life in the body.

Body's feeling belongs to the 5th consciousness whereas thinking mind is classified under the 6th consciousness. Other than body's feeling which can be located far away from the head, there are no technique powerful enough to counteract against the ongoing process of karmic creation.

#17. THE BANDIT DEN

As described by Buddha, during meditation the thinking mind located in the head is called the

bandit den.This bandit robs life!

The use of the consciousness of vision,hearing,smell and taste are located in the head region.Being in the neighbourhood of the bandits are too close for safety thus will not result in effective detachment from karma.The use of body's feeling far down from the head that thinks provides a safe heaven to prevent getting involved with the activities of karma thus allowing an effective detachment from it.

#18.PRESENCE ENABLES THE LIBERATION OF MIND

Thinking activities transfer us to the thought itself.When a person is deeply in his thoughts,he becomes unaware of his whereabouts.One thought excludes other thoughts and makes the thinker vaguely aware of himself and external situations.

When a person is thinking,we can say he becomes absent.

Thinking about the Truth does not materialise the Truth,at best it gives inspiration for working toward the Truth through meditation.Thoughts of presence are definitely complete absence.

Thoughts are conceptualisation where separate information are joined together forming into memory.They remain separated rather than dissolving to become one.

However in everyday living,people think all the time without stopping.Useful and relevant thoughts inspired by external situations or need come forward on their own.Useless and irrelevant thoughts are much more interested to fill up any vacuum.Emotionally charged,escapism-motivated thoughts and fantasies are much more powerful than normal thoughts causing much harm.

Thoughts are sourced from karma or energetically charged memories not controlled by us but control us instead.

Meditation is an activity when it becomes possible for us to ignore our thoughts thus no longer serving as slaves to them.In doing so,the projecting karma manifesting as thoughts become starved and destroyed thus freeing fragments of our mind previously absorbed and taken away by it.The liberated mind returned to our body.

Meditation is therefore a practice into presence.Observing presence is the only condition that can be rightfully called meditation.

#19.THE MEANING OF PRESENCE

By not following any information appearing as thoughts,presence makes way for the following effects:

-be here and now,not anywhere else,nor the past or future

-presence of mind in the body which continues to liberate the mind from thoughts returning throughout the body until it becomes so voluminous that it radiates and connect to the cosmic universe

#20.PAST PRESENT AND FUTURE

Karma projects itself from the past into the future,driving the person restless,causing exhaustion,anxiety and fear.It misses the present moment.

Such projections causes distress to the body that is overloaded with blockages bringing pain.It further burdens the body that is made dysfunctional by such blockages.

Sentient beings living in all the realms of the impermanent samsara world thus live in confusion,fear and ceaseless sufferings.

Sufferings can only cease through deligent efforts at meditation into presence so that the mind can become freed into boundless peace and joy,without preference nor attachments.

Presence is thus the rescuer from the sea of sufferings.It is the the blade that cuts through

diamonds and requires the determination as strong as a diamond cutter(Diamond Sutra)

#21.SWITCHING AWARENESS TO BOTTOM ESSENTIAL FOR PRESENCE

Presence can only occur when awareness is shifted from its usual head inclined activity of thinking.If awareness is kept in the head,it allows complete control by karma.Not safe to keep your treasured life with the bandits!

Switching to the bottom brings about the spread of consciousness from being concentrated in the head.Presence is a de-concentration process.

Concentration brings discrimination and suffocation enhancing blockages and disease problems.

De-concentration is to become fair evenly for every part of your body reviving every cells with lifeful vitality.This justice eliminates diseases.

#22.UNIFYING MIND,BODY AND SPIRIT

An essential effect of meditation is to remove conflicts and disharmony.

One thought replaces the other thought and they can never really merge.As thinking activity occur every moment consciously or unconsciously,each and every thought fights for their space thus the memory resulted from it conflict and contradict one another.

Only if those parts of memory become replaced with liberated mind that such conflicts and disharmony cease.

Liberated mind is homogenous thus they come together like drops of water collected to form into an ocean.

It is this undividedness that gives rise to harmony,peace and joy.

That is how dyfunctions in the body causing disease problems can be repaired and immunity restored.

Presence through meditation practice thus put together and unify the mind(by freeing it from thoughts and returning it to the body),body and spirit.

#23.THE MEANING OF SPIRIT

Human spirit is that part which is not normally visible but the very fact that a person is alive.

It comprise the driving force of life that give rise to a living person and all subsequent activities that become remembered to carry on with every activity in life.

All these are karma.

Karma is the reason why we are what we are and is not a problem.

It is only a problem when problems in life and diseases make you realise that you are so helpless and become frustrated.

Presence through diligent meditation practice give rise to boundary-less peace,joy and harmony.That is the only resource that can replace karma and karma will be freed.

The effect of meditation extracts and add presence by the drips until it becomes an ocean.

So it means that the spirit of non meditators is entirely made of karma,meditators carry karma as well as presence,and a meditation perfected person called an arhat carries complete presence.

#24.LOCATIONS FOR THE BOTTOM

An effective and workable location for working on presence is chosen based on the ability to allow a shift from usual head centered activities through enhanced body feeling.The means are pre-requisite for making way to the skill to it.

Various locations are effective depending on the positions adopted:

In sitting and laying down meditation,the bottom or the pelvis region

In standing position if the legs are placed at certain postures, the area within the lower abdomen between the hip
It can also become helpful and effective to use the feeling of your feet contacting the floor to enhance presence whether or not you are using the standing or sitting position.

#25. THE IMPORTANCE OF AN ANCHOR

An anchor comprises an outside object in contact with the body to enhance body feeling. Without an anchor it becomes ineffective to enable a shift from head-centered thinking activity to meditation presence.

The chair in a sitting position and floor in standing position provides such an anchor. The position of legs in standing meditation also helps to anchor the mind to the lower abdomen. Such anchors are visually depicted as the lotus flower in Buddhist temples. The Buddhist religion encourages meditation.

Lotus flower signifies purity and wisdom which can only arise through non-dependency on the thinking process.

#26. RESERVOIR OF LIFE

The reservoir of life is located in the whole area covering the lower abdomen and the pelvis. This opposes the trouble maker head which facilitates thinking.

Precious life can be saved when the mind is tuned toward and held with this reservoir, and to do so the rules of presence need to be observed. In this manner life is not only preserved but increased when the taken away mind is freed and returned.

Not only your smelly bottom is actually as pure and wise as a lotus flower. It also contains many important acupoints in Chinese medicine and mystical Taoist practice-Dan Tien (elixir farm located slightly below the navel), Min Mien (gate of life located at the back behind the navel) and Min Gung (within the body behind the urinary bladder).

As presence increases through diligent meditation practice, the folds and crosses of karma become clearly seen cutting across and keeping the mind up with mighty resistance, the best way is to grasp them with liberated mind and tuck them under your bottom sitting on them until they break.

#27. WHEN BIO-ENERGY SETTLES DOWN, HUNDREDS OF DISEASE DISAPPEAR

This is a very fundamental statement in TCM which I came across very often in the early days when I used to read a lot. It is also commonly agreed by most Chinese physicians but not the younger generation probably most people including Chinese physicians cannot believe that healing is so simple. Chinese physicians these days rely mostly on herbs and hands on manipulation including the use of acupuncture and mostly do not train in energetic practices although that was the essential part of the training in the past.

This statement is the core of CFQ healing and has been proven effective for treating all disease problems.

This rule also applies to the seeking of Truth described as 'let go, come down, find the Buddha within'.

#28. THE HEALING OUTLET

Outlet for healing is all the way through and out of the limbs. In terms of percentage, outlet from arms accounts for 30% and is mainly useful in reducing diseases affecting upper body. Outlet through legs accounts for 70% and is for deep and sustaining healing for all problems.

Legs from the pelvis to feet are comparable to the roots of a tree. Trees die or collapse when

their roots become decayed. People become diseased when blockages obstruct flows in their legs (and hands). Clearing and releasing blockages in legs naturally clears obstructions in the arms so it does not normally require too much attention.

Dynamic CFQ takes good care of the arms together with legs whereas meditation emphasizes more on the flow down through the legs.

Therefore the use of your feet to assist in practising presence is very helpful. When you develop presence in with your feet, you will notice presence in your pelvis as well. This development usually do not take too long provided you do not keep yourself uptight in your head with thinking how to do it.

When your mind connects to your bottom, you will also begin to feel a connection through your legs.

#29. THE SHRUNKEN RESERVOIR OF LIFE

Domination by karma manipulating through your head squeezes and tightens the pelvis region. You will come to realise that your pelvis region is tight, stiff and block not only in the muscles but right into your bones. It contains massive cables of karmic crosses.

When karma from anywhere and everywhere, within and without your body, from thousands of miles up and out is being brought back into your body to be dissolved, you will find that most of the stronger and resistant karma go through your pelvis to make a final dissolution and exit.

#30. THE KARMA BUSTER

After the initial stage where meditation randomly frees the mind into radiance, you will find that the machine for generating (by freeing, not through creation) the liberated mind is the pelvis where the motor is located right below, the lotus.

It is from this bottom the resource of liberated mind will eventually surround/enclose karma from all over the place to be processed through meditation.

Maintaining body feeling for presence thus requires great effort and sincerity as karma is truly strong, floating and elusive. Keeping presence requires you to net the karma and pull it down, slicing it from the sides and bottom, push down from top, grasp and pull down from the bottom, manifesting a magic hand to shake and break it.....

These will be further discussed as we go on.

#31. SPIRITUAL WORLD REVEALED BY MEDITATION

The spiritual world comprises energetic forces entrapped in the consciousness and can only become revealed through meditating on presence.

It cannot be revealed through any other means because presence makes way for detachment which extract or separate the mind from its involvement with karma inspired thoughts and emotions.

Contrary to popular beliefs and claims, faith, ritual, ceremonies and religious practices do not reveal the spiritual world. Such practices only makes suggestions to inspire the mind into an imaginative karmic forming process which loads the spirit rather than refining the spirit.

#32. THE COMPONENTS OF THE SPIRIT

The spirit of sentient beings living in the samsara world comprise energetic forces of karma. Samsara world is made of the various worlds where sentient beings of the six realms from heaven to hell live. It is filled with ever changing phenomenon, impermanence where nothing stops for a while. Karma is the real boss in samsara world resulting in sufferings of birth, ageing, disease, death together with life's situations.

When viewed through meditation, karma comprises a body occupying the space within and without the body, an ability to think and grow, carry emotions of every kind, and is essentially

made of dense energetic forces.

#33.THE JOB IN MEDITATION

By observing presence, meditators prevent their mind from being taken out from their body to be fed by karma.

When the mind becomes separated from thoughts(activities of karma), thoughts become revealed as energetic activities which carry density and volume occupying space. If they do not appear in this manner, the meditator is not really meditating. The job is to insist on presence with body feeling of the lower body. In that way thoughts diminish to become body stiffness and pain.

Emotions appear similarly with density and volume. This too must be lowered by lowering the body feeling below the space occupied by emotions, and become converted into unpleasant body sensation.

Now the body appear as a volume of unstable, non static and ever changing mass that is dense, rubbery and weighty. This is the body of karma perceived during meditation. The strangulating, suffocating, painful or unpleasant sensations are blockages that obstruct physiological functions causing fear and disease problems.

The irregularities and multiple components within the bundle of karma can be seen as criss-cross folds and lines.

Meditation is therefore to diligently work on a job of no job in order to insist on not obediently working as a slave for karma.

It is an action of no action meaning to hold down from being a busily active servant for karma.

It requires not thinking and not not thinking because in actual fact karma thinks all the time so no one can stop thinking even for a moment.

#34.WHAT MEDITATION REVEALS

Meditation reveals a whole big world of what you really are. This is a world filled with every trait, habit and tendency you have, every life experiences, thoughts and emotions, reality or fantasy/dreams.....

These when manifested in everyday life when actual events become brought to you or by way of your thoughts and decisions, you really do not have a say nor make any changes. Any say or changes are made by karma although karma is clever enough to make you feel like the boss who make the decisions. That way you become too flattered sitting on top of karma thinking that you really have control.

Yet you are only one of the sentient beings all of whom stand out against the universe contracting, absorbing and believing that they have the right to the ownership of the Universe. You have the karmic link to every of these sentient beings and every of them carry the karmic link to you too. You therefore carry every thought and experiences of every sentient beings. That is how varied and tremendous you are! The difference between you and every other sentient beings is simply what stands out in the fore at any particular moment. Liberating your mind through practising presence is the only way you can free your mind from karma fragment by fragment.

#35.NOT THIS,NOT THIS

Meditation is to enable this revelation to take place but insisting on not getting involved. This kind of watchful observation without involvement is called 'detachment'.

Karma is very clever in constantly and continuously inviting you to get involved, so you have to be on guard at all times to make sure that you don't.

You also have to rescue those millions of fragmented parts of your mind already imprisoned by

karma serving it obediently and fighting against you. You are like a commando going in to take the hostile prisoners back and help them remember who they are.

Repeatedly you will find yourself becoming tricked by karma, your job is to bring your mind back to presence.

When you find yourself thinking, realise that you should not and return immediately to work on presence.

When images and movies projected by karma attract you, recognise that you are not there to be amused and return to work.

When becoming overwhelmed by emotions, recognise that is not your business and promptly return to work.

When blockages and karmic resistance cause pain and discomfort attracting a response, that is not your job too.

#36. ANYTHING THAT STANDS OUT IS KARMA

You should recognise that anything that stands out as images and pictures no matter how attractive beautiful or ugly fearful, as thoughts, as emotions, and as ever-changing energetic forces with colours and dimensions are karma in manifestation. Insist to maintain presence without getting involved nor trying to remove or change them.

The Truth is empty which is boundary-less peace and joy. Outstandingness is obstructive and oppressive.

You really need to choose to become empty in order to become freed from karma.

#37. THE ORDINARY TRUTH

The Truth that frees you from karma that attract every kind of life's situations and sufferings is ordinary, normal and flowing.

The untruth is the reason why you live in the impermanent world of samsara suffering and becoming confused ceaselessly.

During meditation be willing to flow with ordinariness without the normal desires about what you need. Anything that stands out to attract you, know that you are not getting attracted.

Out of meditation you can return to the extraordinary you allowing karma to flatter your ego. You can be as outstanding as you wish only to be cautioned about the price involved.

This is how things balance out to make your life easier.

#38. NO PAIN NO PRESENCE

Meditation enables pain and sufferings of everyday life to be suffered therein so that you no longer need to suffer them in everyday life.

When karma manifests in the form of images, thoughts and emotions, rather than being amused, interested or attempting to analyse or understand it, be sure to be more interested in presence in order for it to be converted to body pain and stiffness before becoming dissolved and released.

When coming out from an effective meditation, you will discover that you now have a completely different set of mind and outlook, and prevailing anxious conditions seem to have changed and problems solved.

Everyday life becomes more meaningful and happier with less trouble.

#39. MEDITATION SUPPORTS EVERYDAY LIFE

While the goal of meditation is to discover your truth self thus bringing an end to all sufferings until the eventual complete liberation through Nirvana, meditation also provides you with the fringe benefit of removing adverse conditions in life including the removal of disease problems.

It means sincere seekers of Truth are working their way to come out from bad old ways to

become good now and ever after,so they deserve to be rewarded with a life of little troubles.Evil doers who do not want to change cannot meditate.
Only a fool will not do meditation consistently after learning of it.

#40.FEAR PREVENTS MEDITATION

The strongest obstacle to meditation is wanting to keep the thinking mind due to the fear of the unknown.

It is karma that is frightened as one who is willing to practice presence in order to become freed from his all dominating thoughts frees himself from karma.

Fear also keeps its hold through ego repeating itself in the head of a meditator about how special and clever he is,and wanting to become an expert in meditation overnight.

Fear and suspicion of the body obstruct the freeing of mind from thoughts.This problem is commonly faced by people who use and abuse their thinking mind causing severe mind-body disconnection,those who think idly or fantasize excessively and habitually,sufferors of pain and disease problems,and elderly whose will power is already too weakened.

#41.FURTHER REASONS THAT PREVENT ENTERING INTO MEDITATION

When images and information become revealed in meditation,a suspicious mind will say"Oh,that is my imagination" and unknowingly go on with a dialogue to justify this statement.This engages the mind in questions and answers rather than staying with meditation.

Attempts to enter meditation perfectly by continuing to recall principles and instructions keep the mind completely out.Putting off any kind of ideas is the requisite criteria to make way for meditation.

Unwillingness to let go of principles and rules learned through books or other teachers brings conflicts and confusions.Many people write and teach many things claiming to be meditation which in fact are not.If what you have read or learned has enabled you to make meditation entry,you should follow that system or teacher rather than practising CFQ.Meditation is a life-long practice filled with never ending experiences any confusion brings regression not progress.

The meditative state of mind is freed from words or instructions.Be willing to let go of any form of words and idea to make way for a meditation switch.

#42.THE HEAD(THINKING MIND) OBSTRUCTS MEDITATION

In short,inability to meditate on presence is due to being occupied in the head.Meditation involves making an effort to come down from it.

Attempts to observe presence without making a real effort to locate the mind down below with body feeling do not provide for a meditation switch.Presence can only be observed with body feeling usually with the help of an external anchor.It cannot be observed with the head.

#43.WILLINGNESS TO SUFFER PAIN

Sincerity in meditation must be supported by an attitude of willingness to allow every kind of problems to become revealed and unfolded in a self-eliminating manner.Karma knows you very well and is able to make use of your weaknesses therefore when you do not have this attitude,you will be presented by karma with amusements that keep you from meditating.

Meditation pain is good as pain of everyday life becomes taken into meditation to be resolved.During meditation when you suffer pain you are supposed to observe detachment thus you in fact do not suffer.Out of meditation in your everyday life you do not have the

kind of detachment. Participation in sufferings create the karma for further sufferings. Thus what is suffered in everyday life often become strengthened and will be repeated in future and carried forward until well after death because of mental and emotional disturbance and non acceptance of it.

Good to be humbled by meditation pain. It kills the dominating towering ego.

#44. ENJOYMENT IN MEDITATION

Meditation is of course not all filled with pain and suffering. There is a fair share of enjoyment just that it is necessary for me to warn you of the painful part in order to equip you with a right attitude to be able to deal with it in the right way.

Moments when

karma become released is relieving, joyful and refreshing,

karma entertains you with all kinds of movies so you will be thrilled,

all thoughts and emotions now you observed like an uninvolved third party so that is curiously interesting,

the ever-changing multi coloured lighted energetic forces of karma awe and amaze you with beauty and elegance,

knowing that you are doing such a good and meaningful job (of meditation) makes you joyful and proud.

knowing that pain and discomfort have not deterred you and are in fact beneficial gives a great sense of joy and achievement.

Of course you are supposed to stay with presence without involvement. You do not ask for all these but they appear on their own. You do not look for the enjoyment but these enjoyable events enjoy pleasing you.

You can't complain, just enjoy without indulgence nor looking for them subsequently.

These enjoyment do not form karma but actually cleanse karma. Be mindful for not allowing yourself to become attracted and deviate from presence. This mindfulness is a very meritorious and charitable deed. If you allow yourself to deviate from presence you will have to pay a price in karma.

#45. SPONTANEOUS MOVEMENTS

Most practitioners in meditation go through some kind of involuntary, spontaneous movements at some point of time.

Some beginners may develop spontaneous movements on the first few minutes of their practice.

Spontaneous movements are brought by externalised expression of karma unwinding due to a consciousness shift when the mind is brought back to the body.

It is important to continue with the effort of observing presence rather than becoming amused by or attracted to spontaneous movements.

Beginners may sometimes panic or forget about meditating resulting in a trance so close supervision by an instructor may be necessary. Instructors should remind them about not panicking, it is safe and they are not losing their minds, do not try to control or enhance and they should calmly allow movements to happen naturally. They should also be checked to ensure proper coming out of meditation at the finish of practice.

Spontaneous movements in meditation practice is not a trance state but the opposite of it. Trance is brought by sending the mind far up and out from the body. In trance state the persons often lose their mind completely and become hardly aware of their actions and the surrounding. Spontaneous movements in meditation is caused by the mind being brought back to the body. The practitioners retain full consciousness of their actions and their surrounding and can usually control their movements.

Given time spontaneous movements will pass. Some may take few days while others years. In

most cases they recur now and then.

The cessation of spontaneous movements usually give rise to a deepening of meditation when internal movements become clearly felt and seen. Advanced meditation comprise almost entirely of internal movements (which can be seen and felt) when energetic forces of karma manifesting as thoughts, emotions and images move through the body and blockages dissolving and breaking up.

Those who do not go through any form of spontaneous movements can make equally good progress, only problem is initial meditation experience can be frustrating.

#46. AWAKENING AND MINDFULNESS

The degree of awareness and alertness during meditation to become mindful of karma becoming revealed and undergoing changes is comparable to a fully awake person. In the everyday life with an actively thinking mind reacting to surrounding situations or inspired by a memory is like a dream state.

Consciousness goes deep into meditation while in the everyday life it can only hang shallowly on the surface.

Meditation is to wake up from the dream state that brings existences in the samsara world of impermanence where karma rules and sufferings of every nature take place. A fully awakened mind enters into Nirvana. Meditators clearly feel that normal activities in everyday life are dreams.

Mindfulness is about keeping the mind from any kind of thoughts good or bad. It is not about concentrating on a subject matter as it is commonly understood.

#47. SLEEPINESS DURING MEDITATION

In meditation there is a stage called 'hurdle of the sleeping demon'. When that happens even if you are fully fresh and alert, once entering meditation you cannot keep your consciousness but repeatedly doze off.

Of course when you try to meditate when feeling tired the likelihood of dozing off is much greater.

When dark heavy and sticky hard-to-dissolve karma become revealed and begin to dislodge, it forms into a black cloud that numbs your brain and body so you naturally become temporarily unconscious. You are likely to see the dark cloud coming into you just before that happens. Similarly when it lifts off you suddenly feel a ray of light shining through after which you wake up.

Struggle to keep up with the non-stop demands of karma and pleasing it in everyday life is tiring. Being lost from time infinite in samsara is absolute tiredness, fearful and frustrating. Now when you begin to feel the first ray of hope, like a slave having worked for a whole lifetime without given any time to sleep, and feeling safe and assured that you no longer need to be fearful, you really cannot hold on any longer.

Like a man prevented from laying down to sleep for years, once he lays down nothing can keep him awake.

Meditation is to persist in keeping the mind conscious during such challenges until the hurdle past. Once passing through this hurdle, the mind is refreshed, clear and happy at all time.

#48. WU MIN, MEANING NON-TRANSPARENT MIND

Images, objects, thoughts and emotions revealed in meditation is called wu min, meaning absence of clarity, non-transparency or simply delusions. Enslavement by karma result in clinging and attachments weighing down into endless rebirths and sufferings in the samsara world.

Meditation by way of presence eliminates wu min through detached observation. A detached observation can only occur by locating the mind in the body, below the head.

#49. THE GLUE OF DISSOLVING KARMA

When karma becomes dissolved and separated/released from the body through meditating on presence, it becomes felt as sticky glue. This usually causes pain, discomfort, restlessness, disturbing thoughts and emotions.

The job of meditation is to remain calm without feeling disturbed by any kind of distraction. It is an insistence to stay in peace despite being challenged constantly and continuously.

#50. PRESENCE IS A PRODUCT OF CUMULATIVE EFFORT

Presence is not something that you already have. What you have is a non-stop actively thinking mind.

The activities of karma go on continuously without any stoppage and these activities keep the body alive until the such time when the effect of these activities deplete life (mind in the body) or causes serious physiological dysfunction, or when events that happen put a halt on these activities bringing death.

Upon death karma can no longer connect to the body thus leaving the body to decay while it organises itself into rebirths.

Presence is a product of diligent effort accumulated through diligent meditation practice of many lifetimes. It is the only resource that can replace karma.

#51. EQUANIMOUS MIND VS DISCRIMINATIVE MIND

Observing without preference and insistence on inactions as in meditation gives rise to equanimity that do not discriminate between good or bad, right or wrong, happy or sad.....

The thinking mind of everyday life discriminates and makes judgements. It makes preferences according to the degree of emotional arousal. This may pose serious problems as strong emotional arousal usually comes from unpleasant or disturbing experiences making the person hooked into recurring negative thoughts and emotions.

Discriminative actions that follow are conditional upon an expected effect thus they cannot be completely pure or selfless.

#52. WU MIN, WU CHANG, WU WO

Observing with detachment means abstaining from participating in thoughts, emotions and sensations that are revealed thus allowing the underlying forces to unfold, dissolved and be released. Through the clearing off of delusive energetic forces of karma, the mind become liberated into clarity.

CFQ meditation reveals wu min (karma) almost immediately in most cases.

Consistent and diligent practices and repeated experiences with karma gives rise to an insightful understanding of wu chang (impermanence) thus reducing clinging and attachment, and subsequently wu wo (non-existent of self identity).

Every sentient beings are made of karma. There is no distinctive self identity that is why every sentient beings have equal opportunity. A soul does not exist.

All sentient beings are equal-----Buddha.

With these insightful understanding, cultivators proceed to experience and understand 'kong' meaning emptiness and 'meow yu' or refined existence.

Equipped with a profound understanding of the nature of life when clinging and attachment leads to endless rebirths and suffering, and experiencing the peace and joy through detachment, a meditator chooses to permanently free himself from endless cycles of birth and death into a state of 'no birth, no death' called Nirvana.

#53.THERE IS KARMA,NO SOUL

Every sentient beings have equal opportunity to free themselves from karma thus liberating permanently from sufferings of every kind.What they need is a truthful sincerity to understand themselves through diligent effort.They need not through blind faith ask for divine blessing(which of course is reliance on favouritism)to get protected.In truth they are the ones who decide their destiny not an Almighty.

'All dharmas are empty,karma is not empty'.Every existence and phenomenon of the worlds are karma in manifestation.

When a sentient being empties himself from karma,there is emptiness which is boundless peace and joy without a soul.

The idea of a soul means that sentient beings are not equal.They have a distinct identity which cannot be changed.If one is ugly,he can never become beautiful,if one has a defect,he will have to live with it forever.....

He cannot make any decision but has to continuously ask for blessings so that an Almighty can become pleased into making a favourable decision for him.

#54.SAMADHI

Meditating on presence is for quietening down the mind.The mind is not quiet because karma is alive at all times.Meditation is time spent on quietening down in order not to listen to,be inspired or believe in the stories of karma.

Time out from meditation is when karma owns the thinking mind and where emotions aroused and actions carried out are in fact karma in action.You are only made to feel that you are the one who think,have the emotions or take the actions.

Quietening the mind into stillness is called samadhi.

It implies that during meditation you should discover that your mind is busy and disturbed but insist on not to be influenced into the business of being busy or disturbed.Insistence that way therefore cleanse karma.

Progress on quietening the mind is gradual and proportionate to the extent of mind liberated from karma.

You should discover that despite all the difficulties(caused by thoughts,emotions,images,information manifested,body sensations),you can remain anchored without being carried away or if you do get carried away,are able to return to a state of non participation.

Eventually it is possible to arrive at a stage when your mind becomes completely still as if 'even if Earth tumbles and heaven falls onto you,not a ripple is stirred up in the lake of your heart'.

Meditation is like a thousand-years-old tree planting its roots in the rugged mountain rocks unharmed but instead become strengthened by turbulent winds and storms.

#55.SUNYATA

Through detachment that liberates karma to become returned to cosmic emptiness,and liberating the mind to return through the body then allowing it to radiate and unify with the universe, arises a state where there no longer have any thoughts,emotions,karma,body sensations,obstacles,obstructions or hinderance.This is the state of clear, boundless perception,a state of complete presence where every space is filled with peace and joy.

Sunyata is a state of suchness perceived as eternal,boundary-less peace and joy.The mind become a clear wide-open ocean without even a ripple.

#56.NIRVANA

The state of Nirvana is beyond the ability of normal human mind to understand.It is unspeakable.It arises only when all curiosity and misunderstanding about life in the Samsara world is diminished and when a meditator arrives at a stage of completely liberated mind which no longer require any rebirth and he decides not to be reborn in this manner,called 'no birth,no death'.

Buddha described Nirvana as:

"This, truly, is peace;
this is sublime,
that is to say,
the stilling of all formations,
the relinquishment of all attachment,
the ending of craving, dispassion, cessation."

You should realise that each and every of the points described in this and other chapters herein lead to liberation in this manner.

#57.COMING OUT FROM MEDITATION

Meditation is time spent in not getting involved in any kind of thoughts and actions of everyday life.It defies the commands of karma thus diminishing it.

Karma becomes increasingly harsh when strong heavy karma gets transferred from an energetic existence dominating the thinking mind and emotions into unpleasant body releases with the increase of time. Duration of meditation is limited by the ability to maintain a meditative mind.

It is important to ensure that you fully and properly come out from meditation at the end of every meditation session.

Coming out of meditation means lifting the mind up and place it in your head making sure that it becomes fully functional and supportive of the thinking facility, be able to analyse, make decisions and differentiate between right and wrong.

First you should ensure that you find a suitable time to conclude meditation, a time when you are not facing strong resistance from karma or when you feel confused.

You should use the breathing techniques and body movements taught by me to bring you out from meditation.

A good meditation complete with proper conclusion makes you feel happy and enthusiastic with your everyday life.

#58.SUCHNESS

The attitude in maintaining presence during meditation while karma manifests and undergoes changes in the unwinding dissolving releasing process is suchness-let it be, so be it.

When karma appears as thoughts(usually with images and full pictorial information much stronger and deeper than usual thoughts), maintain suchness by insisting on presence to dilute the thoughts converting them into unpleasant or painful sensations.

When karma appears as emotions, maintain suchness in the similar way.

When karma appears as energetic forces or clouds, suchness brings them bodyward so that they can become reunited with the source within your body.

When karma appears in the body maintain suchness in order to allow them to undergo an unwinding and dissolving process until they become released.

When karma becomes released with pops, explosions, twitching, jerks and shake-offs, be present in suchness.

Suchness to let karma be karma and presence be presence is to insist on a body feeling according to what you have learned so that presence can be maintained.

It is not about not doing anything but about putting every effort so that you do not become entrapped or involved in the thoughts, ideas, analysis, emotions and attentions toward what karma projects to you in order to suck you into it. It is about 'not doing and not not doing'. The job during meditation is suchness.

#59. EQUANIMOUS MIND

The mind that becomes liberated from karma do not contain information like the case of memory therefore it can become merged and expanded until eventually unified with the universe to be perceived as boundary-less peace and joy.

This boundary-less reality of peace and joy can be perceived as an absolute, ultimate Truth. Nothing else really matters.

It is as it is, suchness of such purity where good or bad, right or wrong do not have a place. Because the mind can be liberated into equanimity, there can be freedom from karma and Nirvana can be attainable.

Meditating on presence is a process to generate and accumulate (by not accumulating) an equanimous mind.

Therefore meditation involves an insistence on not allowing karma to suggest anything good or bad, right or wrong, what you need what you don't, only plain presence.

If you have done any good or something good has happened, abstain from allowing the thought of it to be played by karma to avoid distortion or complacency. That way good opportunities will continue to come to you and you will continue to do your good deeds. Replays by karma will add energy load to condense it making it heavy so the good do not recur or complacency sets in to prevent another good deed.

If what you have done is bad or something bad has happened to you, avoid getting drawn into a contemplation bringing guilt or self-pity to compound the effects causing repetitions. Similarly rights or wrongs, needs or needlessness, wants or not wanting must not be given a place in meditation.

Meditating on presence is about staying free from all the things karma want you to get involved in.

It is a very honest, responsible, truthful and pure action not describable by words. Purity and genuine good is generated by negation not by creation as whatever that can be created is coarse, relative and conditional therefore falls short of unconditional or absolute good.

Contemplations, decision making and remorseful efforts to amend any bad or wrong actions belong to activities outside of meditation. Evil doers do not become interested in meditation. Even if they do, cannot enter meditation.

When meditation is challenging, it is a good opportunity to train for equanimity because you will be challenged to bring on your patience, tolerance, forgiveness, non-attachment and every known virtue.

When meditation goes well and flowing, you have to be cautious not to be carried away and flatter your ego losing equanimity.

Equanimous mind comes from a cumulative effort of many lifetimes.

Even tiny experiences of equanimity brings big positive effects in your everyday life drastically reducing ego, arrogance, impatience and attachments together with reduction/elimination of negative events and circumstances.

#60. INSIGHTS

The world of karma revealed during meditation comprise energetic forces charged with memory in the form of activities (of thoughts and emotions), images, movies, clouds, emotions, and body sensations.

It is the real world that cannot be perceived during normal everyday hours. The energetic activities from this world is what attract everyday events and situations, and determine your decisions made through thoughts, body actions and speech.

Meditation not only reveals this world but goes beyond to change it positively to give you wellness and happiness in your everyday life. Revelation and positive changes must happen at the same time or nothing happens at all.

This truly is the world of karma where every energetic forces contained within were created (by thoughts actions and speech) and continue to project itself by creating a new set of consequences.

The activities of karma cannot be stopped because it is these activities that fuel constant life activities that makes the body alive. It stops only when the body dies in which case karmic forces leave the body taking turns to be reborn according to their wishes.

The only replacement is presence which is a reality of suchness that maintains life in the body without karmic activities until the natural end of the body. Attainers of this stage are called arhats, the brave warrior who have worked diligently to slay the bandit mind thus worthy of honour and respect. Replacement is a gradual process by drips.

Meditation comprises spending time to allow the energetic forces of karma to be revealed and undergo a dissolving/undoing process naturally. A meditator must place himself in a position to experience through witnessing this process by actual seeing and feeling without participation.

However experiences do not naturally or immediately lead to understanding the phenomenon nor the reasons and implications of it. Only with the right attitude and an open, non-judgemental mind after many repeated experiences that on its own bring together an understanding. This is called an insight.

The arrival of an insight may occur during meditation which cause a realisation so major that require assimilation of information with the brain thus temporary preventing meditation. It can also occur outside meditation when events and situations suddenly inspire the coming together of the arriving understanding.

Meditation gives rise to many insights big or small occurring at non fixed intervals over the whole lifetime.

Insights removes confusions and curiosity about life together with the sufferings from it, instilling wisdom and real peace and joy. A person cannot be considered as a meditator if he has no insightful experiences.

Meditation insights begins with the revelation of karma and the undoing process of it gradually leading to the understanding of every of phenomenon of the world.

CFQ meditation enables both the experiences and insights to become revealed. Karma become revealed in over half the number of first day beginners. Since karma can be revealed, those who persist in their practices should develop insights rapidly.

I have based my teachings of CFQ entirely on my experiences and insights which is my unconditional gift to you. However, it is your implied undertaking to sincerely get into meditation to experience karma in manifestation together with the cleansing of it, thus leading to the development of insights. It is essential for me to describe about my experiences and insights otherwise you will not get a preliminary understanding of meditation to begin with it.

My experiences and insights can never be your experiences and insights so be sure to experience and understand by your own self. Be sure to be truthful in not claiming to have experienced insights unless you really have experienced them. Untruthful, dishonest claims will disable you from getting into meditation or get you into serious trouble.

#61. THINKING ABOUT MEDITATION INSTRUCTIONS IS NOT MEDITATION

Instructions are necessary to prepare you for meditation without which you will not know how to meditate and will become confused by your experiences. You should let go of the instructions given to you when getting into meditation to allow your mind to move into a meditative state.

Of course what you have learned about meditation will repeatedly appear in your head. Your

job is to ignore and switch back into, or maintain body presence.

If memory (including memory of how to meditate) is allowed to take place without putting in effort to switch it off during meditation, you will suffer undesirable effects in the form of exhaustion and confusion.

#62. EGO

The internal state of mind connected through meditation does not have an external dependency, that is why it is pure and harmonious. It is independent of the reasons and benefits that inspire you to initiate your practice. That is why during meditation you actually do nothing (not doing and not not doing, not thinking and not not thinking because temptations of doing in meditation is too attractive and you have an ongoing job to remain with non doing).

This requires tremendous effort in resisting temptations. Temptations are said to be the tricks of King Maya, ruler of Paranimita-Vasavatti, the sixth senseous heaven who misleads meditators. Beings in the sixth heaven enjoy objects created by others for them and meditators no longer contribute to creations that is why they will sabotage meditation efforts.

Sentient beings draw themselves into the samsara world due to lust/greed, hatred and ignorance (the 3 vices) which are consolidated into ego.

Ego in everyday life is the source of achievements and creations so it is positive and is necessary because you are born of your karma and are required to continue with karma until through meditation you no longer need to be enslaved by it. However excessive ego brings a problematic life.

Ego if allowed to affect meditation will bring disaster. Meditation inspirants should be wary of the harm of carrying an egocentric mind.

Meditation is a normal, ordinary activity leading to the elimination of outstanding extraordinariness because all creations of karma stand out. Meditation is a humbling process. Through conscientious and diligent meditation practice, ego can be reduced to bring out every positive qualities in everyday life.

If a person do not meditate with pure unconditional intention, he will become caught up with his ego spending his time for self-glorification and egocentric contemplation. This can disharmonize and confuse the mind to the extent of causing insanity.

#63. DEVIATIONS FROM MEDITATION

Improper and incorrect practice of meditation can lead to disastrous or harmful effects. These are called 'catching fire' (suffering disease problems or ill-health) and 'entering demons' (becoming insane).

Deviations are consequences of not following proper meditation principles.

Strenuous concentration on the body result in contractions and deformations affecting physiological functions bringing physical disease problems.

Focussing on the mind (head) exhausts the brain causing depression and other psychological problems.

Belief in qi and energy power enhancement hardens the body particularly in areas where qi is directed creating severe blockages.

Allowing karma to manifest as roaming thoughts confuses the mind to hallucinate, disable reasoning and inability to live in reality. When karma graps on ego, confusions become over-heightened into insanity.

The risk of harm from deviations should not deter meditation in the same way as the risk of getting involved in traffic accidents getting to work should not prevent going to work. Meditation brings real benefits.

Most cases of deviation come from people not following genuine meditation systems or

teachers. With genuine teachings all problems are in fact positive healing reactions when internal problems become surfaced so that they can be eliminated. In most cases the elimination is automatic and does not require any outside assistance. Unwillingness to follow meditation rules and principles is a serious problem on its own and the effects disastrous.

#64. HEALING OF DISEASES IS NOT THE GOAL OF MEDITATION

The goal of meditation is to enable truthful understanding about life and the human body. Healing is a fringe benefit as a result of the unblocking effects brought by such truthful understanding.

The truthful understanding about one's own life and body which houses life leads to a universal understanding about the broader spectrum of phenomenon, the mystery of the universe.

A human body no doubt is a tiny peck of dust compared to the universe, it contains every secrets of the universe where it comes from and will return to. To know the universe, know your own body and mind together with the force that sustains life.

Each and every curiosity about life or the universe is a body blockage, so as every energetic forces created out of lust/greed, hatred, ignorance, ego and suspicions (the 5 vices with which karma use to entrap sentient beings). The unblocking process is a long process of many lifetimes ending upon the attainment of Nirvana. True unblocking process comes only from meditation not anything else.

#65. ADVANCEMENT IN MEDITATION

Meditation advancement and progress does not usually bring about a reduction of discomfort or an increase in the level of comfort. It is in fact quite the opposite.

More liberated mind from diligent and consistent practice means more ability to contest karma which holds the unliberated mind in prison. Deep seated karma is proportionately stronger than shallow superficial karma and is able to put up strong resistance.

Improved efficiency and quickening conversion process of karma from energetic forces, thoughts and emotions into body sensations increases the degree of strain felt as pain and discomfort.

Large volumes of projected karma returning into the body adds to further discomfort.

When liberated mind is voluminous enough to perceive collective karma belonging to every sentient beings of the six realms 31 planes of existence which is the basis of all creations including the world, all that is relevant to the meditator will have to be returned to his body for cleansing (neutralisation). Liberation comes from taking back and sorting out every karma the meditator has created from the infinite past. The sixth realms 31 worlds of existence is called a small world. There are all together three thousand big thousand worlds but what is relevant to complete a liberation process is a small world.

Challenges faced in advanced meditation is much stronger and requires great effort, sincerity, and diligent determination to proceed. It is through such challenges that karma can continue to be diminished and the mind can continue to be refined and liberated. On the other hand there arises much greater sense of doing a tangible and meaningful job giving a clear sense of meaning, direction, goal together with the peace and joy derived. It is enjoyable and satisfying.

Maintaining presence demands great efforts of letting-go, forgiving, making peace, harmonising, appreciation and detachment. These positive qualities naturally becomes reflected in everyday life improving every aspect of it.

It means that meditation requires great efforts in non doing in order to balance out the doings of karma.

When karma blocks presence, switch the mind below by bypassing it and cut in when a loop-

hole or weakness can be located within the bundle of karma.

When karma is floating, manifest a magic hand with your liberated mind to push it down from top or pull it down from the bottom.

When karma is elusive, cast a net with your liberated mind to pull it bodyward.

When karma organises itself putting up a strong resistance, polish, chop or rub its surface until weaknesses appear.

All these are doing of no doing nature which are necessary for counteracting against dominating karma otherwise your mind becomes completely swallowed by it.

You will only get to understand these instructions when you come to the stage in which case you are welcomed to seek clarification. Meanwhile these are some points to indicate to you about the job of meditation.

If your liberated mind becomes so voluminous, you will not be spared from the job of working on collective karma of all other sentient beings. Separate and individual bodies are delusion, karma is real.

#66. TURNING THE EIGHT CONSCIOUSNESS, ILLUMINATING THE SIX DUSTS

The eight consciousness (vision, hearing, smell, taste, touch, thoughts, mano, alaya) of humans function in a continuous absorbing, compacting, add-on manner. The criteria of whether or not meditation is effective hinges on its ability to reverse this natural tendency without which karma continue to dominate and determine every activity, speech and thoughts.

This reversal process is of course challenging considering that the human consciousness being the way it is since time infinite is now beginning to change. This is CFQ meditation, challenging and rewarding.

The six dusts are the organs of eyes, ears, nose, tongue, sensual body, and brain. They are created by karma to empower and gather strength. The remembered experiences (karma) become sucked and stucked into these organs like dust inside a vacuum cleaner. Through meditating on presence when the attachment nature become diluted, karma falls off like dust on a glass window cleaned with detergent.

#67. THE SIX PARAMITAS TOGETHER WITH 84,000 SKILLS BECOME ACCOMPLISHED WITHIN YOUR BODY

Rev. Shuen Chueh, acknowledged to be a highly accomplished meditator who lived in the Ming Dynasty about 500 years ago, wrote:

Instant realisation,

through the practice of Zen of the Tathagata,

the 6 paramitas together with 84,000 skills become accomplished within your body (Note).

In dreams there really exist the 6 consequential realm (of heaven, human, assura, peta, animal and hell),

Once awakened the (3,000 big thousand) worlds become empty.

Note: The Bodhisattva path requires following the guidelines laid down in the six paramitas, go through countless rebirths until the perfection of the 84,000 skills to acquire perfect knowledge of the Universe.

This is a verification for CFQ teaching about body presence.

#68. SOFTNESS

When practising meditation on presence, karma become released through the body. This process usually makes the body feel stiff and unpleasant at the same time attract resentful thoughts and emotions.

Resentful thoughts and emotions are defences put up by karma in order to continue clinging on. Efforts must be made to be soft in your mind (emotionally easy,accepting and forgiving).

You can always find softness from somewhere below despite the existence of hardness everywhere.Let hardness be hardness without trying to change them. Gradually you can discover softness within the hardness,and hardness cannot stop you from connecting with softness if you care to reduce your resentment.

Softness enables karma to burst off feeling as pops,explosions and muscular twitches. After each release,body realignment together with fresh revelation of old karma brings another layer of hardness which comes from below,together with softness within the hardness.

#69. MEDITATION LIGHT

The bodyward shift of consciousness makes karma visible. Wherever there exists body sensations of karmic activities, karma can be seen.

Care not to try using your eyes to see karma because physical eyes are created to see physical objects and are restricted in its ability to interpret matters within a confined vibrational range. Karma can only be seen with your spiritual eyes which are located wherever your consciousness arrive.

The fact that karmic activities in the form of thoughts, emotions, body sensations and energetic/spiritually (as clouds,lights and colours) can be seen, it is because there exists meditation light.

Karma can often appear as darkness which means light reveals darkness. Do not feel resentful against darkness it reveals the fact about blockages.

You should not attempt to visualise light with any mental effort. Such visualisation can cause confusion and trouble.

Light appearing in your head or upper body must be brought down by putting your effort into body presence below.

Light also is brought by an increased cellular activity it is an evidence of cells becoming more alive.

#70. SEEING KARMA

By adhering to the principles of meditating on presence,seeing karma is a natural ability not anything special. You must of course be able to identify karma.

Karma is simply whatever that stands out when you spend time on not standing out (meditation is an effort at not standing out). Thoughts, emotions, body sensations, energetic visions, lines and folds are karmic activity they stand out straight away. These of course include desires and ego which are precisely what meditation is not but they are often there. Every person practising CFQ meditation must be able to see karma.Even beginners at meditation should be able to see karma right away, but they may take sometime to recognise karma.

Inability to see karma if not because of meditating incorrectly (that means not bothering to switch from head centred activity of thinking), it is due to wrong attitude and lack of confidence, or trying to see it with physical eyes. Make the necessary amends karma will reveal straight away.

Spiritual blindness cannot allow progress to take place.

#71.TAKING OUT THE CREATURES FROM A BAG

We can compare ourselves to a soft bag filled with all kinds of creatures. The creatures trapped within are anxious and restless moving all the time making all kinds of noises. Our everyday thoughts come from the panic and anxiety responses of the creatures within the bag, actions because these creatures cannot stay still and they make noises (speech). You know nothing about our thoughts, actions and speech unless if we open up the bag, as we do in meditation.

Meditation is comparable to opening the bag so we see the creatures contained within. If you want to have peace we should not just open the bag as the creatures do not know how to come out and where to go. We should therefore take the creatures out one by one and release them to the right place.

Therefore the aim of meditation is to empty ourselves from karma that has been mistakenly trapped with us. It requires real effort (at no effort).