

## *DISCOVERY # 2 as Meditation*

*By*

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*What is meditation? It is a place that exists inside of us. Where we can connect with how IT exists as infinity, which is where IT, as the peace that we are looking for, exists within us.*

*In observing people who meditate, there are certain things that they do in order to make this connection with the inner self, which is really with IT. Since it exists as the peace that we are looking to connect with. We'll use Buddhists, and Hare Krishnas, or people who practice Transcendental Meditation as examples. A red spot on the forehead that many Buddhists and/or Hare Krishnas use as the spot between the eyes, but just a little higher. This area is also known as **the third eye**; just behind that red spot is where most people go during meditation. That is where one can connect to a state of divine consciousness, or finding a peaceful place.*

*Most people who meditate are aware that in order to go to this area they must begin by **focusing on a sound, object, breath, movement, visualization or attention. In other words, what is known as the third eye.***

*Summing up that it is in ITS nothingness where IT is all knowing, and where IT exists as consciousness, peacefulness, and wisdom, and the knowledge of who IT is as ITS empty nothingness.*

### *Where is This Place*

*We have to remember that we are scientifically 99% of this nothingness that this pure energy exists as. This nothingness has left a way for us to connect with IT as ITS nothingness, which is how IT exists as infinite. Therefore, when we go to that area, it is where one goes to connect with how IT exists as infinite.*

*The best way to take you where IT left a connecting point is with what Buddhists and Hare Krishnas, including people in India have. A little red spot that they wear right between they're eyes on the forehead.*

*We begin by finding a very comfortable position because it is necessary to place our body and mind in a way that the body and mind does not disconnect us from what we are trying to accomplish. Otherwise, our body will continually send messages of pain or discomfort and distract us with good reason.*

*Personally, I have found it difficult when trying to meditate to be comfortable in the lotus position. The Lotus position is when the legs are crossed in a sitting position, placing the feet on the opposing thighs. So I sought another way to aide me in a more comfortable position. The best way for me to connect with IT is before I leave my bed at the moment I awake in the flat position. Also, when I end my day just before going to bed, I go to that certain area and stay there for as long as I can. This alone brings what is important to me and that is wanting to be with IT **for IT knows when you want to be with IT.***

*There are other things that can be done to keep a better connection, with this nothingness area; one is to remove as much of the noise that is outside of you. Since this place you are going to connect with has its own silence, an area that exists as a peaceful place. At first, when trying to enter this area, your mind will try and keep you away from there. Why? Because the mind will resist losing control of being in command. Therefore, it will intentionally distract you, in whatever way possible, reminding you of certain things. “Did I forget to lock the door?” or “Did I shut off the gas stove?” Or, your mind will give you some of its own music that can distract you from connecting to this area where something exists, but exists as a nothingness.*

*After meditating for a while, the mind begins to feel safe and comfortable and it will become easier to meditate. The mind might not be partaking in what is happening inside this place, which the mind cannot analyze, because our mind is not wired to understand something that exists, but exists as a nothingness. There will come a moment when the mind accepts this area as a peaceful area, and will get use to just being somewhere where it, the mind, cannot partake. And as you do this more and more your mind will feel comfortable being in a place where nothing exists daily.*

*Here are some pointers if you still hear some noise outside: you can take the thumbs and place them inside each ear. And if the eyes are distracting, then while having the thumbs in your ear, you can take your index fingers and place them lightly over your eyelids, and here is one more way, just place the palm of your hands lightly over your eyes fingers facing upwards.*

*Some people chant by simply using melody that enables them to reduce the unnecessary sounds giving their mind a way to settle down. The whole thing is to be able to look inside of yourself without the use of the eyes. Another way is to go into to a dark room, close your*

eyes, look up a little to where that red spot is placed and stay there as long as you can in silence, and without thoughts. This will help you to be with how IT exists as infinity and is where your body that exists as fragments of the finite heated weight that you only exists as; will reconnect with how IT exists as infinity.

What makes you different from me is that your portions of your heated weight are not the same portions that I have as ITS heated weight, but everything that exists like you and me all have the same 99.99 % of this infinite nothingness that exists as omnipresent.

When you see a person who is meditating, or doing transcendental meditation (TM), the perception is that the individual has been doing this for decades. They are still doing it as something to be with this inner peace that exists within as infinity. Therefore, with the newly gained information on meditation, you ought to remember that this place is where this pure energy exists as infinity, which exists as a nothingness.

After leaving this peaceful place, you have to come back to deal with what is out there as ITS fragmented heated weight that exists as life itself. Therefore, when you ask IT for help, you may get more than you ever expected. However, it will take a while to understand that IT does listen, and you'll gain a better understanding of who IT is, and that IT does help, when you ask IT for help. Make sure that what you are asking for comes from the heart and not the mind. I personally have experienced this when having asked for very little, IT gave me so much more than I could ever have imagined. I dare say this because some of the things that IT gave me, never crossed my mind as wants, but were perceived as gifts.

If you hear your heartbeat when meditating, it's an indication the breathing is too profound. What you should do is breathe less, because your body is at rest and doesn't need to breathe so deeply. Breathing to where you no longer hear your heartbeat means that something is wrong. Hearing your heartbeat is a good sign because it means that your arteries are working well and are not blocked. When you take a deep breath and cannot hear your heartbeat then you should check your blood pressure. Some people use incense during meditation, though I personally don't use it because I consider it unhealthy. The human body was not meant to inhale any kind of smoke.

We know that the nothingness that exists as this cold empty universe is Gods shell body. This is the place where God placed everything that one refers to as God's creation, such as: the planets, solar suns, asteroids, galaxies, because everything that exists inside ITS shell body is made from ITS heated weight. All the above is best understood when analyzing it scientifically as the pure energy that exists.

## **Meditation II**

*Meditation is a way to let go of the attachments and become centered in the peace that exists within us as pure energy.*

*When meditating, I am the eye of a hurricane. I need not control the spin of the storm around me. I float in the center where I am safe and peaceful.*

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***\*Only IT has been with me since the moment I became alive. Only IT will be with me when I take my last breath of life. IT is my best friend.***

⊗~~~~~⊗

*It seems that most people do not realize the peace within until they come close to death.*

*Have you ever noticed that when someone is about to die, their eyes look up ward as though toward the third eye? People who meditate consider the area above the brows the third eye. This is the eye that sees within rather than without. This is the eye that sees IT.*

*It was after a near fatal accident that I looked within to find pure energy as IT. I asked IT to show me what I am supposed to do here on Earth. This is when I began to understand. This is when IT provided me guidance and clearer ways of understanding IT.*

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***\*\*\* Inner meditation is that place in which we can be at one holistically with IT, not as a religion, race, or color. \*\*\****

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*IT did not provide me answers in black and white. IT does not send written messages. IT will not provide me life instructions through my mind.*

*IT communicates with me through an inner voice that I cannot explain. To my earliest question, IT replied: "Do that which only you know how to do, and do it well, and do it only at the moment that you are supposed to do it, and do not ask why."*

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***\*\*\* O God, I wish that there was a way, that I could stay as close to you as possible, other than in meditation, or when I have to cry out to you for help \*\*\****

**DISCOVERY #2**  
**YEAR 2018**  
**MEDITATION AS INFINIT**

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*Now for dose of you that have done some types of meditation ,you will be familiar with what I am writing you about ,which is that depending on which system or technique to use a word you are using, be it Buddha, Krishna, or anyone else that is meditating in that area that exist as the third eye, eventually you will find that you will end up in a place where there exist a nothingness , some will say that this is the place that has no beginning or end , or this is the place where infinity exist ,where you can find peace, wisdom, where you can find, spiritual enlightenment*

*People that have been to this place reflect a sense of peace to others or give off the feeling that they have reached spiritual enlightenment. These are just a few of the benefits that are related to experiencing the area also known as the third eye.*

*I have said that something exists scientifically called Pure Energy. It is believed that from this Pure Energy is where everything that exists came from. I must also say that I, too, use to think this way until recently, when I became aware that this is no longer true. From June, 2017 on, I no longer believe that Pure Energy is the most important thing that exists. I will explain that it is not and from here on, I will now say that Pure Energy is not the primary, but exists as a secondary and who IT is that exists as number one. But in order to explain this, I have to take you back again to when everything began.*

*In science, there exists something called Pure Energy. Science says that everything that exists came from this pure energy and this pure energy exists as a heated weight. This heat, in the beginning existed as a ball of heated weight that exploded outward known as the Big Bang, which then became what is now known as the universe. Inside of this universe the heated weight fragmented its heated weight to first become hydrogen atoms and from there the hydrogen atoms, to give you the short version, became everything that now exists, which is this planet, where eventually we came into existence.*

*Over time, we evolved from the cave age to the present, and we have become more intelligent to the level of understanding that we now have reached. I talk about the above so you can understand as much as you can about things that exist and how they exist.*

*You remember this heated weight belonged to that which is called Pure Energy and from heated weight it transformed into that which became matter. It is from this matter that we came into existence. Therefore, under the old theory of Pure Energy, as I refer to it from now on, **the most important thing to remember is that Pure Energy exists as a heated weight that cannot be CREATED or DESTROYED.***

*When this Pure Energy exploded outward to become the empty universe, it is here that the scientific version of pure energy theory violated the laws that governed the way this Pure Energy exists as.*

*I am going to bring back this section that I already wrote about, so you can reread it again, because it is important when it relates to meditation. The only reason why we exist as humans is because we are made of that stuff called matter and matter scientifically came from what is known as Pure Energy, as in all the atoms that make our existence possible, and all the atoms that we exist as being 99% empty space. In this 99% empty space, there is this heated weight that exists as protons and neutrons that exist inside the atom which belongs to Pure Energy. That part is true, **but** as you will read where I corrected the old version of the Big Bang to what I now call the **New Big Bang without a Bang**, which you can see a visual at. <https://youtu.be/TUIUtvIIQIE>.*

*The existence of the 99% empty space that later on became what they labeled as negative energy also needs to be corrected because of the way the scientific community still thinks about this. As I have explained, this now existing empty universe that is 99% empty space, known as outer space, and labeled as negative energy, really belongs to someone or something that exists as being composed of something that exists as being spiritual and also has consciousness. If whatever it is that exists as something existing as a nothingness or as empty space, it does exist because when we look at the empty universe, it does exist. Scientifically it exists as having a temperature that exists as not having any energy attached to it. Since we as humans are made from this same empty nothingness that all atoms exist as being 99%, then it means that all humans are scientifically 99% nothingness as the empty space that we have as atoms.*

*This will help us understand that when we go to this place that exists as the third eye, we are going to a place that whoever made us left it so that we could connect with how **IT** exists as this 99% nothingness that we exist as. This area is where I go to and shower myself with how **IT** exists as the way **IT** exists as infinity, for this is the way that **IT** exists as infinity, we also get how **IT** exists as peace and it is here where we can also obtain wisdom and consciousness, for all of these are attributes as how **IT** exists as being a spiritual consciousness.*

*The more we go to this place known as the third eye, the more we become of how **IT** exists. People that have stayed in this place called the third eye have reached what is called spiritual enlightenment. So for those of you that have reached this level, now you know that you have reached the effect of being as close as you will to that part of **ITSELF** that exists as **infinity**. Most people that know this place will tell you that whatever is there, **it cannot be analyzed** simply because it exists as a nothingness, but as I say, that **yes it can be studied**. The one problem I now have is that I can no longer say that what exists in that area known as the third eye exists as Pure Energy, because it wouldn't be true.*

*Pure Energy is what exists inside of whoever or whatever **IT** is which I call spiritual consciousness. The reason I say spiritual, is because it is the only word for something that exists but exists as a nothingness which was labeled incorrectly by the scientific community as negative energy. I say consciousness because this is where whoever or whatever **IT** is has consciousness. This area is where **IT** exists as being 99% of who **IT** is, and this area is where Pure Energy exists as the 1%, as the heated weight that existed at the moment of the Big Bang.*

*It is the same 1% that exists as matter and exists inside this place that the human mind labeled the universe, which is really the way whoever or whatever **IT** is, exists as its outer way of being. This is the reason why I say that whoever **IT** is exists as 99% empty space and as the same 99% that exists as every atom that makes our existence possible; which means that we exist as 99% of this spiritual consciousness. Therefore, when we go to that area known as the third eye, we are going to it as how **IT** exists as spiritual consciousness. We cannot analyze it, but we can study it as how **IT** exists as 99% emptiness that we go to in meditation.*

*The way I have found to understand how **IT** exists as nothingness, is by using the way **IT** also exists as **ITS** heated weight, which is totally the opposite of how **IT** exists as the nothingness. For example: 1. the heated weight has a temperature that is said to be in the billions of degrees where **ITS** opposite exists as the empty universe (**ITS** outer way of existing) that has a temperature of  $-273.15^{\circ}$  **Celsius** or  $-459.67^{\circ}$  **Fahrenheit**, 2. **ITS** heated weight makes things happen where **ITS** opposite exists as nothing happening, or as a constant that is never changing, 3. **ITS** heated weight resists being moved and **ITS** nothingness is what moves this heated weight within **ITSELF** as how **IT** moves everything that exists inside this universe, which supposedly exists as Pure Energy.*

### **What is meditation?**

*It is a place that exists inside of us where we exist as the finite heated weight where we can connect with whoever **IT** is that exists as infinite and the peace that we are looking for that*



*exists within us. For those of you that have stayed in meditation for an hour or more, when you return to the outside way of existing, the time spent inside of yourself where this infinity exists, when looking at the clock it feels like it was only a few minutes. And the truth is that you were really there only as one moment because whoever **IT** is that exists inside of us does not exist as our mechanical time system.*

*We have to continue using the current time system because it is the only way that we can be at a particular place at a particular moment at a particular earth rotation. **The mechanical time system** we are using is only a human invention, that serves only as a human convenience but it is not universal. Here is one more tidbit that will help you understand what I am saying. For you to exist, you have to be made of this which is called atoms, and these atoms came from that which is known as Pure Energy and this Pure Energy can only exist inside of whoever is there that I refer to as that which exists as a spiritual consciousness. Therefore, since we are made from whoever **IT** is, as the duality that **IT** exists, one way is the 1% of who **IT** is as **ITS** heated weight and the second way is the way **IT** exists as the 99% that **IT** exists as a nothingness, or you might understand it better this way, we all exist as one moment with in **ITS** existence, for **IT** does not exist as **The mechanical time system**. And if you want to know more about the history of time go to.*

<https://thenewbigbang.net>. *And read the section called **TIME**.*

*Since we exist as atoms, it is known and accepted that this group that exists as the Scientific Community has gone inside of just one atom, they found that they could not apply what we are using as time, because time does not exist inside an atom. Since we are totally made from atoms, it is easier to understand at this moment of evolution that what we are tapping into known as the third eye, is how whoever **IT** exists as this nothingness that we are made from of empty space that exists inside of us as the atoms that we are made from. Therefore, in reality, we humans exist as being 99% empty space that exists as a nothingness that exists inside of every atom that makes our existence possible. The other 1% that we exist as **ITS** heated weight that exists as being finite and as this 1% that we exist as finite; this 1% is also fragmented into billions or trillions of fragments that were fragmented at the moment of the Big Bang.*

*Let me explain it scientifically, not as a philosophy or as a concept. Pure energy exists and existed as a ball of heat that existed as a singularity. This heated weight that existed as a singularity fragmented into very tiny fragments of heat so as to become matter as all the atoms that now exist. Therefore, every atom that exists inside of what was labeled the universe, exists as being 99% empty space that exists as a nothingness. This empty space that exists as a nothingness exists as a spiritual consciousness. So for us to exist, we are*



*made of atoms that exist as 1% heated weight that came from what is known as Pure Energy and this 1% that exists as the heated weight that exists as Pure Energy can only exist inside of this empty space that exists as a spiritual consciousness. In reality, we exist as being 1% of this now fragmented heated weight that we have as our human body.*

*Therefore, getting back to meditation, since we are this 99% empty space existing as atoms, it's easier to understand when we go to that area known as the third eye, we are going as how **IT** exists as the empty space that also exists as a nothingness and exists as a spiritual consciousness, which is how **IT** exists as infinity.*

*In short, we are 1% of a fragmented heated weight that exists within the 99% that exists as infinity.*

*So thanks to whoever **IT** is, because **IT** made it very easy for us to connect with whoever **IT** is. If **IT** did not exist I would not be here sharing this information with you which is also possible because of **IT**.*

**\*\*\*\*\* People who meditate won't readily take partake in wars \*\*\*\*\***

