

## RECENT ADDITIONS

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Change to second to last COMMENT under Topic 5., "Meditation" (LINK address change):

**BUT, my favorite book on meditation so far is Life is Meditation - Meditation is Life ... Get to it via [THIS LINK](#) .**

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Change to second to last COMMENT under Topic 5., "Meditation" (addition):

Instead of just depending on "blessed intrusions" during meditation, it seems likely that, for at least some, another technique would help -- and this would help generalize using techniques out in the world. (This could be particularly good for some, though, perhaps, unnecessary for others.)

Here is the technique described by Gilbert and Choden: (quoting):

### Breathing Rhythm

"Sit comfortably with both feet flat on the floor about a shoulder width apart and with your back straight. Your posture is comfortable but upright because the idea is to be both relaxed and alert rather than becoming sleepy, which can happen if your head drops forward. Gently, close your eyes or allow your gaze to fall unfocused on the floor. Create a gentle facial expression, an expression of friendliness, as if you are with somebody you like. Try relaxing your facial muscles by letting your jaw drop slightly, and then let your mouth turn up into a slight smile.

Now focus on your breathing, on the air coming in through your nose and down into your diaphragm, staying a short while, and then moving back out through your nose. Notice how your diaphragm moves gently as you breathe in and out. For the development of a soothing breathing rhythm, you will breathe slightly more slowly and slightly more deeply than you would normally. The in-breath is about three to five seconds, and then you pause momentarily and take three to five seconds for the out-breath. You might try to breathe a little faster and then a little slower until you find a breathing pattern that is comfortable for you and has a gentle rhythm to it, giving you the feeling of slowing down. The slow comfortable rhythm of the breath is key. Five to six breaths per minute is ideal but only if comfortable.

Also focus on the out-breath and the air leaving your nose with a steady rhythm. Try to ensure that the in-breath and the out-breath are even, and don't rush them. As you develop your breathing rhythm, notice the feeling of inner slowing with each out-breath. Notice how your body responds to your breathing, as if you are linking up with a rhythm within your body that is soothing and calming for you. Notice how this links to your friendly facial expression. Notice how you might feel heavier as you sit, more solid, and still in your body."

Gilbert, Paul; Choden. Mindful Compassion: How the Science of Compassion Can Help You Understand Your Emotions, Live in the Present, and Connect Deeply with Others (p. 194). New Harbinger Publications. Kindle Edition.  
(end quote)

Such a technique may well take care of my concerns about linking meditation to the outside world (or

using 'meditation' more generally).

My view:

If you do not bring wholesome techniques of your traditional meditation out into a cultivation in-life also, your practice of Buddhism is not complete.

<-Bringing your Buddhism "out" will more likely reciprocally bring into your quiet contemplative states things worth attending to/being mindful of.

[ (Wouldn't you like to find yourself "falling" into worthy contemplation -- where else could wisdom appear? )

(Eventually one will realize: To know that you know things is simply part of knowing things; to control what you do is simply part of doing.) ]

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Added to the end of the answers to the question under Topic 8, "Requisites of Enlightenment...":  
(addition):

It may be easier to remember this major summary of content by recalling the 4,4,4,5,5,7,8 pattern shown in this quote:

The Buddha: "What do you think, Ananda? These things that I have taught you after directly knowing them - that is, the four foundations of mindfulness, the four right kinds of striving, the four bases for spiritual power, the five faculties, the five powers, the seven enlightenment factors, the Noble Eightfold Path - do you see, Ananda, even two bhikkhus who make differing assertions about these things?" Ananda: "No, Bante I do not ..."

(Source: Majjhima Nikaya (Middle Length Discourses) #104)