

AUDIBLE LIFE

SENSATIONS WE EXPERIENCE THRU OUR FIVE SENSES

BENEFIT IS CLEAR, BUT LIMITED

IMPORTANCE LASTS AS LONG AS WE EXPERIENCE SENSATIONS

NO IMPORTANCE AFTER SENSATION IS FINISHED

ASPECTS OF LIFE

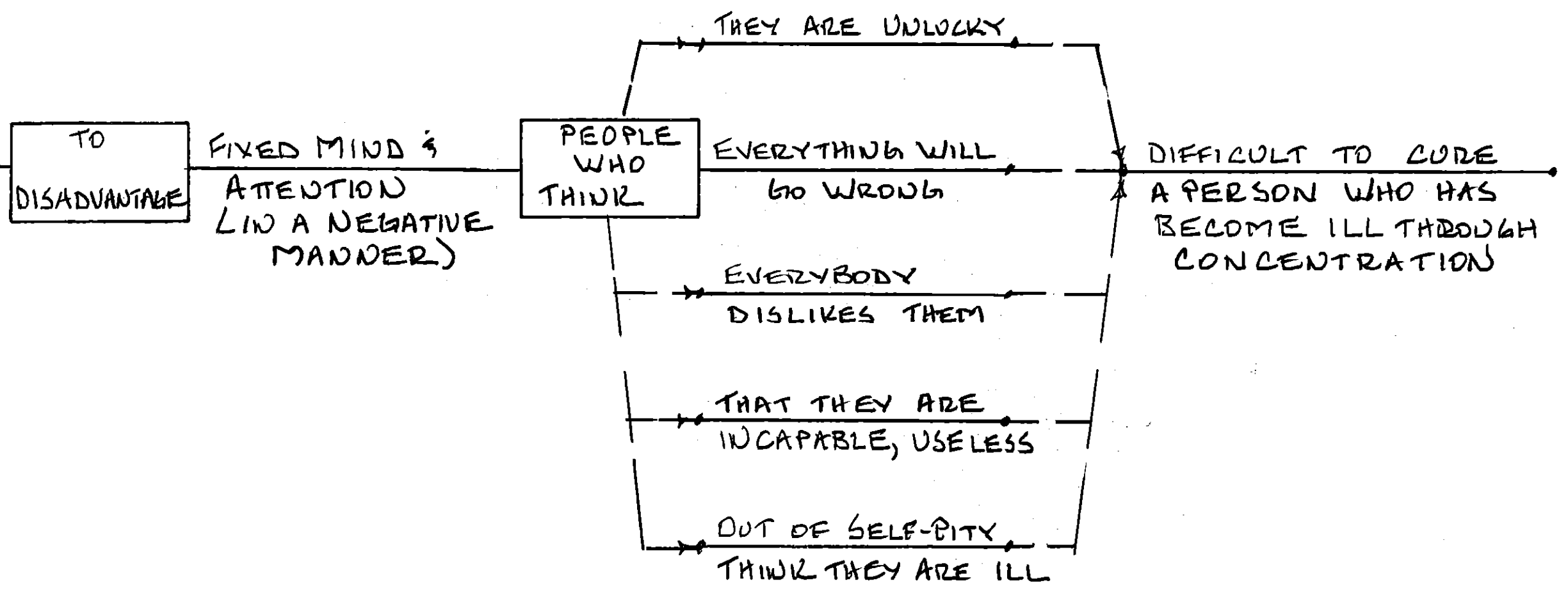
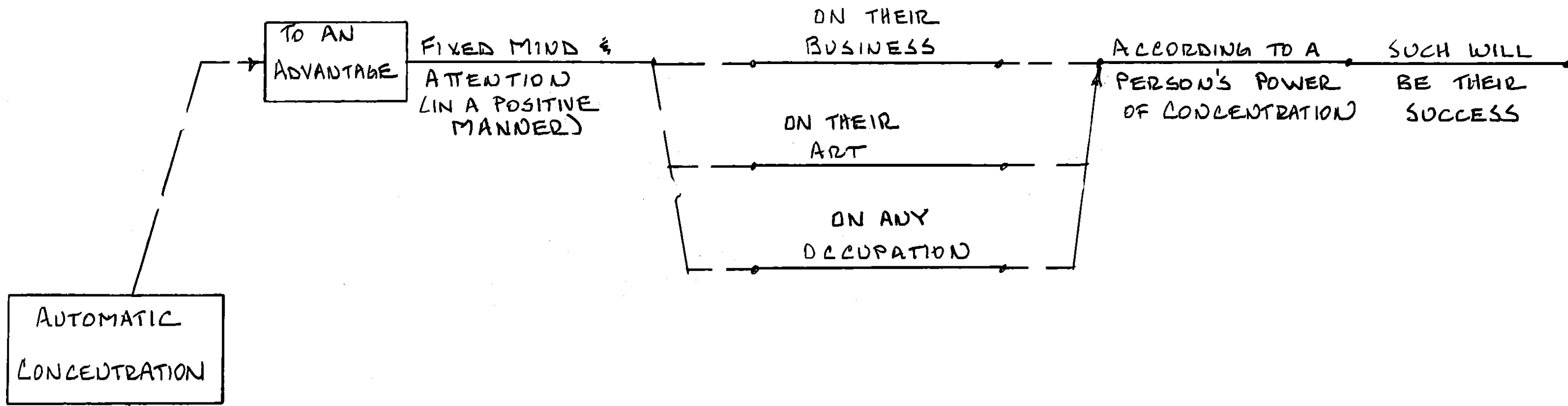
SILENT LIFE

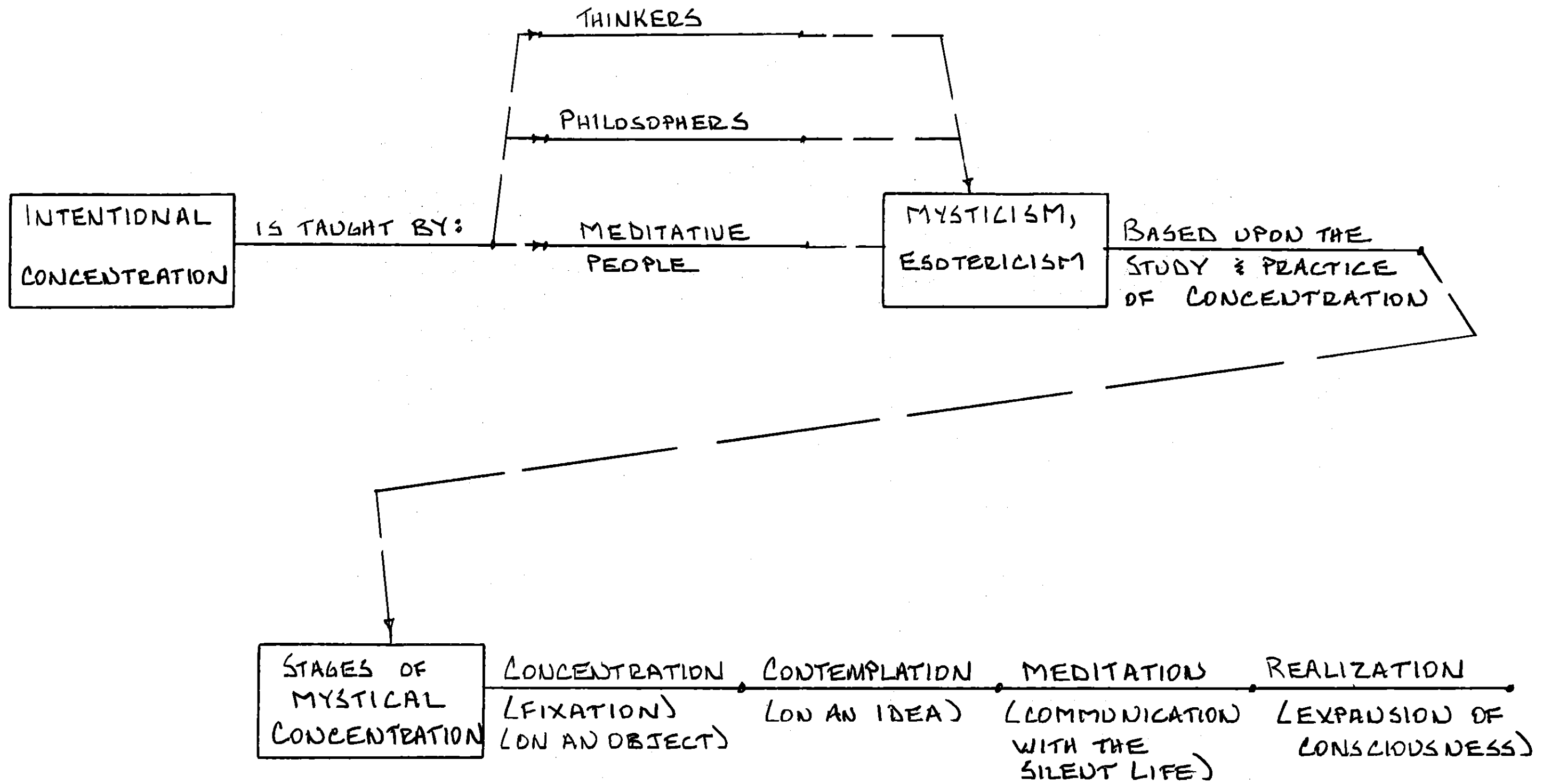
HAS AN INDEPENDENT VALUE

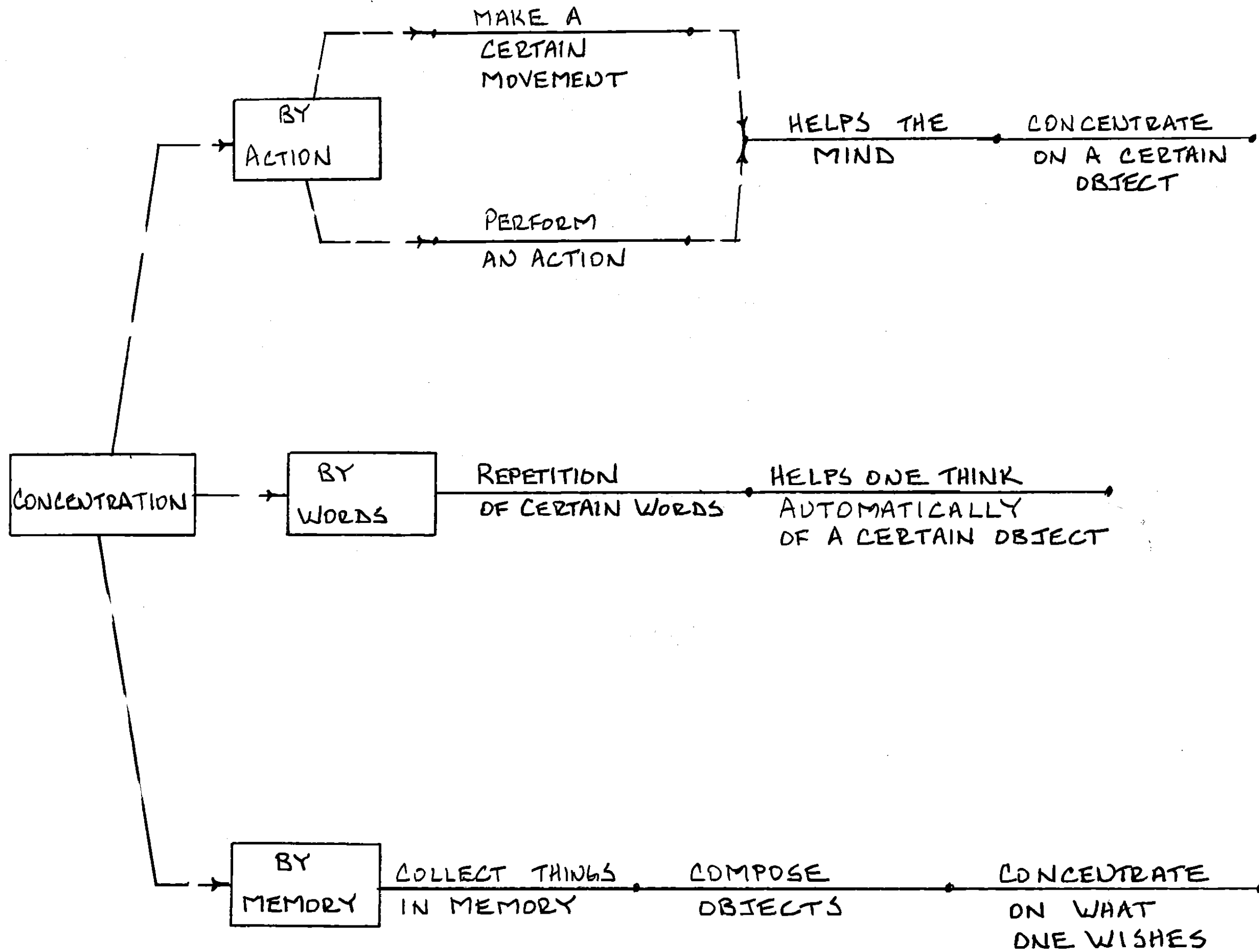
PROVIDES A GENERAL BENEFIT

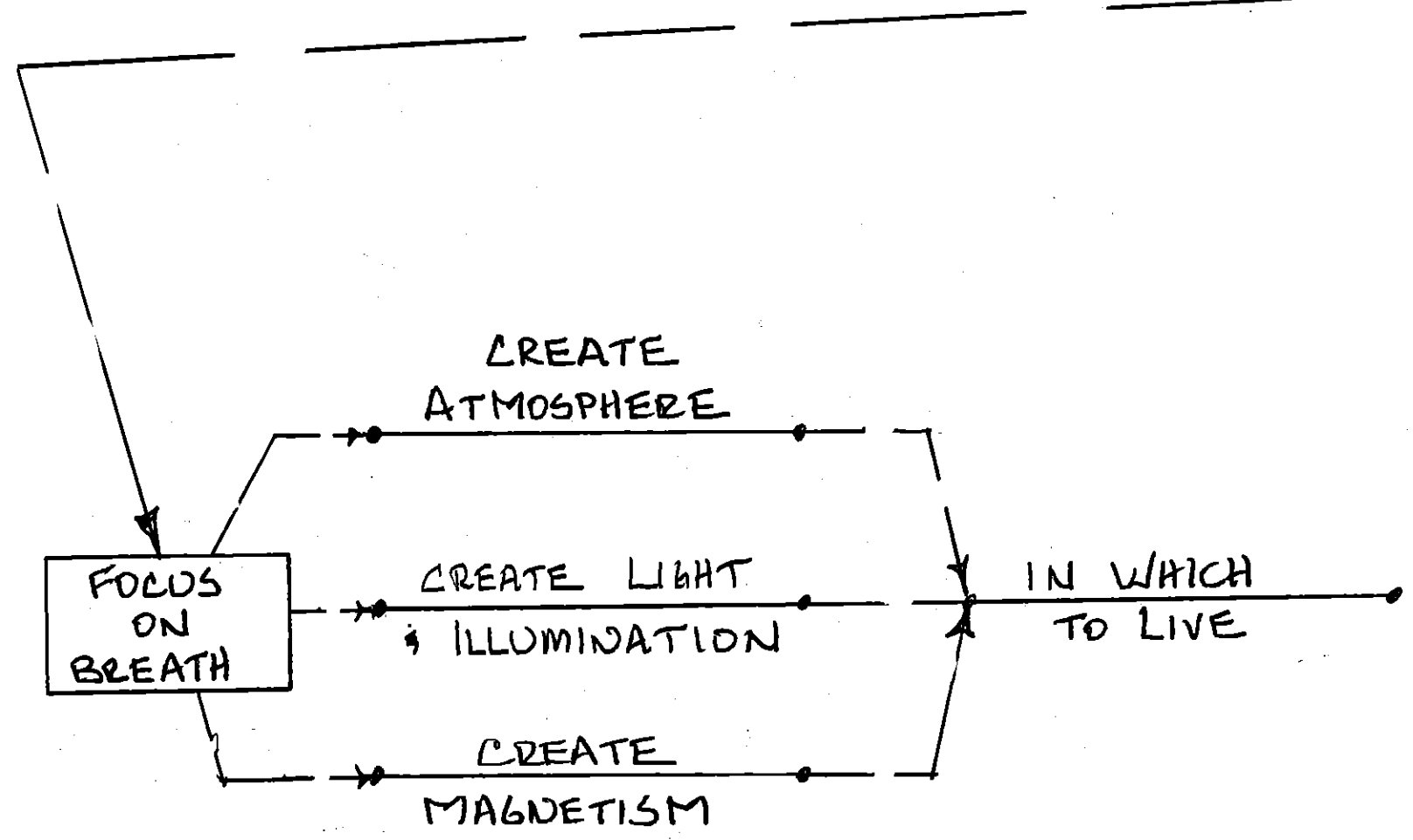
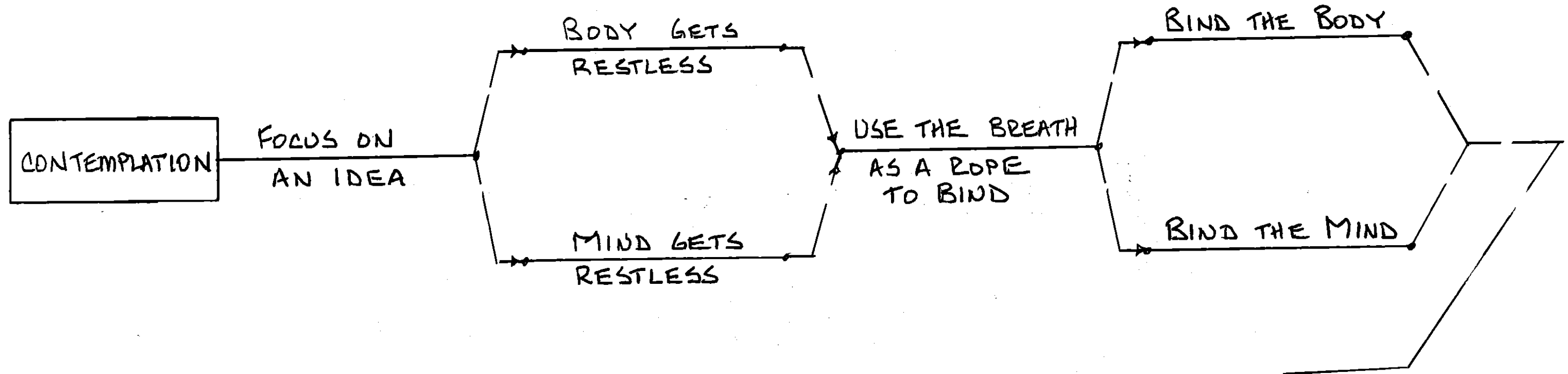
CONCENTRATION PROVIDES THIS GENERAL BENEFIT

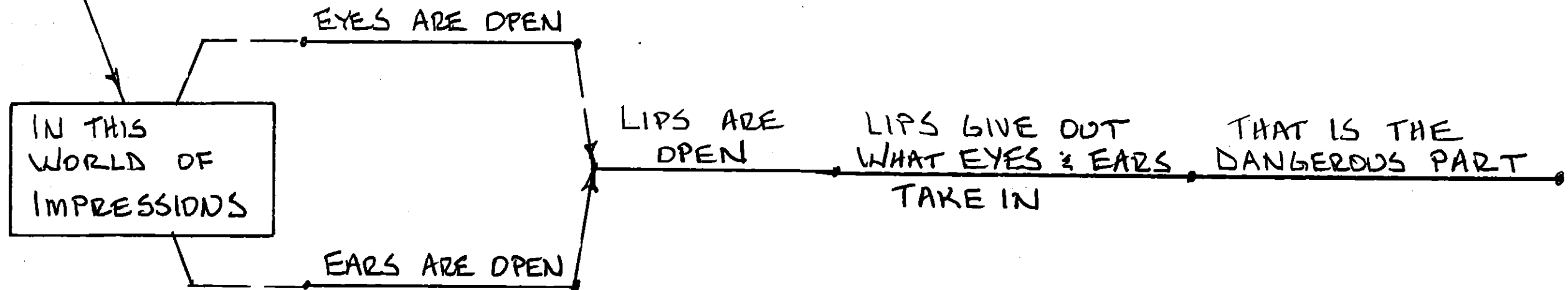
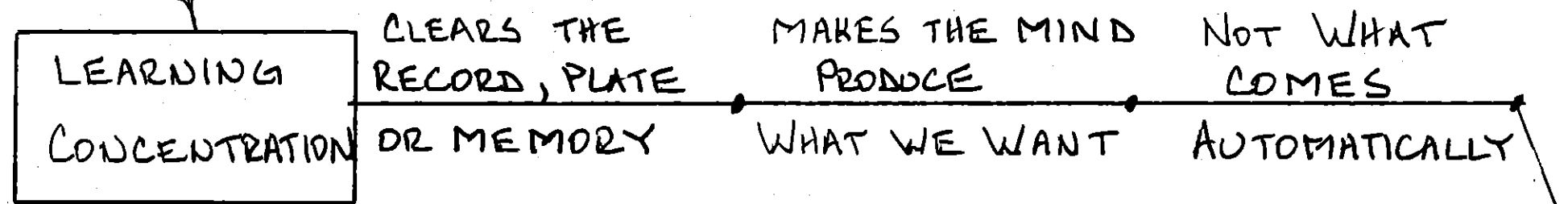
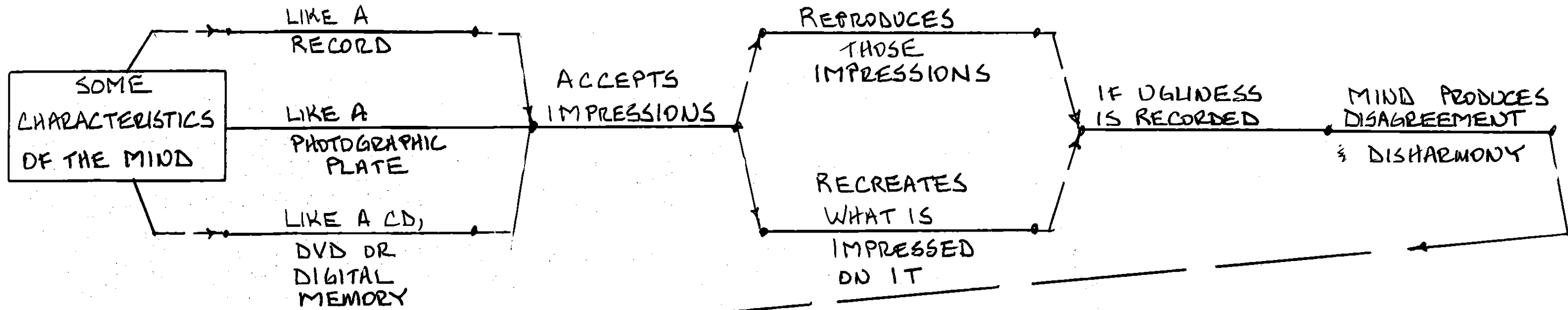
TWO TYPES OF CONCENTRATION

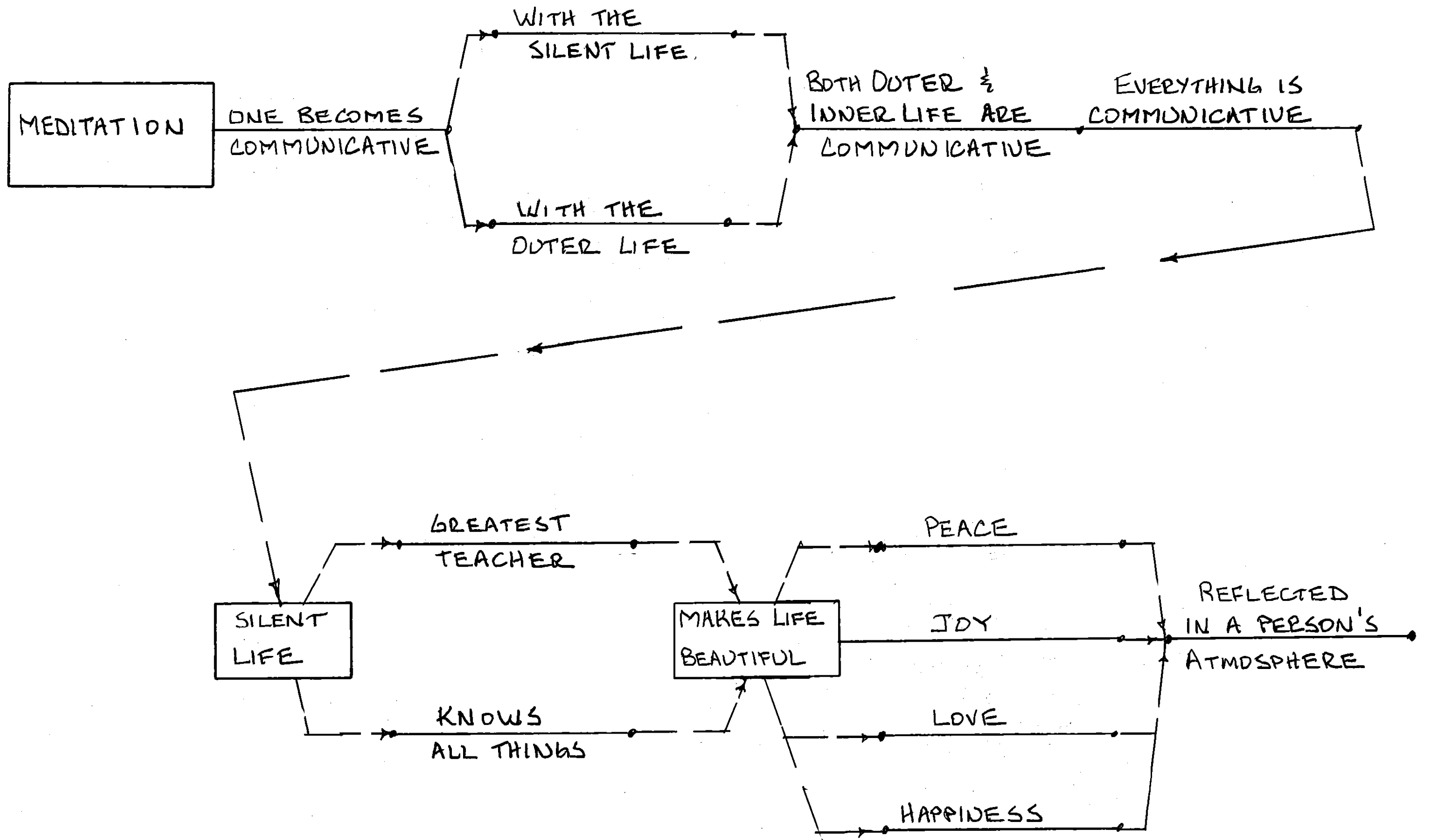


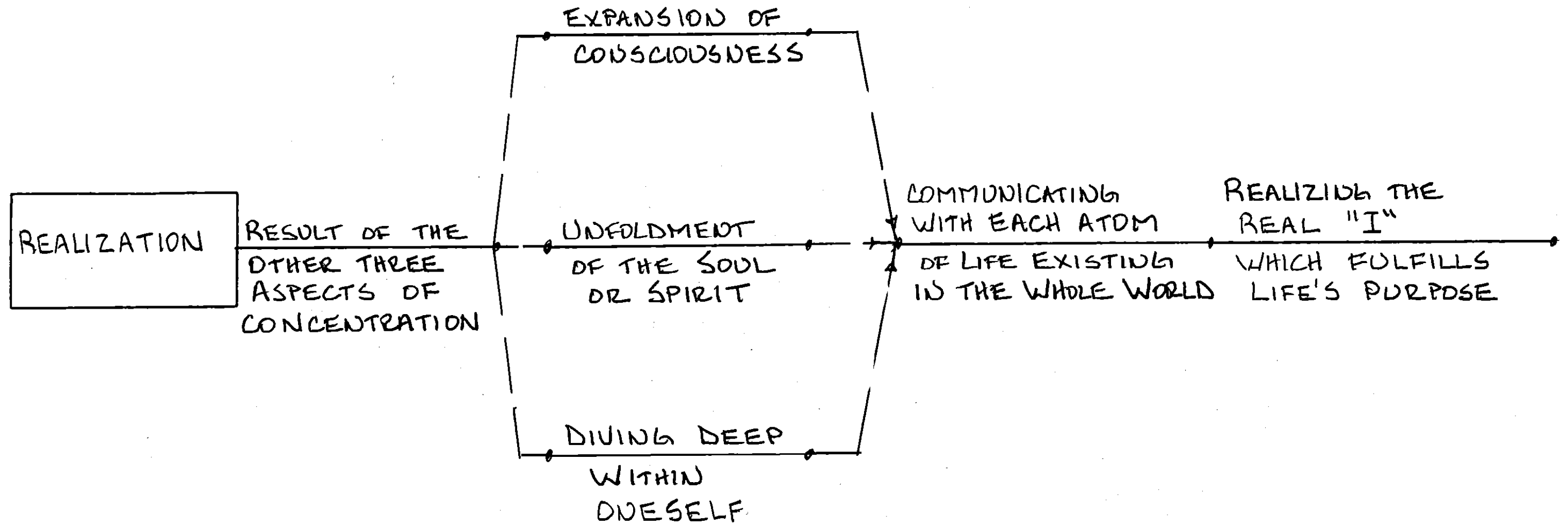












ACKNOWLEDGEMENT: SIGNIFICANT CONTENT OF THE IDEAS

REPRESENTED HEREIN HAVE BEEN ADAPTED FROM THE WRITINGS OF

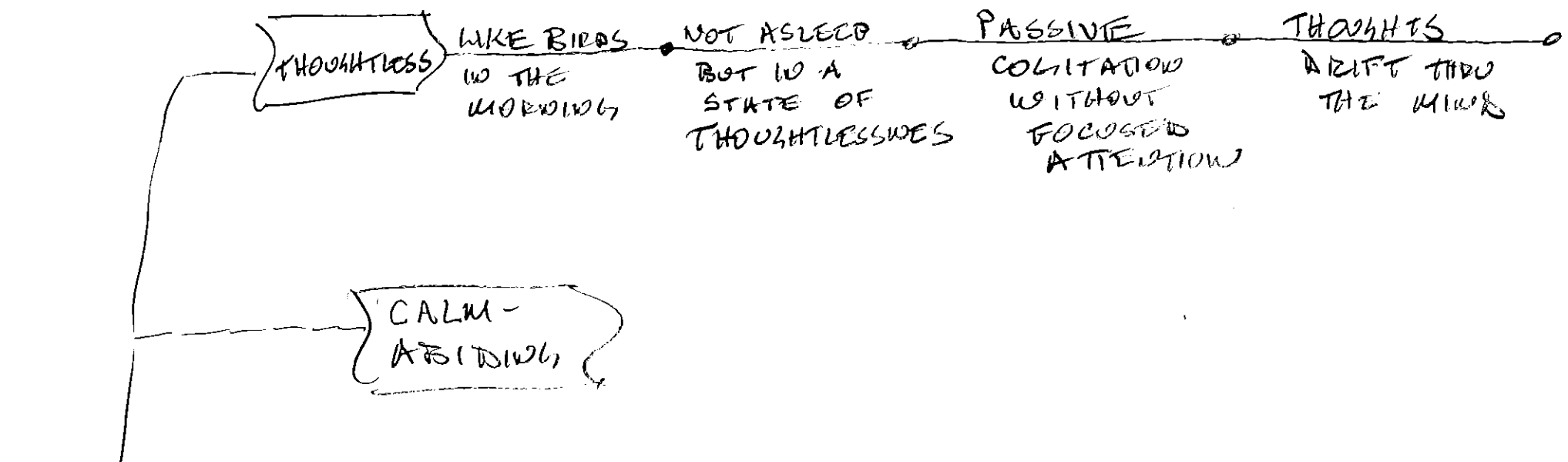
HAZRAT INAYAT KHAN

PARTICULARLY FROM THE FOLLOWING BOOK:

SPIRITUAL DIMENSIONS OF PSYCHOLOGY

HAZRAT INAYAT KHAN

1981, 2011 OMEGA PUBLICATIONS, INC.

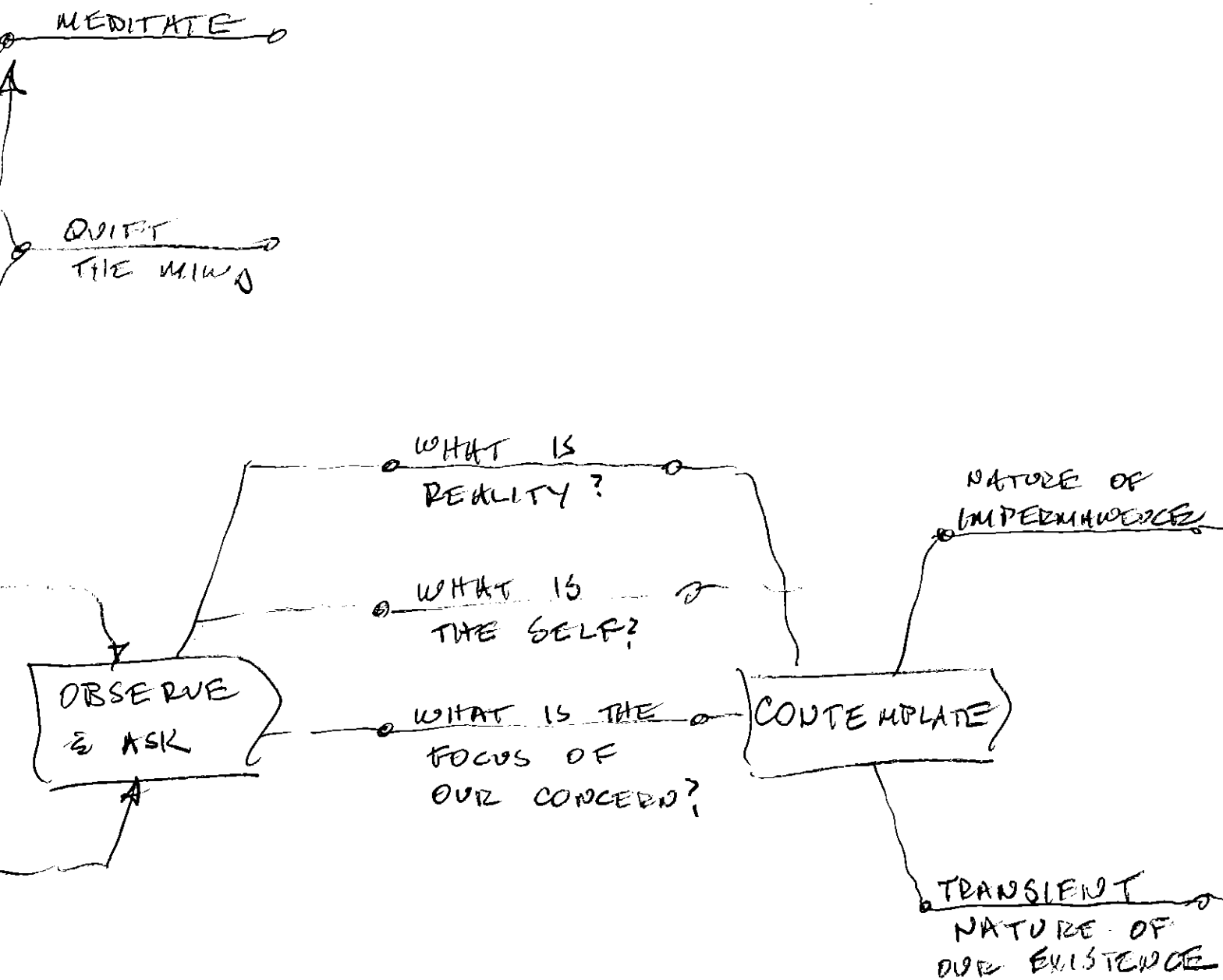
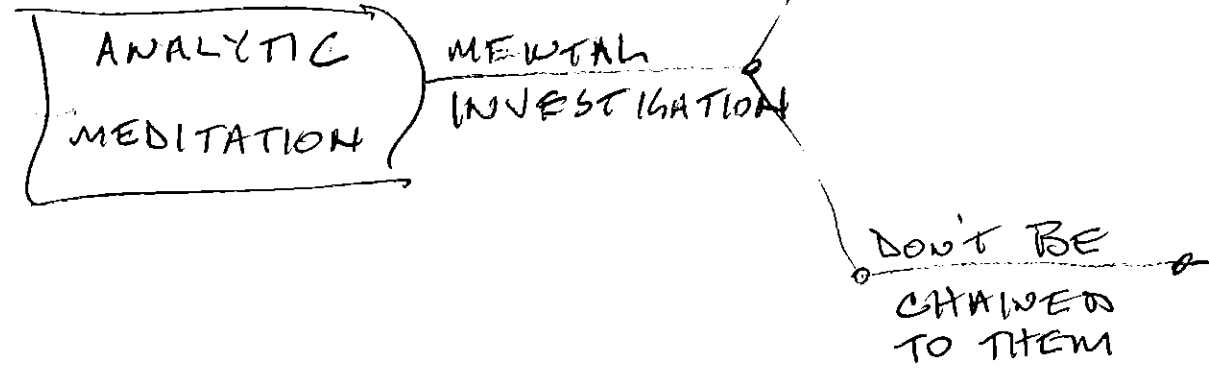
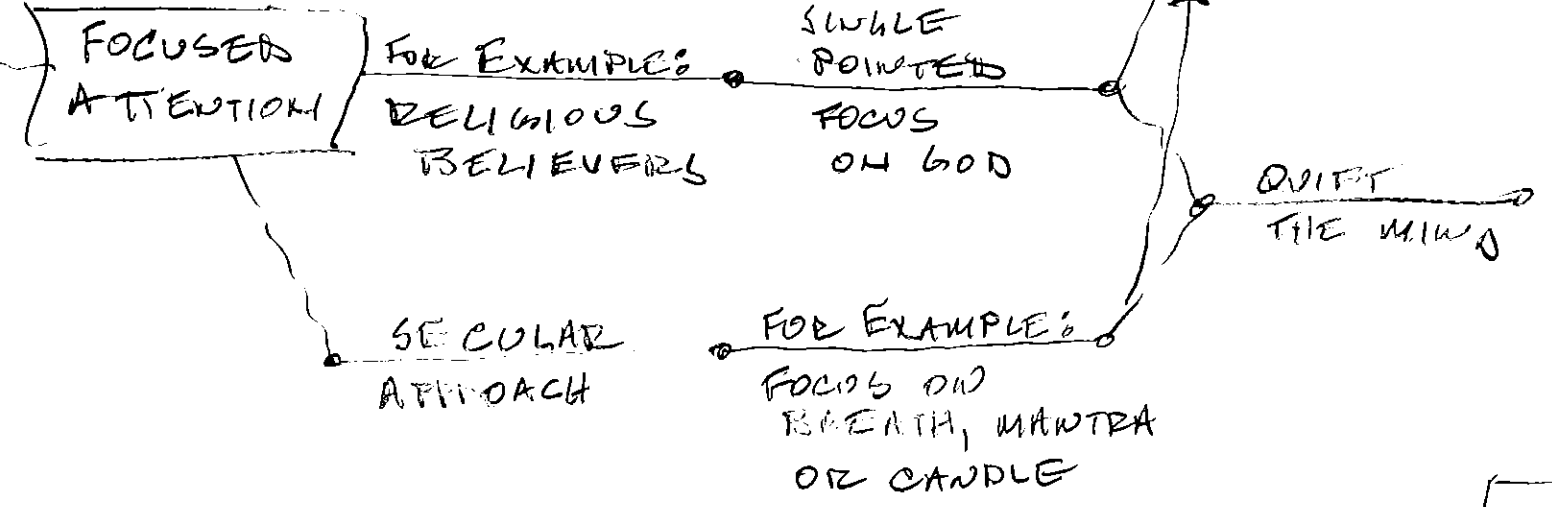


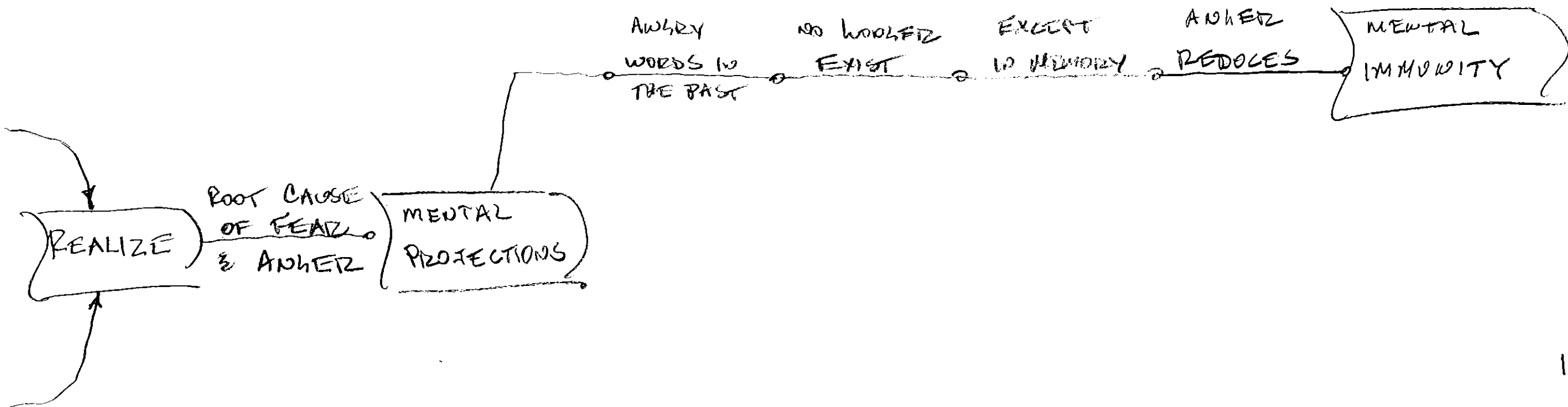
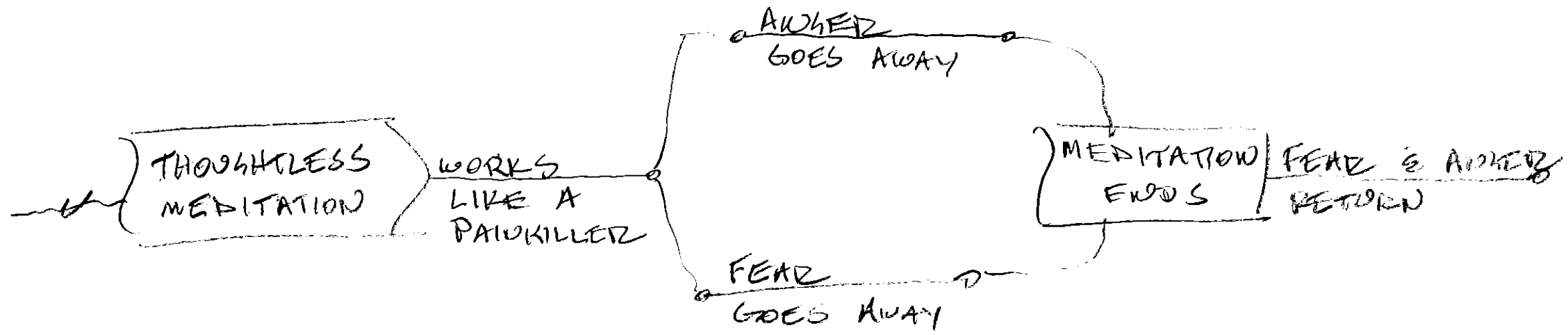
THIS EXPLANATION OF THE FORMS OF MEDITATION WAS PRESENTED BY HIS HOLINESS THE DALAI LAMA IN THE BOOK:

THE BOOK OF JOY:
LASTING HAPPINESS IN A CHANGING WORLD

WRITTEN WITH DESMOND TUTU AND DOUGLAS ABRAMS

Forms of Meditation





11-28-16

PERENNIAL
PHILOSOPHY

TO TRY TO EXPLAIN IT
IN WORDS IS IMPOSSIBLE
BECAUSE WORDS ARE BIASED
BY PERSONALITY & SOCIETY

THE PURE STATE
THAT IS THE EXPERIENCE
OF THE PERENNIAL PHILOSOPHY
CAN BE KNOWN
THROUGH CONTEMPLATION

FUNDAMENTAL
DOCTRINES
OF THE
PERENNIAL
PHILOSOPHY

CONSCIOUSNESS THAT WE PERCEIVE

(PEOPLE ANIMALS, THINGS, SPACE³
IS THE MANIFESTATION OF
A DIVINE GROUND (GOD, THE FORCE ...)
(DS: 2010 - ENERGY)

(DS: 2017 - REALITY)

HUMAN BEINGS CAN REALIZE
(FEEL) THE EXISTENCE
OF THE DIVINE GROUND
BY A DIRECT INTUITION,
(A UNION WITH THE SPIRIT)

FROM THE WRITINGS OF
ALDOUS HUXLEY

CHART CREATED IN 1980
DENNIS STARKOVICH

MAN POSSESSES A DOUBLE NATURE:

A PHYSICAL/PSYCHOLOGICAL EGO,
AND AN INNER, ETERNAL SELF

MAN'S LIFE HAS ONLY
ONE END & PURPOSE:

TO IDENTIFY HIMSELF
WITH HIS INNER ETERNAL SELF
AND SO TO EXPERIENCE

UNION WITH THE DIVINE GROUND