

Meditation G1

To feel the Force flowing through you, you must be an open conduit through which the Force may flow. The question is, how are we, as Force users, better able to condition ourselves in this way? Of course, physical conditioning plays a part in this equation, because a strong body is key to a sound mind. But more important is our mental state. Our mentality is key to opening the uses of the Force...studying the force, using the force, and becoming proficient in the ways of the Force. As Jedi, of course, we prefer to use non-violent means to solve our problems. Based on that alone, mental balance is more important than physical prowess. The way to properly condition ourselves is through meditation. You will find that most people with a balanced mind study some form of meditation, or practice it in unorthodox ways. Meditation for me usually involves sitting cross-legged in a dark room, with no sound or light. By doing this, you cleanse the environment of negative influences. From this point, I like to close my eyes and feel the energy radiate from my body and move around me. If you try this, you will find that you can often enter a trance-like state, through which you control your breathing and heartbeat to the point that they slow down significantly. For some people, Focus, rather than clearing the mind, works better as a meditation. I encourage you to try it both ways...try to relax and feel the energy flow through you, or try to concentrate, and focus your energy on either a mental or physical object of your choosing. Not necessarily to move it, but to feel the connection through this object.

I will be posting more lectures on more thorough meditation techniques shortly. If you have any meditation techniques that you have found helpful, feel free to Email them to me, and I may include them in the coming lectures. May the force be with you, and may you use it wisely.

JediKnightG

PradseLost@aol.com