

The Complete Art of Meditation

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Introduction

This will be a complete departure from all of the previous information related to what is called as Meditation. This will be simply because nowhere before has the information divulged at this time ever been offered for dissemination in its present form. None of this information is "secret", it very simply has never before been packaged/presented together as it will at this time. The diverse information being presented here within these pages is being done so in a very unique and never before done so manner. This is simply because no other person has to date been able to identify, understand and interpret what is happening within the human body with regard to the components involved. These seemingly disparate components will be viewed to readily mesh and completely complement each other. The entire point of meditation is in fact simply to learn to be able to bring the entire Enteric Nervous System (ENS) under conscious volition! Enjoy!

The art of meditation

Any person resting quietly with their eyes closed while in a state of contemplation is in but a single of many forms of what is described as meditation. It is only the very advanced person in the meditation art that is able to actively meditate while their eyes remain open. This is why the typical at rest body position form of meditation is while sitting (usually on a roughly 4-inch-thick pad) with the legs crossed in front, back straight with head erect and eyes closed. The area of contemplation is quiet, with subdued lighting and in general comfortable. As you become more proficient in the various forms of the art of meditation (i.e., learning how to directly and consciously interact with your Enteric Nervous System) you may learn how to manipulate the ENS while fully conscious and actively engaged in everyday living experiences.

It must at once be obvious to you that direct and conscious interaction with your Enteric Nervous System is not a typical or usual human activity. It is in fact a learned skill that takes considerable time to discover, learn and become proficient in performing. It is a learned skill! A learned skill that may be taught in stages according to the proficiency of the student. Also, it is very important for you to realize that all of the skills that you learn are a completely natural outgrowth of your consciousness and simply an extension of your learning to use all of the resources available to your body organism. From the information provided so far it easily follows that there are 2 major aspects of your nervous system as a whole that organizes and orders the events that take place within your body. The conscious component is the Central Nervous System and the unconscious component is the Enteric Nervous System. The art of meditation simply moves one aspect from unconscious to conscious, with a considerably lengthy learning curve. And as in all learning, it is in the conscious realization of cause and effect that constitutes the learning event. Eventually it is hoped that anyone learns to be able to simply think and become! Remember that all aspects of meditation eventually become a part of the normal behavioral repertoire as well as a very able part of what will constitute that everyday conscious behavior.

The role of the ENS in the meditational events

Okay, okay so at first there is no role of the ENS in the meditational event as it will be an entirely novel experience in the life of the aspirant. You as the aspirant will be seeking a means of getting a sense of what is lurking beneath the conscious shell of the entirety of your composite beingness. The whole point of the beginning exercises is to still the persistent clamor of your conscious mind. There are any number of techniques to learn how to do so. I suggest that you read about as many as you feel that might be rel-

evant to your beingness. Try not to get into a rut in your searches and be flexible. Eventually one will seem to worm its way into your consciousness and seem to speak to your inner beingness.

The classical material offered for study will refer to chakras, colors, sounds and a lot of cultural nonsense. It is best to ignore all of that and just concentrate upon the colors, the anatomical locations and the strictly behavioral attributes of each chakra. The colors are good: Basal is Red and located at the base of the sacrum, Sacral is Orange and located at the juncture of the sacrum and the spine, Solar is Yellow and located in roughly the area of the solar plexus, Heart is new leafy Green and located congruent with the heart, Throat is sky blue and located at the area of the thyroid gland. These are the 5 ENS centers. The Brow is Indigo and located both in the midbrain and the cerebellum of the Central Nervous System, the Crown is the left and right cerebral hemispheres (the 1000 petal Lotus) and bright White. The 2 upper centers are the CNS centers. For this discussion, we are concerned only with the lower 5 Chakras, the ENS centers.

The Red Chakra is associated with the sensory nerve cell bodies located throughout the entirety of the skin that covers the whole of the physical body. The Orange Chakra is associated with the nerve cell bodies of the motor nerve plexi located within the voluntary skeletal muscular system of the physical body. The Yellow Chakra is associated with the visceral (autonomic) cell ganglia located and spread within the 3 body cavities and particularly along the dorsal and ventral outside aspects of the spinal cord (CNS) in opposite side dual pairings at each vertebra. It is the 3 opposite side bilateral pairings of sensory, motor and enteric nerve cell bodies that constitute the goal of learning meditation. It is the conscious manipulation of these nerve cell bodies as a whole that constitutes the art of meditation.

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