

# THE Inner Traveler™

Meditation Society of America

Sample

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## Welcome To The Inner Traveler

A sage once said, "Cosmic Consciousness is our birthright and humility, compassion, and meditation are the ways to achieve it." With that in mind, The Meditation Society of America has made its aim to make methods of achieving perfection in these holy actions wholly available to all who want them. One of the vehicles for spreading this knowledge is The Inner Traveler. This newsletter will be an ongoing transmission of liberating information. We feel there is only one truth being presented in many ways by various teachings and we will be sharing techniques and concepts from different paths in order to help provide the missing ingredient in the quest we all have in common - to know Truth, Knowledge and Bliss and to live happily ever after.

Peace and Blessings

Bob Rose, RNC

*Bob has been practicing and teaching meditation techniques and concepts for over 30 years. He is the President of the Meditation Society of America.*

## How To Stop Obsessing

By Bob Rose

For everyone, there are times when it seems to be impossible to stop our mind from playing and replaying scenarios of "should have, shouldn't have, what if I do, what if I don't, what am I going to do, what must I not do, etc." over and over, keeping us worried, confused, frustrated, causing sleeplessness, crankiness, and generally, misery. For the average person, there is a helplessness that is unchangeable and only seems to cease when another form of obsessive thinking replaces it. Fortunately, there are several meditation techniques that can provide relief from this type of mental/physical/emotional storm.



There is an old Sufi story about a man who found a bottle with a genie inside of it. He pulled the stopper out of the bottle and with a huge puff of smoke, the giant genie was free. As soon as the genie was out of the bottle, he told the man that he appreciated being freed and would grant the man anything he wished for. "But", the genie told him, "I haven't had

see *Obsessing* pg. 2

## Sage Advice

by Kir Li Molari

A good teacher will answer every question  
and question every answer



To transcend the senses, immerse your  
Self in Selfless actions



Let the mind and body work. Feel that you  
are above them, their controlling witness



Meditation must not be completely  
subjective because being subjected is the  
opposite of being liberated. Nor must  
meditation be totally objective because  
you will tend to rebel against something  
you object to. Meditation must just be.



First this, Zen that !



We have no other choice but to be here  
now. Enjoy it



Now is the only time, so no matter who  
thinks differently, you are always on time



Don't be angry with your God - be  
Godly with your anger



from *Obsessing* pg. 1

anything to do for a thousand years and am starved for work. So, you must keep me busy or I'll eat you." The man thought that he had been granted a wonderful gift and was sure that he could keep the genie busy with no trouble and would finally get his fondest wish granted - that being to have all his fondest wishes granted. The man immediately told the genie that he had always wanted to have a wonderful castle and no sooner had he voiced it than the wish was granted and a spectacular castle appeared before him. It was the grandest castle in the world. It had gold walls as high as he could see and turrets made of platinum. There were beautiful stained glass windows and in every room he found servants dressed splendidly, waiting to serve him. He thanked the genie and promptly wished for some food. In a flash, the world's best chefs appeared before him with their most famous dishes prepared and ready to be eaten. The man sat down and started to eat when the genie bellowed, "The only thing that's going to be eaten is you - if you don't give me some work to do." The man trembled in fear and quickly said, "Bring me the most beautiful women in the world to amuse me." Once again, he was amazed to find that his wish was instantly granted and the room was filled with women of all sizes, colors, nationalities, and all spectacularly beautiful. He had just started to introduce himself when he became aware that the genie was licking his lips and looking hungry. It was then that he realized that he was in real trouble and didn't know what to do. He then made his first wise wish - "Genie, take me to the wisest man in the world." In a flash, he found himself on a mountaintop seated in front of a little old man in a robe. He said, "I know you are the wisest man in the world because that's who I wished to see and all my wishes come true, but now I don't know what else to wish for and if I can't keep the genie busy, he will eat me. Please sir, help me." The wise man

told him, "All your wishes were selfish. What you must do is promise to share your wealth with everyone everywhere and I will help you." The man quickly agreed as he became aware that the genie was sharpening up his knife and fork while putting a bib on. The wise man pulled a hair out of his curly beard and told the man to give it to the genie and command the genie to straighten the hair and keep it straight. The man gave the genie the hair and the command to keep it



straight. The genie held each end of the hair in his hands and pulled it straight. With a hungry look, he let go of one end and reached for the man so as to devour him. But, the hair then sprang back to its curly state. The genie then pulled it straight again, leered, and started to grab at the man. Once again, the hair curled up and once again the genie stopped his attack and pulled it straight. The man saw that he had finally given the genie a task it would never finish completing until he wished him to. He thanked the wise man profusely and kept his vow for the rest of his days. And the man lived happily ever after.

## How To Use This Unusual Story Usefully

Our mind is our genie. If we don't give it a task to do, it eats us in the form of miserable thoughts, emotional upset, and physical dis-

see *Usefully* pg. 4

## Meditation Tips

By Bob Rose

Whatever you think you desire, be it material, egotistical, philosophical, political, whatever, what you actually want is Peace. A meditator needs to be open for peace to fill them through their meditation. Thus, a method of creating an inner attitude that is empty of negativity and will let a deeper and more profound experience of peace to occur must be the starting point before beginning meditating. There are a few basic steps many experienced meditators take to start the process of letting peace fill them.

With most meditations, it is advantageous to start by being in a comfortable place, and by relaxing your body, mind, and emotions using whatever methods you have found work well. It may be beneficial to command your mind to leave you alone during this important time. Tell it "don't bother me now - you have me chasing after you the other 23 and 1/2 hours of the day, so leave me be for now!" or some other admonition. Similarly, direct your body "no itching, twitching, or any other distractions from you!" and to your emotions, "no crying, laughing, sighing, or fear reactions - nothing but calmness for this time! It is holy and I need to be whole and undistracted."

Witness your breath as it comes and goes and you will be able to be here/now, again, if your body, mind, or emotions start taking you away from paying attention to the object of your meditation. When you witness this happening, don't chastise yourself, or do anything negative - simply say "oh well" and go back to witnessing your breath and proceed with your meditation.

Many meditators attain a feeling of security and comfort by visualizing a protective column of loving light and energy enveloping them. Know that this energy will keep all negativity away from you during your meditation, for the entire universe wants and needs for you to evolve in consciousness.

Apply these concepts to the degree they benefit you. If they bring you more peace, they have fulfilled their purpose.



## Meditation and Reiki

By Bob from Malaga, Reiki Master/Teacher

Meditation is Reiki, and Reiki, Meditation. This statement strikes me as very trite, overly simplistic, yet also very true. In our Reiki practice, giving treatments, teaching and giving attunements, my wife and I use meditation to reach the ideal Reiki experience, which in turn is the Meditation experience. Often, meditation has been defined as listening to God, or the God within, while prayer has been called speaking to God. My wife calls Reiki prayer in action or active prayer. I think of Reiki as active, hands on, mobile meditation. No matter the definition, the goal is unity, removing the veils of separation, allowing access to source or

spirit, God's Divine Love which is ever present. Briefly, Reiki is a recently discovered technique of hands-on healing (i.e. returning to balance) through connection with universal life-force energy (Reiki). This is accomplished through a systematic routine of laying hands on the body in zones, corresponding to psychic centers (chakra) and endocrine glands. Not only are physical conditions addressed, but also mental, emotional and spiritual issues undergo a process of development, as in meditation.

For example let us consider the first three Reiki hand positions. The application of Reiki is performed with the hands cupped, and fingers together, as if you were swimming. The first position is palms over the eyes, with the hands extended from the third eye, over the eyes and cheeks, down to the edges of the mouth. Physically, this position addresses complaints of sinuses, eyes, head and related structures. Esoterically, perception, high sense perception, E.S.P., inner vision, divine vision and inspiration are enhanced. As relates to meditative technique, the eyes are closed or shielded allowing the recipient to go inside, go within, making contact with the silence and stillness.

In the second hand position for the head, hands are placed on the top and sides of the head. That is, hands meeting at the crown chakra or Ba Hui point, with the palms on the side of the head, above the ears, behind the temples. The third position has the hands together, holding, cupping the back of the head (occipital protuberance). This comforting, supporting position is called "The Jade Pillow".

Physically, these positions address the head, brain, eyes, pineal and pituitary glands, etc., and associated functions. However, meditatively, the thinking, analytical mind, as well as the emotional, and the memory are quieted; the movie has stopped running. We can finally let go.

**see Reiki pg. 4**

from *Usefully* pg. 2

comfort. The non-meditator is helpless, but the meditator has the potential of implementing several time-proven strategies to negate the negativity. The idea is that if your mind is busy doing a task you have consciously assigned it, it will be too busy to continue its obsessive thinking. So, if we can get our mind to concentrate on a meditation, it will be as effective as giving the genie a curly hair to straighten. For centuries, there has been a step-by-step method to achieve this aim:

**1. Ignore it.**

Whatever is bothering you must be ignored. For this discussion, we will assume that the matter can't be ignored or else it wouldn't be considered an obsessive situation, but rather just a fleeting annoyance.

**2. Mantra.**

This is where practicing Mantras as a technique pays off greatly. If you become firm and established in a Mantra, you will be able to concentrate on it so intently and intensely that you will succeed in ignoring disturbing thoughts.

**3. Do the Mantra in a different way.**

Sometimes you may find that your Mantra isn't "working" and your mind keeps dwelling on its obsession. The suggestion is to do your Mantra in a different than usual way. For instance, if you usually do it silently, do it aloud. If that doesn't work, try doing it while dancing and sing it. If that doesn't work, shout it or do it while standing on one leg ... anything but the usual way you do it.

**4. Do another meditation technique.**

A wise meditation practitioner has more than one technique to rely on. As wonderful as Mantra is, you may find that it is impractical or simply non-functional in a given situation. For instance, it may prove to be impossible for you to do your Mantra

while giving a business presentation. This may be an ideal time to practice a bodily awareness technique or a breathing exercise instead. Similarly, if your Mantra won't stop your obsessive thinking, try another technique. If you would like to explore different techniques, please check out the many methods offered on the Meditation Society of America's website "Meditation Station", or any of the other Meditation websites. There are also many fine books now widely available on the subject.

**5. Neti-Neti.**

If none of your usual Meditation methods work, you may find comfort in the Jnana Yoga technique called Neti-Neti, which translates (from Sanskrit) as negate it, negate it. The idea is that you ask yourself several questions that will put your problem in its true perspective and this understanding will stop the obsessive thinking in its tracks. The first question you ask yourself is: Will this still matter tomorrow? Often, you will realize that by tomorrow, the problem will have been resolved and you need not worry about it any longer. The second question you will ask (if you aren't satisfied with the first answer) is: Will this matter a week from now? Then ask: Will this matter one month from now? Less than 1% of 1% of problems aren't resolvable by then, but if you must, continue by asking if it will matter one year from now? Then ask yourself if it will matter ten years from now? And finally, the very esoteric question: Will this still matter one hundred years from now? Please try this ancient method. Don't allow yourself to be drained by needless negativity. Jnana Yoga is known as the Yoga of Wisdom and is the perfect compliment, and next step to Raja Yoga - the Yoga of Meditation. Neti-Neti has been practiced by people of all religions for thousands of years and is still used today by hundreds of millions. Now you have this valuable tool. Use it and live happily ever after.

## Meditative Poetry

By Carol P. Butler

### *Silence*

I like to listen to the silence of my soul  
and the silence of your soul,  
not the loud noises of our minute worlds,  
but the peace that dwells within.

If you passed away, you would be missed,  
but the silence of your soul  
would stay with the silence of my soul,  
and I would be at peace to carry on.

*Carols' poetry comes from her meditation,  
and is intended to inspire meditation.*



from *Reiki* pg. 3

Reiki's Five Spiritual Principles, in itself are a meditation, changing attitudes, mood and perception.

Just for today I will let go of anger.  
Just for today I will let go of worry.  
Today I will count my many blessings.  
Today I will be kind to every living  
creature.  
Today I will do my work ( meditation )  
honestly.

*Bob and Carmela teach Reiki. They include prayer, meditation, Chi Kung, and traditional counseling in their practice. They can be reached by calling 609-694-3273*

## Hatha High Lights

*SITTING*

By Bette Rose

Learning to sit is essential to the practice of all types of yoga. It is often the first posture learned by beginners and is one of the most important postures in Hatha Yoga for centering, relaxing, meditation, and emptying. Whether sitting in easy (cross-legged), perfect (1/2 lotus), or full lotus, the natural, upright position of the spine allows for easy flow of prana up and down and around each and every vertebrae. It is easy to track that pranic energy when we assume a perfect posture.

Hatha Yoga is meditation in motion—even though our body is seemingly still while sitting, we are alternately filling and emptying our lungs, abdomen, spinal column, and all parts of the body, with life-affirming energy. So there is always movement within, if not without.

While sitting, first relax all of the muscles, bones, and joints in your body. Then assume whatever position comes comfortably to you. Remember that by crossing the one leg over the other, either at the ankles, knees, or thighs, you are creating a mudra, or seal, of the pranic energy within the body. This is the God energy—the higher gift. Permit the whole body to relax, particularly the shoulders—be sure they are down and away from the ears. Let the spine be straight—visualize a column of light beginning at the base of the spine up to the crown of the head, along each of the seven chakras. Allow the head to float gently on top of the spine—the eyes not seeing, the ears not hearing, the mouth not speaking. Notice the position of the tongue—be sure it isn't clinging to the roof of the mouth (the moon or negative energy dwells there). Rather allow it to relax. Concentrate on the breath, keeping it gentle and soft, letting in no outside sound or thought. Witness third-eye illuminations.

Think of sitting asanas as a bridge to meditation. See the path ahead filled with light and bliss—know that as you increase your comfort level and flexibility, you can then let your physical body go, and at the end of the bridge, find peace and true happiness.

Focus on the third eye—the area between the eyebrows—it is the seat of the mind and is the place where the divine light dwells. We, as human beings, are the carriers of that divine light here on earth. Realize that it is everywhere—outside us, within us. Let that light shine through your eyes, speak through your words, be felt through all of your actions. Send it out into the universe. Send it to those who you love—Send it to those who need love—Send it to all beings—near, far, beyond.

Spread peace through yoga and meditation.

Shanti Shanti OM



*Bette has practiced and shared Hatha Yoga techniques for over 20 years. She is the Vice President of the Meditation Society of America.*



## Global Cuisine

By Sandow

*"Gradient Garden Delight"*

"A savory tasting dish from the mysterious nightshade family"

- 1 bunch of asparagus (about 1 lb.)
- 1 large sweet red bell pepper
- ½ large Spanish onion
- 2 large porta bella mushrooms
- ½ tea. Balsamic vinegar
- 1 tab. olive oil
- 6 leaves fresh basil
- ½ tea. Fresh grated ginger
- Salt & pepper to taste

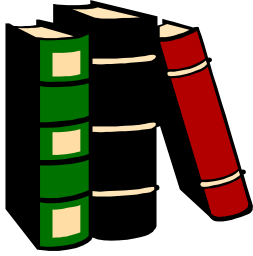
The first thing you want to do is slice the onion in paper thin slices and put them in a bowl, along with the balsamic vinegar, olive oil, basil, (you might want to tear the basil) ginger, and a pinch of salt. Mix it well and let marinate while you do the rest of your preparation giving it a stir now and then.

Roast the bell pepper and slice into ¼ inch wide strips (lengthwise) and add them to the onion mixture. For those who have never roasted a pepper I will explain: Wash and dry the pepper and place it in your broiler or on a grill, browning and turning it until it is brown to almost black all around. Place it in a brown paper bag or wrap it in heavy paper until it is cool enough to handle. Now all that is left is to peel off the skin, core and slice. The peeling may take a little patience. Put the peppers aside in a bowl for now.

see *Global Cuisine* pg. 7

## Suggested Reading

Reviewed by Eve Hoyt



**A** Heart As Wide As The World, by Sharon Salzberg, is a wonderful book. It is about how living a mindful life and practicing meditation will lead to the wisdom and compassion that brings true happiness. Written in the spirit of Buddhist tradition, it is made up of short chapters, based on her meditation experiences as both a student and a teacher. Salzberg went to India when she was 18 to learn to meditate. Years later she co-founded the Insight Meditation Society where she teaches today. It is this personal experience that gives the reader the confidence to realize that, through meditation, they can get in touch with their true self, which is inherently kind and loving. She explains that through concentration, training our minds, and applying right effort we can develop our meditation practice to truly transform our lives, and in turn the lives of others. Through meditation we discover our connection with all beings, which helps us develop compassion and an open heart. I felt wonderfully inspired after reading A Heart As Wide As The World. Whether you are thinking about learning to meditate or have been meditating for years, this is a book you should read.

*Eve lives in Glenside, Pa. with her husband where she works as a neon tubebender and artist. She has been studying and practicing meditation for three years.*

## Meditation 24 x 7

Farma Yoga  
by Judy Sacks

**I** live in the country, and my home office is in the middle of a ninety-three-acre field. Inside, I work as an editor, using the devices of modernity that tie me to my paycheck: a computer, a phone, a fax, and so on. But outside, I am a farmer who raises organic hay and sheep. My daily view is an ever-changing display that connects me to something larger than the world of men and women: today, for example, I see the soybeans turning rust brown, and the hayfields still surprisingly green with last growth before winter. The air is clean and still; the sounds I hear are the geese and ducks flying over to land on our wetland. But tranquility, even here, is something to work on. Just like commuters or office workers who have to deal with the frustrations of traffic and inefficient bosses, I find myself upset with my clients, or unable to get my sheep to follow me to the barn. Happily, I've come to realize that farmers have always known how to meditate: it's what they do, in their own way, in the odd hours of chore time, whether discing fields or handling livestock. Let me call it Farma Yoga.

Some examples: Driving a tractor up and down the fields, to prepare the soil for planting or to pick the beans and corn, involves endless loops: up and back, up and back, in a more or less straight, rhythmic cycle. What do you hear? Only the "white noise" of the tractor itself; there is the hum, and that is all. What do you see? Only the beauty all about you. And this sound, this vista, is with you for countless hours, as the task demands. How much emptier a space can a meditative mind ask for?

Sometimes, the most difficult farm task is the one most likely to make me humble, to remind me that my sense of control is an illusion best discarded. Trying to get 1,000 pounds of livestock to do something they don't want to is always a good lesson. Sheep, for example, think like sheep, with very little regard for human plans; I, in contrast, am too often stubborn and impatient, with only minimal insight beyond my species (my neighbors have it down much better). So I often find myself in a comical dance of expectations met with impolite refusals. In the end, after a sort of animal-to-human agreement, we all get tired enough to cooperate. The interesting and meditative part of farm work is its sense of time. Unlike any other kind of labor, in my experience, farm work always takes the amount of time it takes, no more, no less. This stands in marked contrast to the rest of civilized life; we don't even register how routinely we all strive to "save" time, as if nothing were more valuable (not children, wives, husbands, hobbies, God) than time itself. The result is that we usually feel unsatisfied, because we begrudge the expending of time. But on a farm, you just can't handle a lamb gently without a certain amount of time, and you can't keep from getting gashed on the wire fence without taking time, and you can't attract the wild birds to your pond without time. We are generous with and respectful of time, and time returns the favors.

Country people may talk and move a bit slower, because they've had enough chuckles watching the young folks chase after a sheep that has broken through the fence in a panicked run. Given time, the sheep will return, because all it wants is to be back home with its kin, safe and sound; and the young folk will return, too, laughing and dirty and out of breath, knowing

they have been made fools of. Practicing this "country" version of time-which means patience, good humor, and awareness of our own follies-is a worthwhile meditation for all of us.

When my city-dwelling relatives ask, in wonder, what we do out here in the middle of nowhere, I like to say that we don't do much of anything. But we do it well, with good breathing, and very slowly.

*Judy, Howard, and Hannah live in a county that has more sheep than people. They authored the book "Way Up North in Dixie" (Smithsonian Press) and continue to do research on American folk music. They also put on many of the great music festivals in the USA.*

### from *Global Cuisine* pg. 5

Next cut the mushrooms into ¼ inch thick slices (remove the stems if you like). The best way to cook these for this dish is to grill them. I use a cast iron grill pan with raised ridges; you can also use your barbecue grill or the broiler. Grill them on both sides until brown and they start to ooze a reddish liquid. You might need to put a very small amount of olive oil on your pan or grill. When they are done put them in the bowl with the onion mixture.

While you're watching and turning your mushrooms and stirring your onions, let's get the asparagus ready! They need to be steamed for 12 minutes standing at attention. Wash and remove about 1 inch of the bottom stalk, tie in a bundle, (I just use the rubber band they sometimes come bundled in) stand them in an asparagus steamer in 1 inch of water, with a pinch of salt. Cover and steam for 12 minutes. If you don't have an asparagus steamer (like most other people and myself) just put them in a saucepan and cover with aluminum foil or an inverted pot. When they're done plunge them into ice cold water to stop them from cooking any further.

Now for the finale! Pat dry the asparagus and arrange them on a serving platter. Heat a heavy skillet (medium flame) large enough for the onion mixture, peppers and mushrooms. Add the onion mixture. When it starts to simmer, cook for about 3 minutes, stirring occasionally. Spoon on top of asparagus and enjoy!

Serve alone, as a side dish, over egg noodles or pasta. Garlic bread, bruchetta or fry bread is a good addition.

Remember that if you cook with your heart and soul and share it with loving people, it will always be the best.

## Guided MeditationCD

An aid to deepening your meditation experiences

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## Upcoming Events

### Fall Semester Meditation Classes

E/O Monday 9/24/01 to 11/26  
6:30pm to 8:00pm  
Haverford Township Adult School

E/O Friday 9/14 to 12/21  
7:00pm to 8:30pm  
Montgomery Co. Comm. College

Meditation in education is the best gift we can give our kids and ourselves.

### The Meditation Society of America

Dedicated to sharing meditation techniques from all traditions

If our efforts help you to attain greater inner peace, we will have achieved our goal.

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### In the next issue:

#### THE BEST MEDITATION TECHNIQUE EVER ???

The issue now in your hands is just to give you a taste of what is intended to be a sweet meal for the mind and soul. We hope this is just the start of a diet of enlightening inner foods for your spiritual growth.



**E**ach issue will feature articles by our readers that share ideas and ideals that have helped them evolve in consciousness. If you feel that you have something to share, please send your contribution for inclusion in our effort to spread vehicles of inner growth and peace.

### "Ask Jive Guru"



**Dear Jive Guru:** How will the Y2K problem effect reincarnation?

-Wynnwood, Pa.

**Dear Wynn. :** Dos could make for a very sticky problem in crossing the gates to the next life especially if your time to pass on is in the year 2000! If your physical body dies, the possible complications are: lack of stamina, inability to type on your computer, dating your checks 1900, wondering why you can't find McKinley's name on the primary ballot, and absolutely no sex drive.

### Y2K Problem and Reincarnation

Now more to the point, time is an illusion. When you daydream you can put yourself anywhere in time that you wish. This would be a good time to take control of your destiny. When you meditate, daydream etc. picture yourself living past 2000 or dying before. If you die in the year 2000 (especially December 31,1999) your soul could slip backwards in it's rebirth process. Imagine . . . horse drawn carriages, polio, no plumbing, one-room schoolhouses, and no bottled water (but canning will be very popular)! On the positive side you can look forward to

things like: the invention of the gramophone, peanut butter and the telegraph. Oh I almost forgot the great movie stars like Buster Keaton and Rudolph Valentino. My advice to anyone concerned about this subject is this; Wrap your physical body in tin foil and place it in a deep freeze (Michael what's his name says it works) and astral project for a couple of years... problem solved! And above all, if this unfortunate circumstance befalls you, don't take any cruises.

**J.G.**