

# Meditations on Meditation

*by Miles Mathis*

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Some readers are complaining that I am not commenting on Biden or Trump right now, but what is there really left to say? They are puppets. What more do you need to know? They want our eyes on them right now, which is reason enough to look away. The real action is elsewhere. They also want our eyes on Putin and Ukraine, but I refuse to go there either. They want you to think that skirmish is the cause of the current energy crisis, but it isn't. Both the war and the energy crisis are manufactured, as I have told you before. Putin, Zelensky, and the western leaders are all reading from the same script, and that script was created to draw your attention away from the vaccine genocide and to starve and freeze out any revolution. Solar minimum kept you debilitated for a couple of years, but now that is over, they need something else pronto: something to take the steam out of your pushback. Something to confuse and divert you. That's why we saw *Roe v. Wade* overturned out of nowhere, that is why they are promoting race wars through BLM and other means, that is why they manufactured this fake war in Ukraine, that is why they are interfering with trade, shipping, and energy and food production. And yes, also interfering with weather, to make things as bad as possible everywhere. They want you fighting one another and nature rather than fighting them. The Phoenicians are promoting civil war, drought, famine, and plague: anything to prevent revolution. It isn't working, but that is all they have left.

I also remind you again that the conservatives will not save you. Biden is a planned fail, to push you right, but don't fall for it. Yes, Trump, DeSantis, Tucker Carlson, and others are saying what you want to hear right now, but that is what politicians do. Biden promised everyone the moon, and delivered moonballs. He did the opposite of everything he promised, and so did Obama, the Bushes, Clinton, and everyone back to George Washington. Trump was going to drain the swamp in 2016, and did nothing but kiss up to the CIA and Goldman Sachs. So why do you think it will be any different in 2024? None of these people will save you, they will just continue to con you, pushing the solution to some time in the future, which never comes. They are always about to set everything right, but never do. Only you can save you.

Before we move on to the main subject of this paper, let me quickly tell you the Canada stabbings are fake, and the billionaire's daughter kidnapping is fake. These are standard eyes-off fake news, to draw your attention off real news and keep your bloodthirsty alterego entertained. They are this week's flavor, but they are straight from the playbook of CIA top stories:

1. Kid trapped in a well/cave/balloon/giant sausage casing.
2. Pretty woman kidnapped, raped, or murdered, usually a skinny blonde, often the daughter of a millionaire/billionaire.
3. Hollywood murder/suicide.
4. Imminent war in a foreign land.
5. Impending catastrophe like an asteroid/solar flare/flipping poles/global warming/nuclear war.
6. Rise of the robots.
7. Serial killer/mass shooting. Serial killers took too long to spool out, so all fake murderers now

- choose the mass shooting thing instead. It fits your attention span.
8. Neo-nazis on parade/synagogue attacked/violent extremists threaten civilization.
  9. Guys in turbans caught with bombs somewhere.
  10. Ugly scary man with beard kills women, just because.
  11. Handsome scary man without beard kills women, just because.
  12. Someone shoots children in the face, wears MAGA cap.
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Which brings us to the main subject of this paper. As you may know, I have lived in California for over a year now, and California is famous for its blackouts. I didn't know that when I moved here, but I do now. I lived over a week without electricity last Christmas, and though we didn't have any blackouts for about six months, they returned in August. We have had three or four in the past month, and we had another last night. The others were during the day, so although I had to live without an air conditioner, I didn't have to live without light. But the blackout last night hit at about 11:00pm, prime time for me. I had about four hours to sit in the dark until my normal bedtime at 3:00am. I was able to nap for about an hour, but after that my mind was back on. Which gave me the opportunity to compose this paper in my head. What got me started was thinking about how people lived for hundreds of thousands of years like this, with no electricity and no lighting at night. So almost all of human history was people sitting around in the dark for hours. Depending on time of year and latitude, it is dark 10 to 14 hours a day, or even more, and most people can only sleep about 8, so that leaves them sitting in the dark for 2-6 hours everyday for their entire lives. The human species evolved on that schedule, and only "advanced" beyond it recently, first with candles and then with electricity. So any question of meditation has to start with that fact.

What did these people do for two to six hours everyday? They meditated. Meaning, they thought about the previous day's events or planned the coming day's events, or pondered larger questions. This allowed them to sort and expand their thoughts. That is what meditation used to mean, before the fake American yogis got hold of the term. Think of Descartes' magnum opus, *The Meditations*. That wasn't about emptying your mind, it was about **thinking**. In his case, it was thinking about "first philosophy", or epistemology.

I think this loss of old-style meditation explains to a large degree the falling intelligence of modern people. Yes, some people still have a lot of facts in their heads, but those "facts" tend to be faux-facts, planted in their heads by the governors. They are either trivial, having to do with pop culture, or they are simply false, as in fake history. For example, Sporcle.com always leads with a lot of quizzes on US Presidents, but those are both trivial and fake. There is nothing much worth knowing about US Presidents, beyond the fact they were all tools, all of the families, and all frauds. The smarts of most "smart" people now inhabit categories like that, and because these people don't spend anytime sorting or questioning their own brain matter, it is little more than gray garbage.

I have told you before that I don't meditate, but by that I meant I don't sit cross-legged on the floor, chanting a mantra and trying to empty my mind. In the original sense, I meditate a lot, nearly all day. I am always thinking about things, and very often I am staring off into space while doing it. I enjoy that more than watching TV or playing games or even reading. TV and reading are about being immersed in someone else's thoughts, but I prefer my own. They are much more interesting.

I have always done this, even as a child. That is what I did in highschool, instead of going to parties. You will say that makes me a weirdo, and maybe it does, since it definitely makes me not like everyone

else. But I have never had any desire to join the crowd, since in my opinion this is what explains my balance, my centeredness, my focus, my concentration, and my output. I have managed to keep that two to six hours of meditation of our caveman ancestors while almost everyone else has lost it. Now that the rest of you don't have to stare into darkness you don't. You fill that time with what you consider to be more entertaining pastimes. But in so doing, you have lost the ability to sort your thoughts and expand them.

And it appears you have also lost your ability to sleep. Since you are now jazzed for 18 hours a day or more, you can't turn it off when it is time to sleep. Your mind won't quit running. I never have that problem, since I am so often in a meditative state to start with. Because I am already in a semi-alpha state all day, going to full alpha (sleep) is easy. I don't have trouble going to sleep, I have the opposite problem: waking up. I rarely hit a full beta state anymore, so I exist halfway in the other world at all times. I don't know that I recommend that for everyone. In fact I don't. But I am showing you how and why you can push yourself in that direction. You don't need new “meditation” to do it—in fact modern meditation may actually be counter-productive. What you need is more of what your ancient ancestors had: that time with your own thoughts, staring at the ceiling or off into space. That time to expand and organize your own thoughts, without the interference of the world.

I will be told I stared at the ceiling in highschool because I wasn't invited to the parties, so I am just making excuses. That's partially true: I wasn't popular in highschool. But that isn't why I stared at the ceiling. I stared at the ceiling even on Mondays and Tuesdays, when there weren't any parties. I stared at the ceiling when I was eight, and *was* popular. And I continued to stare at the ceiling in college and afterwards, when I ran with the beautiful people to a certain extent. Even then I didn't enjoy parties, and mostly preferred my own thoughts to the silly comments of those around me. As with most people, my 20s were a confusing time, and I needed my hours of meditation most of all. It took a lot of effort to maintain balance. A lot of sorting through my thoughts. A lot of sifting of information.

For decades I have avoided criticizing modern meditation, though I am not sure why. Probably just because it seemed reactionary to criticize this staple of the progressive regimen. Even after I started doing yoga (at age 45) and felt myself recoil against meditation and other things in modern practice—including shavasana—I still didn't think to attack meditation. As I have said before, I thought meditation was being used as a stop-gap for those who couldn't get enough sleep.

Well, I no longer think that, and now have to add meditation to my list of modern conspiracies. Yes, I have come to the conclusion at last that meditation—as now sold—is being used as another form of mass hypnosis. In this case, self-hypnosis. You are being taught to pre-hypnotize yourself for the convenience of your masters.

The first thing that comes up on my Iphone for “how to meditate” is [innerpeacefellowship.org](http://innerpeacefellowship.org), where we find their authors admitting

### **Side Effects and Cautions**

There are side effects to meditating. Immediately after meditating you can be more vulnerable to suggestions and outside influences. So avoid making decisions or taking on things of importance immediately after meditating.

What? Isn't that just the opposite of what you would expect? You would expect that going into yourself and linking to God or the center of all being would make you impervious to suggestions or hypnosis. My kind of meditation strengthens my self and makes me impossible to hypnotize. Only by

*losing* your center can you become suggestible like that.

All these places that push meditation also admit the point is to **empty your mind**. But if you are a modern human, chances are your mind is already empty enough. The last thing you need to do is clear it out more. See Jay Leno on the streets asking people questions. They know absolutely nothing except pop trivia. They know LeBron James, Snoop Dogg, and Taylor Swift and that is about it. Doesn't take much effort to empty that mind. What most people should be seeking is *more* thoughts, not fewer. And they need their own thoughts, not thoughts planted by the media.

There is both undirected and directed meditation, with directed meditation more aggressively targeting thoughts, but both are about emptying your mind of thoughts. Here are some more quotes from the site:

Meditation is about letting go of any outcome and accepting things exactly as they are, which is excellent training for how to live your life.

During everyday life we have fewer thoughts than we once did. And we experience silence and stillness pretty much all the time.

During meditation, just do nothing. It is very important to do absolutely nothing during meditation.

Meditation can make you happier, it can make you feel more at ease and calmer, and it can help you get along better with others.

That's just textbook brainwashing, my friends. I have no desire for any of that. I have no desire to accept things exactly as they are, although the governors wish I did. And of course you will get along better with others if you have zero demands and zero expectations. But do you want to turn yourself into a vegetable in order to join the herd? Not me.

I want balance and depth and order, but I do not want silence and stillness. Or, perhaps more silence in the room, so I can hear myself think, but not silence internally. I want my head filled with interesting ideas, and so it is. You do not want your head an empty gourd. You want to clear it of chaff and lies, but you then want to refill it with as much truth, beauty and complexity as you can manage without losing balance. That is the opposite of what the yogis are teaching.

If your goal is to relax, sleep better, and be more at peace with yourself, my kind of meditation will help you do that. But it won't give you fewer thoughts, it will give you more. It will give you bigger and better thoughts, thoughts that make sense and that fit together. It will make you more powerful, since you will have real abilities, abilities to think and do. And because your thoughts will be more ordered, you will not have to quiet them to go to sleep. You will be calm all day, even when you are most angry. As you know, I allow myself to get very angry, since that anger drives me. But it is a boiling anger over a deep-seated calm, so it never upends me. Your anger should upend the bad guys, not yourself.

Old-fashioned meditation can do that, but new yogi-meditation can't, because it is not designed to. They are opposites of one another, because while my sort of meditation sharpens you and your thoughts, yogi-meditation dulls you and dissolves you. It targets your thoughts and chases them away, which is not only a terrible regimen for science, it is a terrible regimen for personal growth of any kind. As I am showing you, it cannot work because it is not designed to work. It has been designed and

promoted by Western Intelligence as just another brainwashing program, another stunting of the Gentiles, another dumbing-down of the citizenry, another firewall against resistance and revolution.

I often wondered why my fellow yoga practitioners looked like semi-zombies, and I guess now I know. I had thought they were PTSD like everyone now, and they are. But it is more than that, as I now see. They are Stockholm Syndrome, since they have decided to assist their oppressors, agreeing to brainwash themselves in the name of peace and tranquillity.

Does this mean you have to quit yoga? No, but it means you have to go in with your eyes open, taking what you need and refusing the rest. As with anything else. It means you will have to be a revolutionary even there, questioning and pushing back, as I am. As I have been to every other teacher since kindergarten, I am a nuisance to my teachers in yoga class. An entertaining and often amusing nuisance, but still a nuisance, constantly questioning authority.

So, what is the secret to my kind of meditation, you may ask? What are the basics? Well, there is nothing esoteric about it. If, as I have said, people have been doing it for hundreds of thousands of years, it must be pretty straightforward. But for the sake of re-inventing the wheel, I will give you an outline. As we have seen with art, these things really have fallen off the map, and people are no longer familiar with “what every schoolboy knew” just a century or two ago.

It doesn't have to be dark and you don't have to be lying down. There is no posture and no mantra and no rules, except DO NOT drive thoughts away. Welcome them. You should definitely be alone. There can be other people in the house, but not in the room. This is about you. You should not even drive away thoughts about the day. In order to get into bigger, more interesting problems, you may need to solve some of the daily problems first, or at least address them. If you are worried about something, make an attempt to solve it. Don't worry about it, and don't go round and round, but let it in. Look at it from all sides and at least TRY to solve it. Give it your best shot. Give it a good long hard think, and when you have done all you can, move on. You will feel better for having done all you could on that day. You may have several problems of this sort, and it may take you half an hour, an hour, or even two hours, especially in the beginning. But let yourself mull them over thoroughly, with no help from anyone except the gods. Given time, something may occur to you.

If you need to get up and get a sandwich, fine. Do whatever you need to be comfortable and continue the work. It shouldn't feel like a grind, but it should feel like good work. Don't expect too much and don't be hard on yourself. The fruits of this kind of meditation are the fruits of a lifetime. It will take months to solve some problems, years to solve others, decades to solve the really big ones. So you have to learn to enjoy the process. I enjoyed it from the beginning, but I guess some see it as a chore.

This first part about daily stuff is the least thrilling, I admit, but I find you normally have to get it out of the way or it spoils the bigger questions by continually re-asserting itself. But if you can reach a point where you can tell yourself you gave it a hero's try, your subconscious will let you move on. At that point, 30 minutes or an hour's in, you can suggest to the ceiling that you move up to something more interesting. What is that? Only you can say. What interests you? It is going to be different for each person. What questions do you find compelling? What do you want to know? Start by asking yourself and the ceiling, because at some point you may start to find some answers. I did, and you will, too. Questions like “who am I?” Why am I here? What job would I like to do? What kind of guy or girl am I looking for? What is important to me? How do I want to be like my parents and how do I want to be different? Just let your mind wander, and don't demand too much consistency or order. You may go all over the place. Just don't fall asleep and do try to key on the most interesting things that pop up.

Treat the ceiling as a speaking partner, because you will get ideas without understanding where they came from or how they fit. Sometimes they will seem to come from you and sometimes they won't, but don't analyze that part of it too much. Just let it happen.

I can't say that I have ever had input that I thought was demonic. Not once in 59 years. But apparently some people do. In that case, block it. Say you are not interested in that and want only good input. I have had murderous thoughts, but I have never considered them demonic. All too human, but not demonic. Block those as well, of course, and pursue positive influence. Don't be hard on yourself for that either way, since it is normal. Just note it and move on. You can waste a lot of time asking where that comes from, but there is no good answer. It exists. But if you don't empower it, it recedes. Seek the light and push away the dark. You don't need to know much more than that. In fact you CANNOT know much more than that in this life, since that knowledge has been scrubbed at birth. It is denied you for a reason, so accept that and move on. You are here to be tested, and if you knew everything at birth you could not be tested.

Tested how? The Muses want to know more about your spirit. Not just what you do, but *why* you do it. Think of it this way: say you are an angel. Well, are you doing the good because you know the rules of goodness? Or are you doing the good because you expect reward and advancement for it? Or would you do the good even if there were no rules and no advancement? Say all rules were abolished and you were actually demoted for doing the good. Would you still do it? That's what the Muses want to know, and this life will help them find out. As it turns out, most people will NOT do the good in that situation, even after you tell them that is what this life is about. You would think a few would be clever enough to do the good just to pass the test, but they don't because they aren't convinced that is the test. Because their memories have been wiped, they have no way to confirm that, so they base their actions only on the rules of this world, which are taught them by experience. In this way, the true level of the angels can be gauged.

You will say I don't really believe that. But I do. The further twist being that I would behave as I do even if I didn't believe that. Even if I believed this world was all there was and that there was no spirit, I would still do the good. Why? Because that is the guy I wish to be. That is the legacy I wish to leave. That is the life I want to live, in this place and time, regardless of anything else that may be or have been.

I think of my life as a story in an old book I am reading. What character do I want to be? In that way, it doesn't have much to do with morality or gods or rules. It is more like an art project. It is an act of creation, and I am creating myself, or at least my story. But why this person? Why not some other? Why not an interesting villain? That is a great part in any story. All I can say is I knew that was not my part from the cradle. My part was to be this guy that I am, and to spin him out as far as I could. Once I hit my path after college, everything I did confirmed that to me, because I could feel the Muses behind me. No, they didn't make me rich or famous, or even successful in a worldly sense, but they sped me along my path nonetheless, and I could feel that. The guy that I always was had very little concern for wealth or fame or the mundane world, but I was very concerned with fast progress in my fields, defined as solving problems or creating artifacts. Which I did, and so I felt very successful. I was telling a good story, good not only in the sense of upright, but good in the sense of thrilling. To most people it wouldn't look like much, maybe, but to others it will be inspiring enough.

But didn't I get there mainly from my Christian upbringing? In part, yes, but mostly not. As with yoga, I have given a large part of Christianity back to the giver, refusing it. To do that I must have had an existing set of beliefs even before Sunday School. To say it another way, I WAS WHO I WAS

FROM THE BEGINNING, FROM BIRTH. I accepted only what fit that and gave the rest back. We all do that more or less, though I did it far more than most. I came to understand what I believed not from Sunday School or any other reading or education, but from watching other people. **I didn't want to be like them.** I didn't want to live like them or act like them, so I pursued other things. It was a sort of negative education, a counter-education by a long line of anti-heroes and frauds: fake artists and fake scientists and fake political leaders and fake historians. And of course the more I have learned, the worse it got.

Which tells you what about your own meditation, your own life? It tells you to go your own way and trust your intuition. You were born knowing good from bad. We all were. As Jesus taught truly, you can tap that any time you like, directly. You also have a path and you will know when you get on it. Things will start to click. If things aren't clicking, you probably aren't on your path, so try something else. It is the same with meditation. If you are doing something that isn't working, try something else. Experiment. If red isn't working for you, try green for a change. If up isn't working, try down and see how it fits.

But most of all it tells you that following trends and joining crowds and believing what you are told is not the way to enlightenment, or to any worthy personal goals either. Consider the possibility that the majority is usually wrong. The herd is almost always moving in the wrong direction, so if they are moving north, try moving south for a change. If the authorities recommend or mandate turning left, turn right and see how that works. My experience is that it works far better in most ways. Yes, it makes things difficult on the mundane level, but on all deeper levels it is the only way to go.

Also think of it this way: it would be a little too easy, wouldn't it, if following the rules really led to the pearly gates? What would be the point of that? You couldn't market that game to five year olds. No, whatever else it is, life is far more complex and interesting than that. The gods would never waste your time with that sort of easter egg hunt for babies. So embrace the game and the test, and always respect the gods. As Mr. Jordan said in *Heaven Can Wait*, "there's always a plan". In my experience, that is true. My life has been anything but chaotic or random or pointless or meaningless, so how could I believe life as whole is any of those things? In my opinion, a belief in chaos is just the admission that you aren't paying attention. Either that or you have chosen the role of Loki, which—let us admit it—is getting a little stale in this day and age. Way too easy and predictable, with a part that is criminally overwritten.

**Addendum September 26, 2022:** When I was riding my bike today, I thought of an important addition to the above, concerning the way people now saturate themselves with music during all waking hours. I ride without an earbud or Ipod or whatever they call them. I have never owned one. I hit my limit with that sort of technology in about 1984 with the Sony Walkman, and never graduated beyond it. I decided that I don't need "tunes" blasting in my ears all day long. I really don't want them on a bike, because it isn't safe. You need to be able to hear what is going on around you. But I don't need them at most other times, either. I certainly don't need background music. They always have music on at the market and I find it appalling, not just because the music is so awful (here it is new country), but because it tells me modern people simply cannot abide silence. I honestly think the governors believe constant music will help prevent conversation. They don't want you talking to other people, and that became very clear during the Covid fake.

I do listen to music, but when I do I actually *listen* to it: I don't just use it to drown out my own thoughts. In general, I either listen to classical, the older the better (I love Renaissance music), or I

listen to 70s music. I can't stand contemporary music, meaning anything after about 1990.

Anyway, the point was, I never bought in to the total saturation of music. I first really noticed it in about 2006, when I was traveling through Ireland. I ran across other Americans or Canadians on their travels, some of them bicyclists, and they were tuned in at all times. One of them actually said to me, "Dude, where's your tunes?" They couldn't believe I would travel in a foreign land without American music blasting in my ears at all times, drowning out all local sounds and experiences. But I had already discovered by then that it was far harder to meet people who were constantly jazzing on their own sounds, so I wasn't going to add to that meltdown. I was going to make myself available, even if they weren't. It didn't work, since they all had their heads in their shorts, male and female, but at least I can say it wasn't *my* fault.

You can see how that ties into this paper. I imagine many of these people think they are practicing some sort of meditation with their tunes, but it is just the opposite. Once again they are hypnotizing themselves by plugging into the 24/7 propaganda channels. They aren't living in their own heads, they are living in the messed up heads of Kurt Cobain and Alanis Morissette and Morrissey and Eminem and Snoop Dogg and Pink and Taylor Swift and Justin Bieber and the Red Hot Chili Peppers. Even worse, they are living in the heads of Intel, which set up and promoted all these anti-geniuses.

So if you want to get twice as smart overnight, turn off the tunes and the TV and phone. Unplug from the Matrix and hose the cytoplasmic fluid from your body. Live in your own head for a few days, with nothing but Nature and real people and animals making sounds for you to sort. Don't even read a book, since most books are garbage, too. People lived for thousands of years without any of that: no TV, no tunes, no phone, not even any books. They were SO much smarter than you.

After a few days of drying out, your brain will turn back on and you may start asking questions. If you are lucky, they will be the kind of questions you can't answer just by looking them up online. You may have to prepare for long journeys. You may have to work hard for many years. Life will so much more exciting then. Trust me, it will.