



10 WAYS TO MEDITATE

New edition, with bonus

\$ 9.95

89.95

THIS BOOK is about the mind of bones. It helps you find your way through the machinery. ■ Meditation is a secret Asia has had for millenniums. But their secrets are ours for the taking. ■ When think turns off and feel turns on, we are entranced with INvisible life. That's what this book is about too—about living, stilling, not dying, not killing. ■ "Let's make a new world," youth are saying the world over, "let's BE." Here are 10 ways to BE. Violence is not the way. Nonviolence is not the way. YOU are the way. ■ Man's problem is to manage his jumping, jerking, killing mind that's like a wild horse. It can be done. ■ To still is to meditate—sitting, standing, moving. You don't have to be a Chinese or a Hindu. Mind is only pure intelligence. How do you enter this? ... STILL, that's how—still, not kill.

(continued on back flap)







standing in the rain isn't it wonderful



10 Ways to Meditate

My eye conversed while my tongue gazed. My ear spoke and my hand listened. And while my ear was an eye to behold everything visible, my eye was an ear listening to song. —Ibn-ul-Farid "why the ink paintings?"

brushed-on black-ink flow let flow shows something

"what?"

do this: draw a line wholly on paper or wall or air

aren't we drawing such lines whenever we move?

10 MAYS TO MEDITATE

words and pictures by PAUL REPS

BONUS EDITION



WEATHERHILL : New York & Tokyo

first edition, 1969 four subsequent reprintings bonus edition, 1981 second printing, 1982

published by john weatherhill, inc., of new york and tokyo, with editorial offices at 7-6-13 roppongi, minato-ku, tokyo 106, japan. protected under terms of the international copyright union; all rights reserved. printed and first published in japan.

isbn 0-8348-0163-9

lcc card no. 70-83639

nack

to

You

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to begin:

.

to open inner doors men of many races and times have used meditation magic prayer as we now use science to open doors outwardly

how shall you open your doors? this book tries to give ways briefly as tonal notes for your playing

should one meditate? the answer is NO if it isolates us from mankind

the answer is YES
1) if done innocently
2) if it melts instead of solidifies my-ness
3) if played experimentally
4) if born momently anew

don't stop here



COMPLETELY RELEASE ME

through the ages man has invoked his fount of being and left images of himself doing so

what are those buddhas doing there? what are those shivas and sages and egyptians doing in the great museums of the world? why were they carried so far from home? to show us something?

what do they sit and stand for honey-eyed inward smiling with soft straight back in balance slightly forward flexive yet firm? we may too?

in japan there is a practice of sitting on one's feet as in kneeling with the back straight and still it is found most beneficial but is not named meditation or even still sitting so one is feel-free to do it freely without any mind-bind when something is named and formalized the adventure of doing it may be (s) mothered

TO STILL **TO BLISS THIS COMPLETELY RELEASE ME**

lie down shoes off stretch release face neck shoulders middle back me the one who says me then

SIT

facing a wall forward on a low seat both feet on ground or crosslegged on a cushion easy erect seeing released as completely un-me'd as when lying down STILL

"bliss?"

nerve juice blood juice

lymph juice sex juice sweat juice=life juice

enzyme juice

continue

mind stills

as mind attention stills

IT-IS-AS-IT-IS presently

"is that all?"

who is there to ask for more?

experience this let this experience you we sit to rest as we still we inpower ordinary sitting uses energy extraordinary still instills energy generates regenerates rejuvenates only turning off as we move then begin again open this immediate door opening IN



you have a pile of books in your arms startled you drop them this instant you're meditating

you help someone in some small way you're meditating

leaving dream into deep sleep you're meditating

you sit crosslegged like a buddha you're *not* meditating why? because your mind is itching that itch

minding is good too meditating is good too

an insect hums you become it a bird sings you become it you're meditating

Chinese characters show a poem by Liu Shih-chieh, of Hong Kong, in the poet's own calligraphy. Rough translation: "When a light breeze











not so long ago in india china japan each day one bowed a moment before a home shrine palms together evoking presence of ancestors back to the first man

further yet unnameable fluids and essences vitalizing form are with us

there is an IN life before words opening in integrity turning on with our will not to will to still

why get put out? why kill? a billion years to grow fingernails another billion learning imagining

yet each moment IN solid emptiness

blows through the window, do not neglect its advent: stars hanging in the clouds disclose their meditation of you in their incessant twinklings."



Stones once were men who sat to become them



ENTER BREATH

experiment

if you are being breathed 10 breaths a minute 600 an hour 14400 a day take one play day for your breath of breath

with heart pause breath pause with single nerve pulse

eyes closed or half closed seeing released l e t breathe as you let wind blow rain fall

enter one breath WHOLLY

going with not against THE harmony

"am I already in my breath of life?" who could be out of it? we only think us put out

STILL sit

l e t breathe

are in themselves deep meditating before we name them before we do them on a day without complaint

before-ing troubling melts

if the human race (you) is (are) mad (with desires) the act of still sanitizes and puts you in breath where you belong to live long and well at home with light and dark

untilits Fun better ceft undone 18

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INLISTEN

"do we need a teacher?" we need each one each presence each experience teaches us something more we need response to our fount of BEing

there is no substitute for inner guidance our dearest teacher intuitively within even when without in our re-act

we use intuitive guidance to make a choice to walk across a room to think to gesture women are rich in it this same intuitive turns inward to our source of be-ing in fact we never are away from our source so established nothing is the matter



in silent sound IS the word vibrance INgenderin light form substanc

ultra sound as HUU in coo of dove purr of cat hum of motor in wind bell gong tone of sea do it lightly when the child in us no longer feels moves plays draws freely (after about 5 years of age) when spontaneity dulls and guilt shame formalisms are imposed then the imposer joins the living dead what is an answer for you? another imposition? wheat in the field has been found to grow better with music sound waves we grow with silent sound integrity

do we listen really listen? to what? to put out meanings? nationalism internationalism racism me-ism as concepts incite us

to purify me is possible to melt think into love is possible we are doing it most of the time when we are not doing it

> seeds knows root knows sprout knows in silent sound



INLIGHT

what we do formally we freeze what we do informally we free

touch finger to forehead both object-ing and subject-ing

between these the indescribable experience

Far down your Line of Light your order will be filled

23

let INlight turn on

sit in sun or in the light of dark seeing released

in INlight consciousness be light

"how?" before how pore see wholly see INlight is instant it reaches through all space we are made of lightpoints "what is light?" infrontofyouinbackoverunderaroundisthis LIGHT being alone makes possible being alone together

what we ask into the aroma of a flower or a stick of incense may turn us upsidedown so that all we have falls out of pockets and everything is all right

BRIGHT

how seriously a child plays insideout perfuming the atmosphere for miles around clap hands for the gigantic cellebration of seed and flower helpless helpful to do anything but seed and flower



MOVE STILL

a seed a small thing potentials a huge tree

a man a small thing potentials in-finiting grace

as breath flows out tighten as breath flows in open

in exertion we soon self-learn to move with breath when we forget then impulse moves us out and lost we tire and don't know what's the matter plenty is the matter moving against ourself

cultivating the breath of life is the work of every plant shall we be less than a plant?

when moving do not disturb the breath

move with it smooth even

continued motion without acceleration or deceleration feels like dancing our nerve-muscle network likes such unusual kindness consider motion in motion

A BONUS OF FOUR ONES:

One Moment That Lasts Forever One Supreme Way to Turn On Our In-light One Cellebration And one scroll for you . . .

One Moment That Lasts Forever

In talking about meditation during my visit to India, a man who had been a chronic alcoholic and a dope addict . . . related that one day he had met a holy man. (There are about two million roaming the country in India.) The holy man told him that all he had to do was to still the wheels of his mind and for about half an hour, twice a day, affirm: "Brahma's love, peace, beauty, glory and light are flowing through my whole being, purifying, cleansing, healing and restoring my soul."

He followed the instructions, knowing that he would activate and resurrect the qualities and powers of God resident in his subjective depths. He continued meditating every night and morning; and at the end of a few weeks, while meditating one night, his whole mind and body, as well as the room he was in, became a blaze of light. He was actually blinded, as was Paul, by the light for awhile. He felt an inner rapture and ecstasy and a sense of oneness with God and the whole world. His feeling was indescribable.

He had experienced what the ancient mystics called "the moment that lasts forever." He was completely healed and is teaching others how to lead a new life. He invested his mind wisely—that is real meditation.

—Joseph Murphy's "Within You Is the Power," p. 75 (DeVorss, 1977)

One Supreme Way to Turn On Our In-light

"How do I do this?" As easy as A, B, C.

-A-

.

WE ARE MADE OF LIGHT visible and in-visible with countless stars we see turning rhythmically as suns and suns of suns in this lightness.

As we accept this, as we receive this, we see ourselves rightly as made of uncountable lightpoints one with our whole be-ing indescribably near dear.

-B-

"How do I do it?" Do no-thing but receive
your life-gift to you of you.

With subdued exertion on natural outbreathflow your <u>in</u>breathflow returns rhythmically heaping from body base to tophead with indescribable lightness.

As you become the lightness you ARE, other feel it. Such giving—radiating increases your receiving

-C-

Do not make this mysterious or difficult. Play it. If is the truth of our packaging cosmos in a grassblade, as the freeing spirit of children, as the flight of birds, we earn by sweating—each atom intepenetrating each other atom.

So much is given us for sharing.

Tell others but in your own words. This is as simple as turning, turning to the loveharmony-beauty through your breathflow you already are in and of.

Let do.

Enter the motion silently saturating all nature, our nature. Moving silently we simply replace outgoing mindattention with IN and IN this sure moving we let all pressure off our face, now somehow a new face in a new world as we move wholly.

Is this hard to understand? It may seem so when we move against ourselves, against our constrictions. Light saturates and frees self-imposed constrictions as we let it.

"How does this relate to others? How do you know it? How do you know it is not other than as you see-say it?"

We abide in our infiniting. Each grassblade tries to be a perfect grassblade and succeeds. Our possibilities are unlimited and unlimiting.

Silently feel this

One Cellebration

Dear Reps,

Each day / breathe as you showed me. Already 1 feel new. Billions of ting voices in my tissues cellebrating light. Thank you.

Much love, Sally

And one scroll for you . . .



YOU are herewith appointed President of the Reps Cellebrating Company entitled to appoint other Presidents who may appoint others.

"What are we cellebrating?"

Our cellular aliving.

to stand still to move still we will to do it then are willing

by will we kill another or ourself still we will not to will

it is so easy we make it uneasy to prove it

cup hands stretch high moving slowly at the same rate of speed let palms pass without touching over head forehead face neck torso legs feet our + - flow awaits our guidance

forcing is not the way

indulgence is not the way

YOU are the way

out of breath a thought comes to you you ask "are we killers? we kill thousands of bloodcells each day making way for new ones we kill as we think step chew we organize group killings shall we meditate this?"

are we killers or transmuters? we are children of the one mother atomically electro-magnetically there is no killer or killed but an ever transmuting everyone is busy becoming everyone else we ARE together isn't it wonderful

how can two sceeping in the same bed have the same dream



WAKE

we are mostly asleep when awake

"is it possible to sleep awarely?"

we say I had a sound sleep so we must be aware of it innately though not divisibly senses do not sense until we INsense why scatter into matter?

"who suffers? kills? is killed?"

no one it's a dream

"then how do we wake from this dream?"

you already ARE awake

waking from dream we have no more concern with the dream participants waking from daydream we have no more concern with the daydream participants

wake

wake

WAKE

body becomes mind mind becomes whatever is in it and when its load gets too heavy born again is like waking easy as play considerately consider deep sleep

early at night enter deep sleep awake when awake wholly release nerveflow bloodflow any thought and enter your BEing

in usual sleep we are unaware of it until afterwards in sleep awake aware we do not re-act

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"is this my being?"

why ask me why not ask your me pre-conceiving unborn eternal pervasive here



SILENCING

7

each evening silently observe any thought any feel

so simple delightful very peaceful too

life is beyond closed comprehension name form and absolutely inescapable every product of man is spiced with error

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silently

in this SILENCING aware

word spoken returns to SILENCING

a thought becomes all thought

busy intertastes still

in your SILENCING presence

than

more

yours

insee stairs as if stepping down from above then suddenly as if from underneath the posts shifting from far to near faster than thought IN the shift not above not below not far not near IN



INCHANT

"GOOD"

a sound heard also is self-made a pre-sound pre-heard initiates the inner life

we approve of us there must be some deep reason for this for grass growing INsinging INsing some silent word on breaths "what word?" any word is good as you make it so perhaps GOOD or GOOD GOOD

positively

deep in each one feels I AM

who is this innate I AM?

I AM the heart of each one

receptively

small i fits into BIG I as hand in glove as wave in sea immediately

though bodies come and go I AM never has been known to change does it not follow that "I choose and am responsible for my thought and action"? yes I AM

wave returns to sea

wave : our separative self sea : our native thought-free state giving oneself as another as water flowing as effacing of a sleepless child as leaf in wind effacing as greatest possible refreshment





ACCORDINGLY

"why do we live?"

to re-present ourselves to go with it

"how?"

we are impacted with innumerable sound vibrances we never hear with myriad lightpoints we never see

wherever we are as we are ten thousand impresses come through although we may be aware of only a few

these few are for you let it whatever it is through

without re-acting to it without imposing any value judgment on it without weighing or saying it simply receive and selfmade knots let go

and it has no resistance from us so it passes through so life passes through free of me

IN perfect be-ing





MIND OF LIGHT

when from some overnegative or overpositive re-act we tighten up then it knots in our back anyone can feel it as this knot is steadily pressed (mother presses child) it lets go and the congested organ and breath let go to feel better such let go precludes hurry worry and may be learned from any cat

what we do often contradicts our basic slow nerve rhythm under heart rhythm then we shorten our life with forcing fearing confusion how dangerous we are instead of spending energy for what why not release do in the do as they do in green city ching cheng in szechuan province in china where so many men and women 150 to 400 years of age live at altitude eat lightly focussing spirit life with the spirit of heaven and earth perfectly normally we explored all out turn IN?

as mind by its very nature free I am free of me

as me however possessing dream and daydream I make myself plenty of trouble

instead of hunting ways out hunt for you

find no pinned you too aliving to pin down or up

laughingly

"looking inward I find no thing but being" come closer experience this experience that now

experiencing experiencing

a naked jump into our immaterial pool of joy jump

in the mind the one does not die

constant

changeless

boundless

whole

THERE IS

there is a state of formlessness in form toss a string or string of beads in air and as it rests in beauty read the picture there there is the state of love clap hands which hand was the clapper? make the other one the clapper now make both that's love there is a state of bliss of reality stand with both feet parallel let eyes close feel weight more on one foot then the other as weight comes to exact center you disappear this IS bliss there is a state of perfect peace sit most comfortably erect let eyes close



quiet

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some questions, some answers "but how do I meditate? exactly what do I do?"

you don't you *let* do it it is built in you are doing it already innately in sleep in moving in sitting still all nature is meditating in adoration of its BEing only we humans spoil it by tightening up on ourselves and disturbing our great peace "is it *that* easy?" not when you make it hard so let us review our ways:

1. completely release me lie down and let go then sit still as much at ease as when lying flat just like a cat "but what do I do with my thoughts?" do nothing as you still let thoughts still they will in still you begin to rejuvenate

2. "how can I be still when I am breathing?" never breathe just let breath breathe in its own rhythm let let l e t

3. "but I hear sounds" let them through as an experiment put fingers in ears to inlisten to biorhythmic tone inlisten as a root to insound so near so far away you do not hear but feel it

4. "do I do this in the dark?" dark or light let your insight turn on at first imagine you are made of innumerable lightpoints as you are turn on your bright

5. "but I must move" naturally when you are moved only don't move against yourself let move smooth gently even IN moving is meditating too 6. "how can I wake when I am already awake?" let wake more love it wake to inmost you as well as to outer things waking is BEing

7. "is silencing the same as still?" in still our whole life is given us sometimes in silencing it becomes powerfully invibrant presence

8. "is this good?" inchant "good" and discover for you no one can do it for you we are both wave and sea don't miss your sea effacingly

9. "but I have many responsibilities" we all have but don't lose response-ability going with it

10. "have we a mind of light?" we do not have mind we are mind you may name light or insound vibrance or whatever you choose experiencing is more than naming more than thinking more even than BEing or effacing this more let through you

"is there a school where I can learn this?" yes yes wherever you are whatever you are doing teacher and learner are in you 10? 10,000 ways to learn and teach and INreach thank you for your life

editor's postscript

For me, this book's message—no, let's call it a hint, a whisper, an eye-opening "Now!"

— is that meditation or inner calm is for all, that it's simply doing your own thing in the right, the natural, way. As the author said in a recent letter to me: "I'm not trying to tell you how to meditate so much as to tell you to consider how for yourself, to find your own way. If it isn't yours, it's worthless. When it's yours, it's priceless." What could I possibly add to this? So all I've done is design a physical book that I hope is rough and simple and fitting enough to let the book's poem-like words and icon-like pictures shine with their own remarkable light.

As for the man himself, I know him well and *can* speak. Reps says simply that he's an American who travels the globe proving it's not flat. I can add that he too shines with a remarkable light, as apparent in Japan as in Norway, in his Hawaiian home (built with his own hands) as in the many university halls where he lectures to enthusiastic audiences, in the cities of the world where he's exhibited his picture-poems, hanging them on clotheslines and letting them flap in the breeze.

He is *not* an interior decorator. He lives his words, giving away gusts of joy wherever he moves. He's medium in stature, and as high as the mountains. He's a man of advancing years, as young as tomorrow. He's a thinker, and lives by instinct. He flies with angels, sparkling like a child. He can laugh, and cry, and love. He can also sit still. What more is there to say?

-Meredith Weatherby



The "weathermark" identifies this book as having been designed and produced at the Tokyo offices of John Weatherhill, Inc. Book design, typography, and layout by Meredith Weatherby and Naoto Kondo. Composed in Times New Roman Bold by General Printing Co., Yokohama. Text printed by Kinmei Printing Co., Tokyo. Philippine-mahogany binding boards made by Konishi Woodworks, Takamatsu, and printed with silk screen by Jikken Printing Co., Tokyo. Bound at the Makoto Binderies, Tokyo.





SPECIAL FEATURES OF THIS BOOK & DI-RECTIONS FOR USE: **1**0 ways to still, 10 ways to not kill, plus a mind explosion. Read them, do them, live them: somewhere you're sure to find hints that will lead you to your own way. **2**2 of the shock-you-awake picture-poems that, in the words of Aldous Huxley, "will take one further towards the realization of the ancient self-knowledge than all the roaring or pathetic eloquence of generations of philosophers, theologians, and moralists." You needn't do any more to them than just look: they'll do to you. **1** sandpaper bookmark for do-ityourself finishing of the Philippine-mahogany binding boards. To be used, meditatively, in smoothing the rough edges and gently rounding the corners. **Designed**, printed, and bound by hand in Japan.

WEATHERHILL : New York & Tokyo

all men have the same color bones"

No need to kill great need to still"

"each is the other"

ISBN 0-8348-0163