

BEING A WHOLE HUMAN

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RELAX

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I have been humbled and honored by the generous responses by Bob Berman, co-author of the [Biocentrism](#) books, to my emails.

I have shared with him my posts which include reference to him and the books.

Today the following email came, and I am taking it to heart. Bob has previously given permission to include his emails in Whole Human posts, so I am taking some liberty to copy his personal note into this post, as it feels relevant to the subject of relaxing:

Hi Gary,

I loved what you wrote, for it reflected the sincerity and longevity at your seeking of the reality behind this wondrously strange illusion.

As you may know, the actual experience of oneness —

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a oneness that is indescribably fascinating in a limitless myriad of aspects — knows no possibility of boredom, and dwells in a matrix of bliss. At such times, eternal perfection is obvious, and there is not the slightest inclination toward ideation. The flow of your ideas, which may be valid in the dualistic realm, and useful to some, would never even arise In the no-mind state of God consciousness.

I think you know that just as the word ice is not actual ice, these concepts are like floating fragments of incense smoke (but infinitely less fascinating). You and I cannot in any way express Reality, and would do well to remember that “ineffable” does not mean “usually not expressable” or “somewhat not capable of being put into words,” but “utterly beyond language.”

Am I therefore suggesting you give up? Yes. It would be noble and effective.

And contrary to your well meaning friend, nobody is bound in any body, there’s nothing that needs interpreting, and, I promise you, nothing we believe is valid.

You’re already “there,” there is nothing to achieve. There is no doubt of this. Total relaxation may be the appropriate response, here. You’ve earned it. The only purpose for any of our writings, yours or mine (other than, by the grace of God, me being paid well) is in helping others. As long as we remember, at least sometimes, that there are no others.

Best to you,

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Bob B.

Gary

Of course, one of the first things I did after soaking in Bob's email was to do a search on relaxation. In the '70s, T. Lobsang Rampa, author of 'The Third Eye', and other books on mysticism and metaphysics, wrote in a letter to me that I am an 'eager beaver'. That hasn't changed.

The first books that came up in my search were on 'relaxation response' by Herbert Benson, M.D. It 'blew me away' to learn that the books were derived from studies of Transcendental Meditation. In the winter of '70-71, my high school English teacher arranged for me to interview Maharishi Mahesh Yogi, founder of Transcendental Meditation, who was staying in a log cabin in Rocky Mountain National Park. I did not get involved with TM, but it felt like this new-to-me information somehow 'brought me full circle.'

I am taking to heart the message of Bob Berman's email.

A RELATED POST: [UNCONSCIOUSLY FREEING THE BODY](#)
BELOW, A RESOURCE FOR RELAXING.

From the [Relaxation Response](#) website.

Steps to Elicit the Relaxation Response

The following is the technique reprinted with
permission

from [Dr. Herbert Benson's](#) book

The Relaxation Response pages 162-163.

Sit quietly in a comfortable position.

2. Close your eyes.

3. Deeply relax all your muscles,
beginning at your feet and progressing up to your
face.

Keep them relaxed.

4. Breathe through your nose.

Become aware of your breathing.

As you breathe out, say the word, "one",
silently to yourself. For example,
breathe in ... out, "one",- in .. out, "one", etc.

Breathe easily and naturally.

5. Continue for 10 to 20 minutes.

You may open your eyes to check the time,
but do not use an alarm.

When you finish, sit quietly for several minutes,
at first with your eyes closed and later with your eyes
opened.

Do not stand up for a few minutes.

6. Do not worry about whether you are successful
in achieving a deep level of relaxation.

Maintain a passive attitude and
permit relaxation to occur at its own pace.

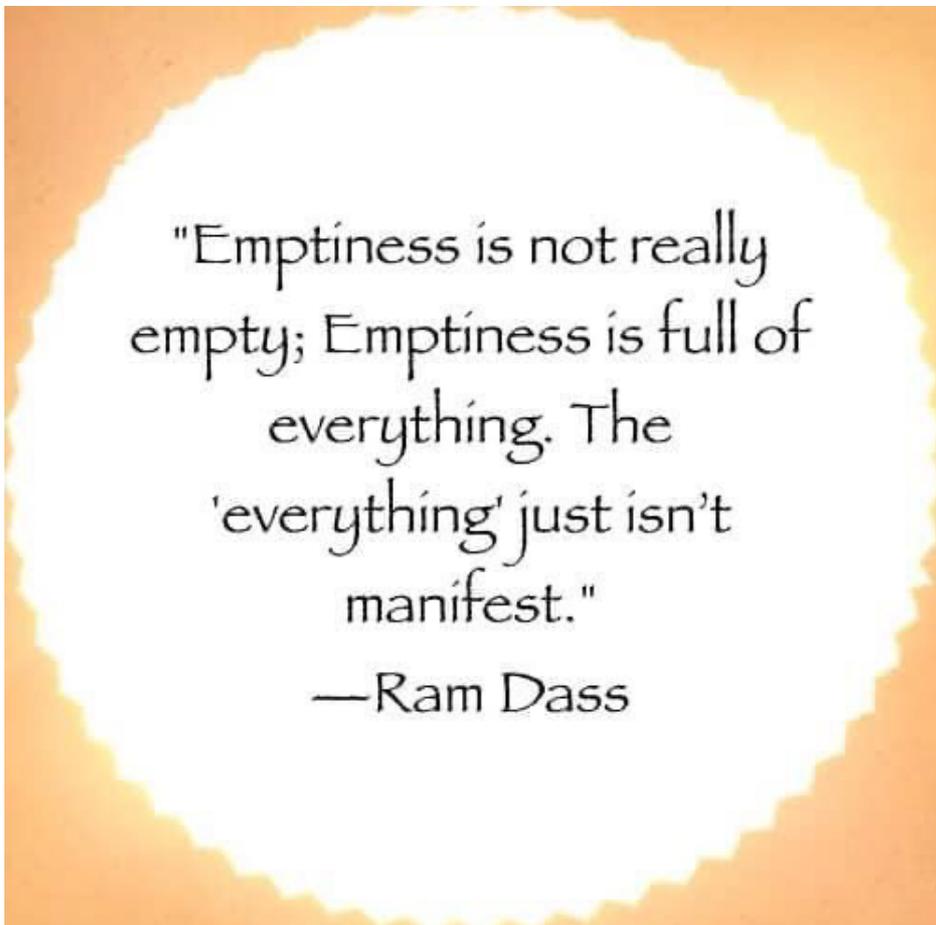
When distracting thoughts occur,
try to ignore them by not dwelling upon them
and return to repeating "one."

With practice, the response should come with little
effort.

Practice the technique once or twice daily,
but not within two hours after any meal,
since the digestive processes seem to interfere with
the elicitation of the Relaxation Response.*

It is better to use a soothing, mellifluous sound,
preferably with no meaning or association,
to avoid stimulation of unnecessary thoughts - a
mantra.

MUSE device



Ed Crowley

'Master,
Please give me another
example of emptiness.'

“thespacebetweenthoughtsappearseemptybutinreality

it is the emptiness itself that contains everything without the spaces it doesn't make sense to you or me by understanding the space between we understand the messages communicated between us emptiness is the source of all manifestation”

‘What language is that?..
I do not understand.’

“the space between
thoughts appears empty,
but in reality, it is the
emptiness itself, that
contains everything.

without the spaces, it
doesn't make sense,
to you or me.

by understanding the
space between,

we understand
the messages
communicated
between us.

emptiness is the
source of all
manifestation.”....

‘So the spaces are
the emptiness...’

“Everything arises from
the emptiness....

The spaces just show
us an example of this...”

Minerva Martinez

Tell me a little more, How do I interpret this ?

emptiness is the
source of all
manifestation.”....

Ed Crowley

Think of the Scientific version of the Big Bang.
It came from an infinitesimal point which is basically
a mathematical value close to zero which is essentially
empty.

From the Big Bang,
Everything
we know
was created.

In any major religious belief, Creation began from
nothing
to Everything through the word or sound of the
Creator.

Emptiness isn't empty it actually is like potential
energy at rest.

It contains the possibility of anything to manifest.

It's the vastness of infinity

since it can create anything and everything.

It's just a concept to try to explain what is so difficult
for

our minds to process through our brains.

We can only
truly experience “Being”.

This “Being”
that we all are,
arises from the “emptiness”
or call it the “Source”
that manifests Everything.

It takes a
while to
just relax
our mind
to understand
the stillness
of the Silence within
and experience this “emptiness” of thoughts
and realize it’s filled with Being-ness.

Just
simply
Being.



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