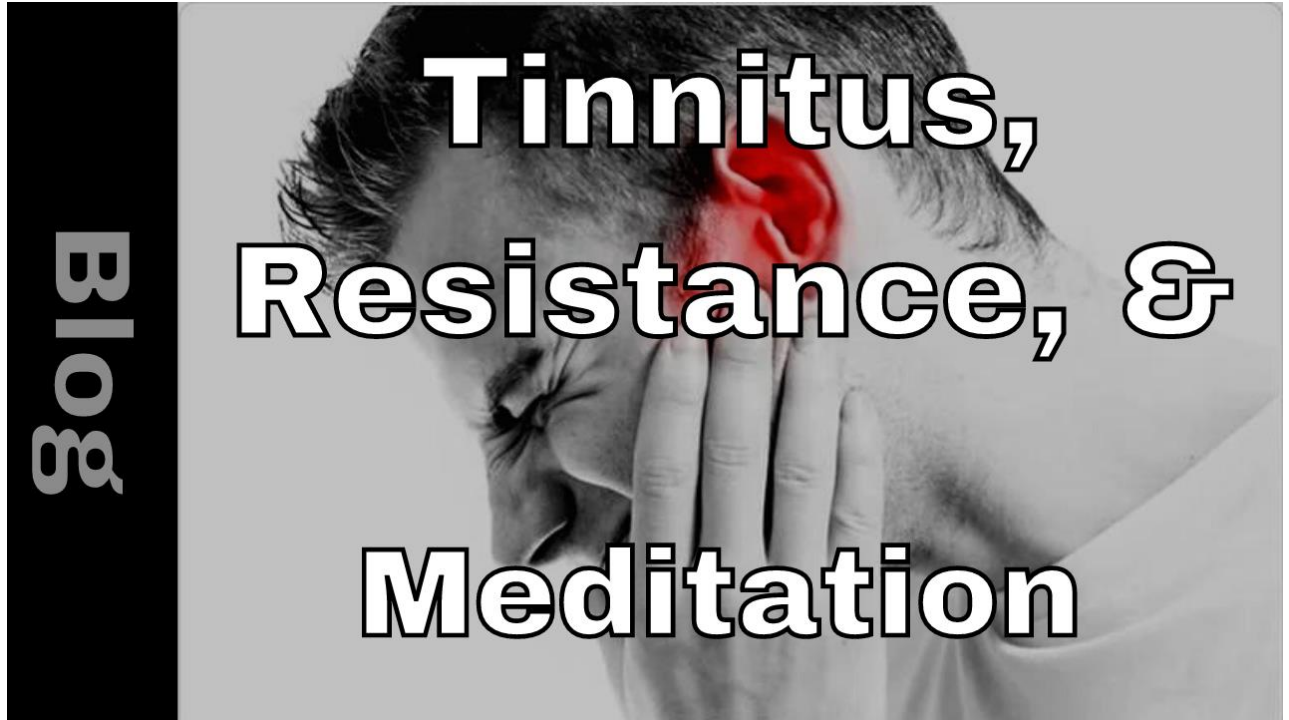
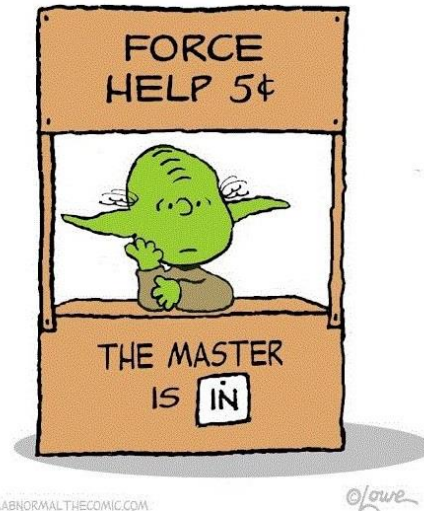


This Morning let's Explore...



SUN pm 22jan23 – Tinnitus, Resistance, and Meditation

This evening we could explore
“**Tinnitus, Resistance, and Meditation**”
that you too could meditate like a Jedi.



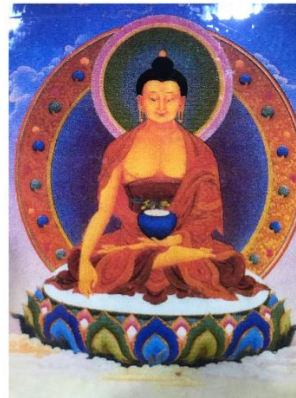
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Right Aspiration's and Zeal's Second and Sixth Folds of Enlightened Fitness

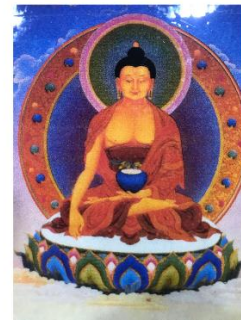
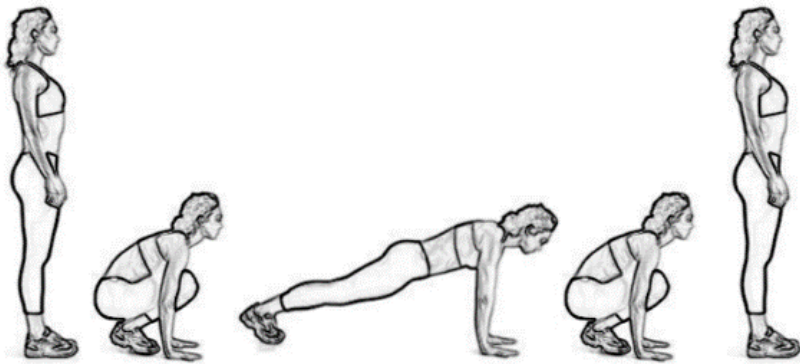
Bodhichitta and Refuge

Enlightenment's Motivation and Means



Máy I liberate all beings
by mastering the Eight-fóld path,
throúgh relying on the Buddha's
example, instructions, and stúdents.

3 repetitions



SUN pm 22jan23 – Tinnitus, Resistance, and Meditation

*M., on Reddit, posted:
Military Veteran with Tinnitus*

*Looking for some insight
on how to deal with tinnitus
during meditation. -fin*

Tinnitus, Resistance, and Meditation

Tinnitus sucks,
but not in the fun, tingly way.

And although
it made Beethoven exceedingly cranky
it was unable to extinguish
the flame of his genius.

Striving to resist
the symptoms of tinnitus

could be as exhausting and unproductive
as trying to resist the tide.

The secret is strategic acquiescence.

Therapeutically allow tinnitus
into your mindfulness
by silently reciting “*Hearing this...*”
during each inhalation.

The key is not to actively concentrate but rather notice: vulnerably, passively, viscerally, and spontaneously.

You could meditatively
transcend the tinnitus
by mentally reciting “*relaxing!*”
during each exhalation

as you set space
to release your resistance to its presence.

Oh what a delicious irony
that an irritant could
drive you to meditate like a Jedi.



Yang's Attributes

Rigid,
Fearful,
Controlling,
Elitist, and
Competitive

Yin's Attributes

Flexible,
Loving,
Laid-back,
Egalitarian, and
Cooperative

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*Notice form... relaxing**That action... relaxing**That action... relaxing**Notice mind... relaxing**That actor... relaxing**That actee... relaxing**Notice me...relaxing**This actee... relaxing**This actor... relaxing*

_____ and _____ ... how NOT two?
 this and that... how NOT two?

*Observant inhalation:****Notice this ...****(This...)****Releasing** exhalation:****relaxing!****(ease!)**1st set of 256 rounds**count the sixteen BREATHS upon the left: **little, ring, middle, and index** finger's:**lower, middle, & higher creases, & their tips.**count sixteen SETs upon the right **little, ring, middle, and index** finger's**lower, middle, & higher crease sets & tip*

The Eight Worldly Concerns

	HATE	CRAVE
CIRCUMSTANCE	scarcity	abundance
BODY	pain	pleasure
COMMUNICATION	scorn	praise
MIND	obscurity	fame

The Four Noble Truths:

1 – Stress

- a) the HATE of enduring what seems harmful
- b) the CRAVING of longing for what seems necessary
- c) the CLINGING of anticipating the loss of what seems necessary

2 – Exacerbation

Devadatta's domineering duality of dread and desire – resistance (yang, patriarchy)
the Buddha's flexible flow of love and letting-go – acquiescence (yin, matriarchy)

3 – Liberation from the tyranny of resistance

- a) not from believing in a real or imagined celestial entity,
- b) not from worshiping a real or imagined celestial entity, and
- c) not from supplicating a real or imagined celestial entity

4 – Mastering the Eight-fold Path

to the point of practicing it spontaneously, habitually, easily, and effectively

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Skillful Means:

Scatteredness + Mindfulness = Centeredness

Controlling tendencies + Meditation = Spontaneity

Centeredness + Spontaneity = Skillful means or Simplicity

For, when our decisions, utterances, and deeds

FLOW from centered spontaneity

any harm we do is minimized

and any good we do is maximized.

Eight fold path:

VIEW or contemplation

- 1 – Liberating view (*supporting letting-go*)
- 2 – Liberating intention (*compassionate and loving*)

compassionate ACTION

- 3 – Liberating communication (*which is rather kind*)
- 4 – Liberating conduct (*which is rather kind*)
- 5 – Liberating commerce (*which is rather kind*)

MEDITATION as described by the seven enlightenment factors

- 6 – Liberating enthusiasm (*that is rather joyful*) 4 & 3
- 7 – Liberating mindfulness (*that is vulnerable, passive, visceral, & spontaneous*) 1, 2, & 6
- 8 – Liberating meditation (*constituting physical relaxation, psychic release*) 5

The Seven Enlightenment Factors:

1 mindfulness,

2 curiosity,

3 energy,

4 joy,

5 tranquility,

6 coalescence,

7 balance

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Whatever comes
let it come

whatever stays
let it stay

whatever goes
let it go

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Awareness and Letting-go:

Observant inhalation: *Notice **this**...*

Relaxing exhalation: ***relaxing!***

NOTICE: vulnerably, passively, viscerally, and randomly

Whether that which we notice is: sensation,

flavor

scent

sound

sight

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Whether that which we notice is: emotion,
intention
thought
memory
imagination

Whether that which we notice is: External or Internal,
Physical or Mental
Pleasurable or Painful
Interesting or Boring
Glorious or Grotesque

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Awareness and Letting-go:

Observant inhalation: *Notice this...*

Relaxing exhalation: ***relaxing!***

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Let us NOT ignore the AT AT in the room

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What are we to DO
with that which we notice?

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Are we to shove at that which we perceive
like Yoda force pushing Darth Sidious
in “Revenge of the Sith?”

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Are we to greedily, hungrily, and desperately
reach for that which we perceive

like Smeagol chasing after his precious
only to plummet into the bowels of Mount Doom
in “Return of the King?”

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Are we to obsessively analyze and label
that which we perceive

like poor, mad Renfield
forever organizing and then RE-organizing his bugs
in “Dracula?”

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