

The 30 Second Meditation

(Change your life in '30' seconds)

by: MG

Lightening speed
Non-stop action
Simple & Straightforward

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Index

- I. The Concept of The 30 Second Meditation
- II. The Power of The 30 Second Meditation

I. The Concept

The concept of 'The 30 Second Meditation' is to shake yourself and become fully alert within a second and remain alert for 30 seconds and become more and more aware of the things around you and at the same time become aware of the thoughts and feelings that going inside of you. Just for 30 Seconds.

What is fascinating about this 30 Second Meditation is 'the speed and the power'.

I already explained in my previous book 'The Ten Dirty Secrets of Getting Enlightened', the fact that it is useless to change your Gurus, religions and groups. It only makes you feel like more stupid and hopeless.

So just forget it. To save your time and my energy we will avoid this topic.

Coming to the point, what is the concept of meditation?

What do YOU mean by meditation?

Remember, meditation does not mean something fancy or something secret. Listening to meditation music, chanting mantra, seeing colors and Kundalini rising, going in to the past life has no meaning in meditation or at least in my point of view about meditation. I don't bother about all these things and it's my honest suggestion to you do not waste your time in all this crap.

Do you remember what did you eat yesterday? Then why waste time in recalling your past life? Assume that you were the same. Logically, you were the same and that's why you are here, again. So there is no point in digging the grave. It is pointless.

Joining some group for meditation is actually running from your mind. And if you keep running from your mind how will you know about it? And more important thing is that it useless because meditation is the journey of alone, meditation is not a group activity. You are going to face the world. And you are going to face it alone, so it is your responsibility to find out how to deal with your own problems. A group creates its own problems.

So the point is to BE with yourself.

You have to BE with yourself simply because you can not avoid yourself by running all over.

We find thousands of way to run from ourselves. For example - gossiping, watching football or cricket matches, discussing official matters or share-trading at home and we fill our brains with useless stuff. People constantly

occupy their mind with the garbage like politics and politicians. We kill time. We are focused on all these things.

This is our meditation to focus on rubbish things and torture ourselves. We concentrate on hurt, jealousy and anger. We give our whole energy and attention to hatred and negative feelings. This is our meditation.

Look inside.

Our thoughts easily move in the direction of those things which makes us feel bad. We are flowing freely with bad moods and negative emotions, fear and panic. One can easily observe that. This movie is going on and on in our mind even in sleep.

And we are not aware.

Are you aware?

Are you aware that you are reading this book?

Are you aware that you are breathing? And there are also sounds going around you and the weight of your body and the temperature in the room, thoughts and the feelings?

Are you aware that you exist?

Because, most of the people are not aware, even about this simple fact that they exist!

And they realize that they were alive, exactly when they are dying.

I hope you are not one of them.

Ok, this is good news for all of us that 'we exist' and now we know that 'we exist'. We may forget this simple fact in next few minutes that 'we exist' but we may 'remember' that again.

Now you can say proudly that, 'Hay, look here, I exist and I'm also aware that I exist'.

Now, 'remembering' about this fact that 'I exist' is what meditation is.

Are you with me?

Ok, now what we were talking about?

Good, I think you forget it as usual.

We were talking about 'The movie'.

Your own-private-movie, which is going on and on and on in your mind, right?

Now 'The 30 Second mediation' means just become aware of this on-going movie only for 30 Seconds. Don't stop that movie, don't suppress but just watch for 30 Seconds.

Just become aware of everything 'QUICKLY' and remain alert for 30 seconds without even changing your facial expression. Suppose you are walking or driving and your mind is fully engaged in self talking. Thoughts are jumping here and there like monkey and you are overwhelmed with emotions. In a split second just get alert, and 'QUICKLY' within a second collect yourself.

When the mind is scattered you are scattered, so collect yourself.

And suddenly you will find that your breathing is changing, you become afresh as if you awoken from a nightmare and realized that you are no more part of that nightmare. Now take that moment of alertness and become aware of as many things as you can, for example vehicles in front of you, the road, people, trees and weight of your body and your breathing etc. and keep increasing that alertness for 30 Seconds.

See, what happened in that instant?

You break that movie, that unconscious mechanical behavior. Don't you?

Now it is very difficult for your mind to create again that same movie with the same intensity.

Once you break the movie and get distracted, it's finished. It's like a 'knock out punch'.

This is very powerful, just like 'The One Inch Punch' of Bruce Lee.

Why?

Read the following chapter.

III. The Power of 'The 30 Second Meditation'

First thing, you don't have to sit in the morning or evening for meditation, you don't need to join any group, you don't need to surrender any Guru, and you don't need to believe in any philosophy. You can do this meditation in any situation.

You just need to watch your mind in action.

In fact you must do this meditation while you are moving, when you are in the middle of activity and when you are 'doing' something. This is the beauty of this meditation. And the real power of this meditation is to become aware in the middle of the chaos.

This is the straight forward way of learning to become QUICKLY ALERT in the most difficult situations where people usually lose their alertness.

This is actually a 'free style meditation' in free of cost. I believe in the concept of Open Source.

So now you don't have to set aside a time, you don't need any posture and you don't need to follow any system. This meditation has no side effect, for example many breathing meditations may create serious physical problems if not done correctly. And after years of practicing this kind of meditation it becomes a routine and a part of your mechanical behavior. It simply becomes a habit. There is nothing new, same repetitions day after day. There is no thrill. And the most important truth is that you don't catch yourself while you are unconscious or in the middle of mechanical behavior. You don't catch yourself when you are in the middle of sleep. You don't catch yourself when you are going to do something wrong, because you separate yourself from the world and practice silence for half an hour. It is not meditating in the chaos.

You have to be silent and at the same time dynamic in the middle of chaos. And you can learn this only if you practice becoming alert in the real life.

You are going to do 'The 30 Second Meditation' in the market place and in your day to day activities, like brushing your teeth or driving your car. It will never become your habit because it is sudden.

It's NOT pre-planned.

Suddenly you get alert, and you don't know when you are going to be alert. It is 'unexpected' and that is the real power of this 30 Second Meditation. You suddenly catch your mind unconscious. You came face to face with your unconscious behavior and thought pattern. A sudden flash of light and you see things very clearly 'as it is', and that unconscious pattern is broken as soon as you catch it. It happens instantly.

As soon as you remember, you are alert!

Even if you lose this alertness there is no problem because YOU WILL REMEMBER IT AGAIN. This is the way which will disturb your sleepy and unconscious pattern again and again, and eventually that pattern will become weaker and weaker every time you become alert for 30 Seconds. And that pattern will soon disappear from your life forever.

In traditional meditation instead of coming OUT of the trance you are actually shifting into a different trance. And here in just 30 Seconds you are simply BREAKING the trance. You are not shifting but you are BREAKING the trance.

Huge difference!

It is exactly opposite. You are becoming more alert in the middle of the activity where you really need to be alert and aware. You are not setting aside a fix time or place; instead you are becoming alert in the middle of the activity, in the market.

It's like finding the center of the cyclone. As you get alert in the middle of the chaos, immediately you will be thrown at the center.

This is very simple and straight forward. In the middle of mechanical activities suddenly become alert and maintain that alertness for 30 Seconds.

This 30 Second Meditation will bring a meditative quality to all your work and you will really enjoy your work. The more you are conscious more you become creative.

In 30 Seconds you will become so alert and so aware that you will be able to notice if there is any danger, and this is very helpful in street attacks or dangerous situations. Then you will not get frizzed in front of danger rather you will get quickly alert and either escape or face that situation spontaneously with confidence. It is very essential to learn this skill in the modern age we are living, which is violent and brutal. Most attackers find easy victims. And easy victim means he who is not alert. If you are alert then you become difficult. If you are alert then you will be able to either escape before something happen, or you will be able to handle that situation more carefully with FULL ALERTNESS.

Remember, a person who is 'alert' will make a way where there is no way!

In One Second you snap yourself and become fully alert and keep that alertness for 30 Seconds just like 'Bruce Lee's Chain Punch', in which he execute 8-10 punches in one second. And this will help you to understand that 30 Seconds are more than enough to snap you and bring you out of any emotional crisis or state of mind.

By the way, if you are really worried about street attacks then watch some basic Krav Maga and Systema self defense techniques at www.youtube.com, you don't need years to master them you can just get the basic ideas to protect yourself. You can practice it with your friends and family members. It really works in street attacks. You can easily learn about weapon disarm and strikes from YouTube videos. Sorry I'm not for so called crap of 'non-violence'. Head butt, elbow, kick in the groin or smashing his head on the wall anything will do.

Anyway, coming back to the point, many people give excuses that they don't have time to meditate, but in 30 Second Meditation you don't have any excuses because you are combining your 'day to day activities' with meditation. You may not have half an hour for meditation but you definitely have 30 Seconds, and for these 30 Seconds you don't have to stop your activities but continue them with alertness. Then your small activities will become your meditation. Now there is no limit. Now you can do this meditation for whole day.

This is 'embedded meditation'. This meditation is embedded in your daily life and all daily activities.

This 30 Second Alertness will work the same way as a constant flow of water cuts the hard rock. It will cut chronic depressions, tensions, worries anxiety and fear the same way water cuts the rock. Any mechanical behavior or mindset will be disrupted and you will become more conscious.

Take a small example of smoking or drinking alcohol, if you become aware and maintain that awareness for 30 Seconds then very soon you will discover that the addiction will loose the grip and you will become free. This will work in all addictions. So I am not going into the details. You can do your own experiments. Because now it's yours and you can play with it as you wish.

Addiction means unconscious activity, and if you do the same activity 'consciously' then you create a distraction or disturbance and you get easily free. Once you see the stupidity of unconscious behavior then you don't have to convince your mind to get free or you don't need any substitute for that addiction.

Take any unconscious mechanical behavior and do it consciously, that's all. People are as you know already living unconsciously so you can begin from anywhere.

Second thing in traditional meditation you sit for one hour and then come back again to the world of sleep, but here we are going to 'break' that sleep again and again. If you become alert hundred times in a day that means you break your 'sleepy automatic mechanical behavior' hundred times.

When you seat for meditation you may drift into imagination or sleep but here in 30 Second Meditation you are QUICKLY getting FULLY alert. This 30

Second Meditation is more intense and more powerful because you are becoming alert in the middle of activity. You can do it anywhere and anytime.

It is not a step by step procedure but it's like a sudden attack. Suddenly you catch yourself when you are unconscious and now you are conscious.

In chronic depressions it is very easy to become 30 Seconds alert and break the chain of thoughts and emotions at least for 30 Seconds. If you could break this chain of thoughts even for 30 Seconds than you can prolong this alertness for 30 minutes or 30 hours or 30 days or 30 years, because now you got the knack.

At every occasion just observe people how they operate mechanically. On the road or in the bus or offices just observe and notice how people are operating mechanically as if they are a machine. From the morning to the night people are in trance and they shift through different trances. Fear, anger, jealousy, lust, insecurity all these states are trance. It's like a big show of hypnosis is going on and as soon as you become aware you are out of this show for 30 Seconds. And this is a great relief. Try it in every situation. Just get alert for 30 Seconds and watch around and you will notice how everyone is unconscious and then you will understand what I really mean by 'living on the planet of sleeping people'.

Man is living in a deep hypnotic sleep and if you can break this sleep even for 30 Seconds then you are not a part of this social hypnotic phenomenon. If you could break yourself from violence, fear or jealousy just for 30 Seconds then it will loose the hold and it will be very difficult for your mind to build the same emotion or mindset with the same intensity once you break it. And there is every possibility that you will see the stupidity of violence or intention to hurt others and you will just drop that idea. Because violence or anger is possible only when you are not alert and you are unconscious.

In these 30 Seconds many problems will simply dissolve without taking any action because most of the problems are created by ego, self importance, feeling of insecurity or inferiority. There are many problems in your life and they are simply there because you are feeding them with your attention and energy. Attention is energy. You are energizing problems by giving your attention. A constant chain of thought and emotion is created and once it is created it becomes really strong. Then it is very difficult to break that chain and get free. But now you can break it for 30 Seconds.

Here is an example, suppose you are able to do ten push ups, and I suggest you to just increase one push up each day. That's very easy. If today you did ten then you can easily do eleven next day. But what will happen in one year? You will be able to do 10+365 push ups. Today your mind will not accept this idea of doing 10+365 push ups, but if you start increasing only one each day then it is quite acceptable idea. So right now if I say to you that you are already a Buddha you will not accept it. But you can enjoy

being a Buddha just for 30 Second. And very soon you will find that these 30 Seconds are more powerful than you can imagine. It will not only change you radically but become your life.

Every time you catch your unconscious mechanical behavior and become alert you learn something new and you become more skillful and more mature.

This is the learning without accumulation.

It does not become a part of your memory but it becomes your LIGHT.

If you embed this '30 Second Meditation' in your daily life then automatically you will take wise decisions because your decisions will come from 'alertness' and NOT from your prejudices. Because of that you will notice that now you are becoming more intelligent and creative in all areas of your life. Then you don't need to quit smoking but smoking will spontaneously disappear from your life. And you will see that not only smoking but many things will permanently disappear from your life because now you are able to break the chain of thoughts and emotions that binds you.

Now you will be able to break the chain of any unconscious mindset if you keep practicing 30 second alertness.

If you keep alertness for just 30 Seconds in small things then one day you will find that now you are able to remain alert in the most difficult situations. And you will discover that those 30 Second of alertness are now become your nature.

You can not give one hour to meditation that may be true but you can give 30 Seconds as many times as you want. It will improve your life and there will be a constant and never ending improvement.

There is a saying in Shaolin Temples that, "I am not afraid of your 10,000 kicks which you never practiced but I am afraid of that one kick which you practiced 10,000 times".

If you do this 30 Second Meditation 100 times every day 'in many different situations' then you will discover in few weeks that your alertness has become so powerful, just like that one kick which has been practiced for 10,000 times.

In a few months this slight change in your daily activities will make a huge difference in your life. These changes will be irreversible. Because once you break the unconscious pattern it is finished once and forever.

The 30 Second Meditation is very practical and straightforward. One can practice and play with it and get surprised with the quality and alertness it

brings to your life. It is not a philosophical jargon which you could listen for decades without any slightest change.

I'm not teaching you any philosophy, so you will never get any migraine or headache. This is not a theory; you must apply and test it in your own life.

I'm showing you how to get OUT of any philosophy.

Now it's time to be a light unto thyself.

How?

Just kick your ass and get alert!

And keep punching and kicking yourself all the time so that you never fall again into the sleep, until there is only 'alertness'.

~ Your time starts ...NOW! ~