

NEW FREE E-BOOK: SHAMATA MEDITATION  
Allowing the Mind to Rest Naturally  
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Yup, another book, this one a short 23-pager on how to meditate. It's an easy read and goes over much of what you might want to know if you would like to learn basic meditation. You can find it here:

<http://astrologysoftware.com/books/index.asp?orig>

By now you know that with me it is all about awareness. We need basic awareness to make good decisions and to discover our responsibilities, i.e. that we have an ability to respond. Without it, life is one confusion after another. And it's never too late to become more aware. However, there is not a pill you can just take to become aware. Unfortunately we each have to develop awareness on our own, and one sure way is by learning some basic mediation. In that light, this free booklet might be helpful.

As an astrologer and counselor for many years, I am sometimes asked why not just use astrology? Why am I spending so much time on promoting meditation?

An analogy I like to use is that of a sphere. Astrology is a relative truth. It can show us how to get from here to there on the surface of the sphere. But only meditation and its ensuing awareness can take us from the surface of the sphere toward the center.

I have done many things in my life, some successful, some not, but all interesting, including teaching astrology and doing astrological counseling for years. I have lectured, researched, and all of that. I have run tiny businesses, middle sized ones, and ones with 750 employees.

My point is that from what I have seen and still see, there is a great need for each of us to become more aware of what is happening around us. Of all things, awareness and sensitivity to others is what is most lacking in the world. You can have the largest company, but if you are not aware enough to be responsible and kind, you are in trouble, which means we all are in trouble. In general, corporations in particular lack this kind of sensitivity. What to do?

It would be nice if we taught meditation awareness in grade school, so that young people could have the experience of being aware enough to respond to life and to other people early on. We are all interdependent, but few are aware of this, much less able to respond appropriately to situations and one another. Meditation is a sure path to awareness, but progress can be very slow.

Yes, if we could find a great leader, that would be nice, but short of this, the whole lot of us may

have to become more responsible. I know of no better path to greater responsibility than increased awareness. If we really are aware, I do believe we each (all of us) will naturally do the right thing. What is amazing to me is that we each have gifts, large and small. Some of us are brighter, some less, but there is one thing I have learned.

Increased awareness has nothing to do with our gifts, brightness, or lack thereof. Anyone who becomes really aware of how things are in the world just naturally becomes more responsible, more compassionate, kinder, and can see clearly what decisions have to be made.

Meditation is a great equalizer. Not anyone can invent the next “whatever,” but anyone of us can become kind, compassionate, and fully responsible. Thank goodness this is true.

That is why I feel meditating and its greater awareness is most important. It is at the tip of the top of my list.

Other free e-books on meditation at the above link including “Training the Mind,” books one and two.