

To begin meditating, all that is necessary is to sit quietly and comfortably in some secluded spot, silently counting your breath from one to ten. It will require some time before you enter into your own realm of calmness, but you can attain it with little effort. I do not mean for you to struggle in calming yourself but for you to concentrate on counting your breath. No matter what thoughts may arise, just ignore them as you keep on silently counting your breath, "one" for the inhalation and "two" for the following exhalation—one to ten—again and again. In doing this, you are climbing the steps of the tower of silence, at whose top sits the temple of realization that science and philosophy has never reached.

There you will surely attain the same penetrating wisdom that the Buddha himself attained—if you will only keep on counting your breath until you have entered into the silence of samadhi. This is a condition of mind in which you have nothing to receive and in which there is nothing to receive

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you. Then you and the universe will be like two mirrors facing each other with nothing there to reflect.

Before you entered that silence, you were somewhat outside of yourself, counting your breath; now you are the breath itself. With each inhalation, you drink in the whole universe; with each exhalation, you send out the whole universe. At this stage, do not think that you are in samadhi; just keep on counting your breath. Suddenly you will lose yourself—no one to count, nothing to be counted. Then you will find yourself entirely alone in a new world, a world where all is one and where one is all.

The trouble with you Westerners is that you cling too stubbornly to some idea of a God. Once you decide to enter the silence for enlightenment, do not hold on to any mental image of either God or devil. Let everything go. Do not cling to any color, form, or sound that may come into your mind; just chase them all away by silently counting your breath. Now be so determined to attain your goal that you would bite an iron ball until your teeth were shattered in the attempt.