

Meditation for advanced Practitioners

Meditation

For advanced Practitioners

By Patrick Roemer

One

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Meditation for advanced Practitioners

Before using this booklet as collection of ideas and possibilities contact accordingly experienced medical doctors or teachers for questions, especially if former or actual mental problems are known. Meditation isn't only harmless because it's an effective tool. A clear orientation and determination has to exist. Therefore it's better to ask and get informed about 'How to...' than to enter unnecessary problems with according disappointments.

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Be awake, be aware, perceive what really is! If illusions appear replace them by using (again) a bright awareness of love, peace and bliss. The awakened will experience happiness!

Three

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An important exercise to speed up evolutionary processes is a deep relaxation. The deeper it succeeds so is experienced the greater the positive effect on I-You-We-All. Relaxation is equivalent to: Wow, now I feel great, and so do You-We-All! In addition life will be experienced much brighter and more friendly: The sun seems to rise, and this quite well at night too! Nothing in these moments of deepest relaxation is more important than love, peace and bliss!

Meditation for advanced Practitioners

Finally it's very simple but has to be trained: be internally quiet, even happy and content!!! Create a wonderful determination and use it thoroughly, especially when starting to moan again. Use your ability to be a fine, wise human being without big cravings and unnecessary attachments. Meanwhile keep life as simple as possible, stay awake for the beauty and possibilities offered. Life has plenty of it even so they might be unknown right now!

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It's wonderful to stand up (again) for life itself! Waking up and admire the magnificence of existence as a human being inside a gigantic universe full of still to be explored dimensions of being! Being love, being peace, being bliss!

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Isn't it nice to get up for a good and happy mood, to get up for love, peace and bliss? Isn't it wonderful to ignore sometimes the perceived lacks and losses, and to simply enjoy life itself? Isn't it adorable to be able to experience divine attendants?

Seven

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It's a decision of I-You-We-All to live and experience love, peace and bliss. The result is trust with the motivation to stand up, to be there, to be present, vital. So, welcome life, maybe even humanity (one day)!!!

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It makes sense to create a strong, present and actively carrying mind. If this becomes stronger, achieves more presence and grows on and on than it advances to be a tool to achieve a wonderful being! This I-You-We-All can do for our evolutionary processes.

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The deeper the meditation the brighter, in more developed stages higher it gets. This phenomenon takes place with more or less closed eyes: light and clarity is seen. Those running thoughts diminish until they disappear. This experienced quietness is the love, peace and bliss many ask for. It can only be (re-)experienced if it's practiced. That's not a mysterious something but the result of a particular action.

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A (deep) undivided decision makes the difference whether (deep) hate or love, whether (deep) sorrow or peace are experienced. This isn't my invention but an experience that I don't want to miss!

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The determination is allowed to be wonderful! One that deals with the issue of I and my processes, further even with You, with We and finally All. Let's realize love, peace and bliss to be. What else is available, finally even releasing for I-You-We-All without ever being limited?

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Let the own panic, the own madness behind, leave the cycle of pain and sorrow, continue. Refrain, let the mind come to rest (over and over again), calm the noise inside, and devote yourself to love, peace and bliss (over and over again)! This really can happen anywhere and at any time, it really requires nor a special room nor situation nor cause, but the determination of I-You-We-All.

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There are those moments in one's life where I-You-We-All can, may, should, maybe need to decide for life! There are those moments where the course will be set by determination. These are the moments life and evolution are more important than the lack, even loss of the unnecessary.

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Celebrate! Celebrate being a human being! No one has to be constantly sad or care for unnecessary fears. I-You-We-All have the permission to create the best out of whatsoever! Everyone should be welcome to feel free and to learn love, peace and bliss! This is to celebrate!

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Let's stay alive, be healthy, wake up, become and keep calm. Life's there, humanity too, no matter how much I-You-We-All complain! Panic isn't helpful anymore, and to fear life? Makes no sense. It's there. It was there before we were born and even will continue after we die. So better comprehend and enjoy than fight it.

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I-You-We-All are vulnerable: that's our big challenge! The feelings of lack or loss cause panic and deep fears, unfortunately pain as well. However, I-You-We-All aren't only helpless victims but possess strong tools inside too: it's love, it's peace, it's bliss triggered by determination. Cultivated, first of all inside of I, causes experiences with it which in turn causes more and more asking for and living with.

Meditation for advanced Practitioners

There are many emotions not needed anymore. Sorrow is a such one. With all the depression and panic and fear in it: there are better and wiser things to experience! Do we need a proof? Well, we're still alive and still can improve love, peace and bliss!!!

Meditation for advanced Practitioners

Let's enjoy the pleasure to be awake! Let's enjoy the fun to be brilliant in some parts! Even so it doesn't look like: already the readiness to accept life as ultimate source of wealth is a wonderful package of enjoyment for I-You-We-All!

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‘Instead’ is a common way to experience things in a different way. And: it’s not only possible, it can become reality!
However, the first intense thing that has to be done is the decision for any kind of improvement. So, for example instead to experience fear and panic (attacks) let’s take the decision ‘No, not that way! Let’s trust in love, peace and bliss’. That’s a real change towards beauty!!! On and on and on and on and ...

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The greater the joy of being the easier it's experienced. This way love, peace and bliss take away the drama of most situations. Suddenly something appears beautiful that wasn't intended to be so enjoyable so far. This in turn positively affects wonderful processes.

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Polarization is a natural tool that helps to evade any kind of topic. It's a tool that supports the achievement of the previously determined to be internalized. Because: Each circumstance includes, every imaginable condition involves the contrary too. Now it's simply the choice whether I-You-We-All decide for love, peace and bliss, or not.

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If prejudices/ judgments are only confirmed again and again then it's up to I which has stopped instead of evolved. Therefore quit the disturbance and restlessness inside and be determined for love, peace and bliss.

Meditation for advanced Practitioners

Those who want deep love, peace and bliss must get up for it.
Deep achievements depend on the confidence in its own
wonderful being while experiencing love, peace and bliss.

Meditation for advanced Practitioners

And then, with appropriate determination, there's the day, the moment, the situation in which a deep fear isn't anymore but a pleasant deep breathing appears. Confidence spreads, love, peace and bliss return, a long smile is possible. And life is wonderful (again)!

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Inner love, peace and bliss don't need any kind of appeasement as they're fulfilling: Craving for or lacking of is history.

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To further develop so to avoid harmful topics, usually with known outcome, it's important to create love, peace and bliss one day. Through constant efforts and trust exercises, through concentration with increasing intensity they can grow.

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Don't dwell in whatsoever anymore, don't be shocked from the past or the future. Care for the here and now, evolve in love, peace and bliss! The advantage: It's your creation! So, care for the beauty, care for the evolutionary process of love, peace and bliss. Why not?

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If I's happy it generates a better breathing. If I have a better breathing, I's generating happiness

Meditation for advanced Practitioners

Wake up, get up, stay awake: The motivation is crucial for the following result.

Thirty

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Meditation for advanced Practitioners

Don't look, yell or point to someone else but turn out and bring up your own love, peace and bliss first

Thirty-one

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In my mind love, peace and bliss are the shift towards life

Thirty-two

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Never ending cycles are everywhere. Choose the one that offers, why not, more and more love, peace and bliss.

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Craving and longing are elements of the deep fears of lack and loss I-You-We-All have. Overcoming these cycles of constant attempts to appease means to experience life in another form of being.

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Don't fear, but trust and be confident. The decision for love, peace and bliss, on and on, is always full of life.

Meditation for advanced Practitioners

Await and be happy to do the next step! Experience it, even right now. It's a possibility to create love, peace and bliss from an inner base on towards a more handsome being.

Meditation for advanced Practitioners

If you start to argue, complain, insult, no matter where, when, what, nobody can help you. So, calm down, listen, be attentive, trust: It's cared for love, peace and bliss!

Meditation for advanced Practitioners

Carrying for love, peace and bliss I-You-We-All have to consider that being a human is limited while life is always and ever. This contradiction is part of our (un-)conscious routine as vulnerable beings with according experiences. Facing the waste and overwhelming energy of love, peace and bliss life and its energy becomes more like a guaranteed home. I-You-We-All are able to use this on a daily base!

Meditation for advanced Practitioners

From a certain point on there's only a silken scarf hanging from the sky keeping you from here to there. Blow it away!

Thirty-nine

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Real love, peace and bliss don't hurt because they spread beauty. Real love, peace and bliss enhance yours and others life, even humanity's. Real love, peace and bliss change the point of view. I, but You-We-All too are able to excuse, are more likely to give while experiencing the fullness of life. It has this beautiful face of a smiling angel, this ability to cope with wonder and the unexpected.

Meditation for advanced Practitioners

Life is in a way really simple to handle. It needs no special tactics nor overwhelming strategies nor whatsoever methods to get something more of it. It simply needs a clear determination for a loving, peace- and blissful being. So, there's only one 'law': Whether I-You-We-All decide for it on and on, or not.

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An evolutionary step is performed when the desire for constant satisfaction and longing has been replaced by the desire for love, peace and bliss and its experience.

Meditation for advanced Practitioners

Of course it can happen that unconsciousness has led I-You-We-All to certain unwanted places and/ or situations. Of course unhappiness can be the result of unawareness or stubbornness or defiance. As well unnecessary fears influenced yours and others life, even right now. Nevertheless, in this case abstract things like love, peace and bliss are available, right here, right now. Let's trust in those, it cares for I-You-We-All!

Meditation for advanced Practitioners

With knowledge and experience but as well open- and readiness I-You-We-All as human beings get the choice whether to continue with the ugly or to realize finer evolutionary experiences of life. These aspects become more and more an important determination while using the natural abilities I-You-We-All have.

Meditation for advanced Practitioners

To achieve love, peace and bliss as experience I-You-We-All have to give up our profound fears of lack and loss. In my opinion talking about evolution means to trust in life with all its possibilities. I-You-We-All have to be aware that any small as bigger decision comes along with an according evolutionary process. However, facing lack and loss are parts of the process in order to result in becoming and being accordingly!

Meditation for advanced Practitioners

Love, peace and bliss aren't the problems that should be feared but the determined and internalized solution including I-You-We-All.

Meditation for advanced Practitioners

The problems aren't love, peace and bliss but the lack of it and that I-You-We-All make at least a question out of it. Happiness in terms of universal love, peace and bliss are the release of issues and not the cause. Therefore if there are no disagreements but determination bright light, clarity and beauty generate I-You-We-All's evolutionary process.

Meditation for advanced Practitioners

I-You-We-All have to be open for the possible love, peace and bliss of life and to experience it accordingly. This kind of determination makes sense as it prepares for, finally is the next evolutionary step for a happier being!

Meditation for advanced Practitioners

In advanced stages of I-You-We-All's being judgments and defaming becomes unnecessary because the purpose and the effect of love, peace and bliss aren't only understood but experienced. Now it's more important to become more and deeper determined to internalize them. This is the prime factor I-You-We-All can use for its evolutionary process.

Meditation for advanced Practitioners

To overcome fears of lack and loss I-You-We-All have to decide for love, peace and bliss and to start to invest in life too. Like I-You-We-All can care for the having humanity can care for a determined being too. There's no difference except the result.

Meditation for advanced Practitioners

Being is perception: how do I perceive my environment, what do I realize and live with? The clearer and brighter the view, the wider and cleaner the perception, the less fear, and vice versa. So feeling safe and secure so to trust in life and its gifts offers less judgment and confusion but gives I an awesome opportunity to experience more of what I creates with love, peace and bliss!

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Let's go for the beauty of life! Let's consciously invest in love, peace and bliss and leave the unwanted behind. It might be hard and difficult but the result is wonderful. This way the divine energy rises on and on. What else do I-You-We-All want for the rest of life?

Meditation for advanced Practitioners

Sometimes nothing is the best thing to do. Especially during inactive or highly challenging circumstances nothing is really helpful: it doesn't waste energy for unimportant stuff and helps to maintain a wonderful silence. Recommended for meditation as well as for exhausting situations simply experiencing nothing avoids crises and conflicts in real.

Meditation for advanced Practitioners

Adjust I's motivation so inner being to the determination I understood. While hurting someone else I defames itself. This is known. Contrary to this I can leave that cycle of shame and support someone. Accordingly I will be supported as well and grow. Corresponding I-You-We-All have to take the simple decision whether to harm or to evolve. This isn't complicated but the simple way.

Meditation for advanced Practitioners

For truth I-You-We-All has to decide for life. The rest is coping.

Meditation for advanced Practitioners

Good, evolutionary thoughts and feelings will generate a good and deep respiration with yawning as result. This in fact releases most of I-You-We-All's tension. However, the stress release offers a new experience of love, peace and bliss.

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I-You-We-All don't want to suffer (anymore). Determined accordingly enlightenment is unavoidable

Meditation for advanced Practitioners

Comprehension is needed to earlier accept our vulnerability as human beings. Comprehension isn't a piece of cake but can be an advancement: it realizes something! So it might be the first step towards love, peace and bliss.

Meditation for advanced Practitioners

To leave those ongoing cycles of suffering and pain, of cruel-
and brutalities, of (self-)destruction and harming I-You-We-All
need love, peace and bliss. No matter where and when.

Meditation for advanced Practitioners

To experience trust is work. To experience more trust it needs more work. Of course I-You-We-All can hide any kind of vulnerability behind whatsoever but that's self-destruction: It keeps away from being (in) love, peace and bliss.

Meditation for advanced Practitioners

Exercise for today: Be released from inner as outer tensions.
No conflicts generate the opportunity to avoid panic and fears
but experience love, peace and bliss instead. What a change!!!

Meditation for advanced Practitioners

If I think to be alone and others, namely You-We-All, the whole world, the universe doesn't exist, aren't there (for me), don't support than just the interest, the openness, the asking and demanding for is not understood nor determined. In other words: overcoming the limited perception of life and its offers creates a more complete being. That's what I want to experience so to be!

Meditation for advanced Practitioners

Give love, peace and bliss a chance as temporary, even long-lasting up to constant experience: how does it feel being with? Isn't it tremendously energetic and fun? Aren't you feeling more vital and awake?

Meditation for advanced Practitioners

Exercise: Be free of fears and panic as much as possible. Trust love, peace and bliss as beautiful elements of life instead. I-You-We-All can do it. No matter where and when. Try not to find excuses but exercise.

Meditation for advanced Practitioners

Experience (not only) for today: Yes, I-You-We-All do 'mistakes' and 'crazy things', 'not acting according to' whatsoever. Now, I-You-We-All can continue to accuse and defame, or start to experience love, peace and bliss instead. Yes, I would say: Let's start to experience love, peace and bliss! Don't punish yourself and others but simply experience: those!

Meditation for advanced Practitioners

Of course fears and panic of lack and loss, pain and sorrow are decisive parts of our human being: the ego is and remains vulnerable, no doubt. However, something else can be there too: love, peace and bliss. It's the next step in our evolutionary process.

Meditation for advanced Practitioners

To comprehend fears and panic and be determined for love,
peace and bliss are decisions to be taken.

Meditation for advanced Practitioners

For today I-You-We-All can use its ability to (actively) look for signs of love, peace and bliss. Today the determined look at the world shall be.

Meditation for advanced Practitioners

By the way: Let's leave the tensions and conflicts behind.

Meditation for advanced Practitioners

Keep going to perceive, feel, be love, peace and bliss. Leave the tensions and conflicts behind again. Don't look for the suffering and pain anymore, but focus more and more on I-You-We-All's evolving being.

Meditation for advanced Practitioners

Stay focused.

Meditation for advanced Practitioners

Let's look for love, peace and bliss (again)! It doesn't harm at all but helps to change the awareness. As it's a training it needs some input in the beginning and growing intensity in the long-run. This determination is to repeat on and on. I-You-We-All can, everyone in its particular way, do that. It seems that the easier the situation the simpler the challenge but that's a false conclusion: The depth of the fears are decisive so the intensity of love, peace and bliss as well, no matter where and when.

Meditation for advanced Practitioners

Today's program: enjoyment! Let's enjoy love, peace and bliss, all day long. If something bothers nevertheless: enjoy!

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Don't fear love, peace and bliss but invite it! Why not?

Seventy-four

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Meditation for advanced Practitioners

Love, peace and bliss exist without fear. They appear in bright light and wonderful feelings. These are some of its characteristics. So, no panic, no conflict, no harming, but confidence. Be decided and determined to train it! Life will be easier so it will make more fun.

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Decide for the wonderful side of life. It's worth it!

Seventy-six

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You see? In past times you were in doubt, maybe even in fear or panic, however: you experienced love, peace and bliss, the wonderful side of life! So, take that experience as real as you experienced it and keep it for real! It's yours!

Meditation for advanced Practitioners

For today: keep the experience of love, peace and bliss alive!
It's more than just helpful. It's wonderful! Experience it!

Meditation for advanced Practitioners

To get higher in awareness the best thing to do is to start to thing nothing. Well done and in a confident state become more determined in light and love (peace, bliss). Important is the concentration so the calming on the beautiful. That can be a goal. However, it will differ from the achievement, especially in the beginning, no doubt. Continuing involve your total being.

Meditation for advanced Practitioners

The step from theory to practice with its consequences so from dream and imagination to experience and being is a decisive one. That makes it a challenge.

Meditation for advanced Practitioners

Today's training program is as easy as effective: don't have a specific problem anymore. Try it!

Meditation for advanced Practitioners

Love, peace and bliss are entry codes. They open the door for a new being. It might be that they occasionally appear like that simply to make sure that they (still) really exist. However, to create an enduring experience, even being I, You, We, All have to be determined. Cheating isn't possible as life with its kind of existence can't be manipulated. As result that's less a punishment then an awakening occasion.

Meditation for advanced Practitioners

Awake and get up with a smile and be released from sufferings and pain!

Meditation for advanced Practitioners

For today: Keep away from unnecessary tensions in your body and mind! Go for the enjoyment of I-You-We-All's life! Yes, it's a challenge!

Meditation for advanced Practitioners

A vitalizing tool is contentment. It empowers I-You-We-All's body, mind and even soul. The good and deep respiration coming along with is a nice side effect. Give it a try!

Meditation for advanced Practitioners

For today experience life as love, peace and bliss. Try it for just a minute. It might take a few attempts but feel and experience the achievement to stepwise get calm and bright. Overcome your tensions and fears, feel relaxed and safe instead.

Meditation for advanced Practitioners

Be grateful. Don't worry, don't doubt, don't blame, don't hate but simply be grateful. Be grateful for the air, the light, the weather so for simple things I usually isn't aware of: it's life! That's the simplest way of love, peace and bliss.

Meditation for advanced Practitioners

Observe your breathing today. How is it? Fast and flat, or more slow and deep? Do you feel sufficiently supplied with oxygen? The best thing about it: you consciously can change the quality of it. Try it!

Meditation for advanced Practitioners

Ease body, mind and soul. I-You-We-All profit from it because of its spreading beauty. Life can be experienced that way, but it has to be gone for.

Meditation for advanced Practitioners

Don't fear the beauty (of life) but love it! For sure it's a step towards a new experience which might somehow be known already. However, as motivation, even as experience so being it's absolutely possible!

Ninety

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Meditation for advanced Practitioners

What's harmful when deciding for love (instead of fear)?
What's strange by carrying for peace (instead of defamation)?
Is it foolish to be interested in bliss (instead of suffering)?
Don't you appreciate beauty (instead of cruelty)? Create your
world accordingly.

Meditation for advanced Practitioners

If you don't want unhappiness anymore stop it. If you wish deep love, or peace, maybe bliss, go for it. Or do you have any other idea how else it's possible?

Meditation for advanced Practitioners

Try and train more and more to feel so be safe and secure even so the situation I's in doesn't look like. As it makes no sense to constantly be under emotional pressure I-You-We-All are absolutely able to experience love, peace and bliss. This in turn might offer more confidence in life which is essential to feel: good! Spread it accordingly!

Meditation for advanced Practitioners

Relax! Try to relax as much as you can. It changes many things but doesn't hurt at all. So, try to relax as much as you can and develop faith. Relax and have faith (in life)!

Meditation for advanced Practitioners

Without trust life is a rubbish place to be.

Meditation for advanced Practitioners

Realize the thrill of a loving, peace-, bliss- and beautiful being.
Feel it!

Meditation for advanced Practitioners

A calm, even loving mind experiences life in a more pleasant way. While this peaceful state is constantly repeated so internalized the whole perception, even of daily habits adapt accordingly. Easiness provokes the experienced bliss, and beauty of and in life appears more and more: Life changes.

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Give life a chance to be a wonderful place to be.

Ninety-eight

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Meditation for advanced Practitioners

For today: Replace one single unnecessary fear by trust (in life). Do everything you want to achieve it, but do it!

Ninety-nine

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Practicing meditation I realized four stages of concentration. Each stage is characterized by experiencing fewer and fewer talking, wobbling, tension that are continuously replaced by brighter light, deeper breathing, expanding well-being. The final stage is only light with a big smile. All this can be achieved by relaxing the body and silencing the mind. No mystery.

Meditation for advanced Practitioners

Actually a deep relaxation can be experienced during daily life too. If better trained so internalized indicating elements show the state of being relaxed: yawning, goosebumps, deep breathing, happiness, well-being,