

## Notes from 7/2/23 Concentrate and Calm Your Mind

From *Essential Spirituality* by Roger Walsh

“Our essential nature is usually overshadowed by the activity of mind... When the mind has settled, we are established in our essential nature which is unbounded consciousness.” *The Yoga Sutras of Patanjali*

“Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.” *Philippians 4:8*

“It's really a matter of what you give attention to. This is all, to what you focus on. You can if you want to, focus on the things in the world. You can focus on the things that people don't do, and how people hurt you, and everybody's terrible, and in these times, you just don't believe what a terrible situation it is. You can focus on those things if you want, or you can get yourself still, light the inner fire, warm your own hearth, as it were, warm the room of your life. Life is consciousness. Your world is really the world of your thinking. What is your thinking?” *Eric Butterworth*

“The best possible method of thought training is prayer.” *Eric Butterworth*

### Exercises in Training Your Brain

1. Do one thing at a time
2. Transform daily activities into sacred rituals
3. Transform interruptions into wakeup calls
4. Three breaths
5. Take regular breath meditations
6. Sustained concentration of the breath
7. First breath, last breath
8. Repeat the name of God
9. Contemplative prayer

**Control the mind.  
Attain one-pointedness.  
Then the harmony of heaven  
Will come down and dwell in you.  
You will be radiant with life.  
You will rest in Tao.  
*Chuang Tzu***