

ALL ONE SUN

THE LIBERATION GUIDE

IT IS SAID THAT EDISON TRIED HUNDREDS OF METHODS
TO ULTIMATELY FIND ONE WAY TO LIGHT THE LIGHT BULB.
SIMILARLY, THIS GUIDE PRESENTS ONE TRUE METHOD
AMONG THE VAST ARRAY OF POSSIBLE METHODS.
OTHER METHODS INVOLVE DOING OR SAYING SOMETHING.
THE METHOD PRESENTED IN THIS GUIDE IS UNIQUE,
BECAUSE IT INVOLVES DOING ABSOLUTELY NOTHING.
ONE FORMLESS OMNIPRESENT AWARENESS.

--- ALL ONE SUN ---

According to science:

The phenomenal universe is only a simulation displayed by the mind and science can never prove there is a universe, because science itself and all scientific technology are within the universal simulation. This guide presents a specific way to configure a humanoid spacecraft for easier observation of the simulation process. This practice is unique, because this practice is how to properly do absolutely Nothing.

- SPACE -

Find a quiet, clean, and neat place to sit. There should be no disturbances.

A place in pristine nature, with no view of anything made by humans, is also wonderful.

Make sure the place is neither too dark or too bright. Make sure the temperature is neither too warm, nor too cool.

- PREPARATION -

It is advisable to make sure the body has had sufficient rest.

It is also advisable to make sure the body has had adequate food [although not too much food]. Eating enough food until the body feels satisfied, and then possibly a little more, should be appropriate.

The body should be clean and feel refreshed.

- CLOTHING -

If clothing is worn while sitting, the clothing should be comfortable, clean, neat, and loosely fitting.

The clothing should neither be too luxurious nor low quality, and also not too heavy.

Sitting without wearing socks on the feet may be considered best.

- LEGS -

The legs and the base of the spine should basically form an equilateral triangle. The head is similar to a camera atop a stable tripod.

In yoga, this posture is known as "Half Lotus".

The left foot is placed on the right thigh, and the right foot is placed under the left thigh.

The left foot points toward the right knee, with the toes of the left foot resting in the crease of the right leg behind the right knee.

The right foot is placed similarly, yet in the crease of the left leg.

"Half Lotus" is more recommendable than "Full Lotus", because "Full Lotus" may be considered a posture of excessive striving.

Striving excessively is not beneficial for the purpose of this practice.

- POSTURE -

The initial posture should be noble, majestic, and strong.

An initial posture that is a little stronger than necessary is better than an initial posture that is too loose.

The string instruments in a symphony orchestra are tuned a little tighter than necessary before a performance, so that the strings can relax into perfect tune during the performance.

Sit upright. Straighten the lower back, bringing the chest forward and shoulders back slightly.

Lift the crown of the head high and the chin should be pushed in slightly toward the neck.

The nose should be in line with the navel and the ears should be in line with the shoulders.

The shoulder blades and buttocks push back naturally and the spine curves slightly forward toward the stomach or sternum so the curve of the back appears mildly similar to an archery bow.

Relax the shoulders, back, and abdomen while maintaining the posture.

Sitting appropriately is neutral and center, neither striving toward nor fleeing from.

Not leaning left, nor right, nor forward, nor backward.

- CENTERING -

Place the hands on the knees with the palms of the hands facing up.

Sway side to side, pivoting from the hips to stretch the torso and hip muscles.

The swaying should be like the trunk of a tree swaying back and forth, starting with large movements and gradually getting smaller and smaller until finally resting at the center.

Now the posture should upright and centered, yet relaxed and comfortable.

- HANDS -

Place the right hand, palm facing up, at the base of the abdomen. Place the back of the left hand on the palm of the right hand.

The left hand rests on the palm of the right hand, both palms facing up and all fingers straightened and aligned.

The fingertips of the left hand touch the base of the fingers of the right hand,

so the tip of the left middle finger touches the base of the right middle finger.

The arms relax with the elbows slightly away from the torso.

The tips of the thumbs should then touch together in a straight line above the pointer fingers and in front of the navel, gently forming the basic shape of a lotus petal when seen from the front.

- EYES -

Eyes can be approximately half-closed and looking at a 45 degree angle toward the ground.

Do not focus on any finite object, instead let focus be Omnipresent with everything in the field of vision.

Alternatively, the eyes can be fully open and looking straight forward.

Again, the focus should be Omnipresent. Closing the eyes may cause drowsiness.

- MOUTH -

The mouth should be closed, with the tip of the tongue touching the roof of the mouth behind the ridge that is behind the teeth.

- INITIAL CLEARING -

Quietly and gently breathe out completely through the mouth.

Exhale from the abdomen to assure a relatively complete exhalation of all air. Do not stress about exhaling every last bit.

This should only be done only once and then the mouth should be closed again with the tongue on the roof of the mouth as described.

Breathe in quietly through the nose and allow breathing to continue naturally through the nose.

- BREATHING PROCESS -

The breathing should be quiet and natural, yet through the nose.

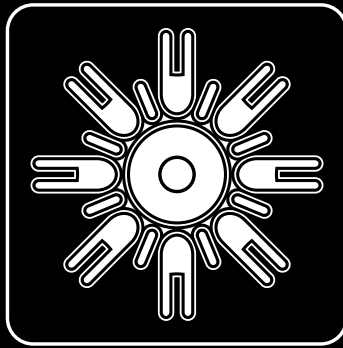
Do not attempt to control the breathing process, instead allow breathing to happen naturally.

Deep breathing may happen naturally, shallow breathing may happen naturally. The body will adjust naturally. Trust the process.

- FOCUS -

Focus Omnipresently. The water is tranquil when waveforms are allowed to vanish undisturbed. Let go and allow pure tranquility.

"Surrender to the Void. It is shining." - Famous Quote Attributed To John Lennon



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