

Happy Mistakes - About Rituals and Meditations

HP Hooded Cobra 666

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Generally it appears a lot of SS are encountering an issue where they are worried about doing vibrations and so on in the perfect manner, and all the spiritual disciplines. This also includes about the latest Rituals and so on. So let me clarify.

Perfection will come with knowledge, training, time and experience. One must not worry about this too much, but try to be within the "correct" region of the techniques as these are described. This region is large and there is a lot of tolerance, especially when it comes to personal meditations.

So unless you are doing something like entirely wrong, then you are not doing anything bad or that is too negative.

The most correct thing is to have a relaxed mindset when one meditates. You are learning a new skill. As you do not demand from yourself to play Beethoven the first day you start music, so one has to allow patience and acceptance of the practice to take place, and enjoy all the levels of meditation as they unfold.

Desire, fear, too many cluttered thoughts, can make meditation look like it's a chore. If you do this pathologically only to force yourself, that is a wrong approach. This will later on bring a situation where you might experience self hate or feelings of failure simply because of having wrong anticipated results.

Instead, one should allow themselves to experience what one will and allow the meditation to happen.

The moment one starts obsessing over the correctness of something to a crazy extent, or tries to force things too far, doubt and other mental loops of the left brain can kick in too strongly. This will therefore take you beyond the aim of your meditation session.

If these go too far, these can pull necessary attention energy from the meditation itself, which is the point. The point is not to obsess over the very small details when you meditate. This will come with time. You can meditate for 10 years and this can still occur. So learn to be relaxed about this.

The other side of this is being too sloppy. As one can understand, being extremely sloppy is not called meditation, as the mind is not focused at all. At this state one is not really paying attention, therefore, meditation does not occur.

Approaching this matter like this is so important, that even if you have a totally perfect "technique", but you obsess over these details, you might derail the working.

This level of perfectionism is necessary only on the most advanced things, and one should gradually train at this, until it has become "effortless". Like all arts, this is also the case with meditation.

For any skill to reach "effortless" levels, we have to train and commit many "happy mistakes" until we are there. So one should not worry too much, but one should put the necessary meditation on the practice and allow one's self to grow.

As one dude named Bob Ross said, "happy accidents" is basically how this unfolds. Bob Ross for those who do not know is a legendary painter from TV, one of the best shows about painting in history. He coined the term "Happy Accidents" because there are indeed no real accidents in painting, you just learn and keep learning.

Likewise, we have the situation here with meditation.

You will fail and have many failures until you become very advanced in all of this, but what is new? That is also very good news in that you are doing progress. Sometimes you might fail more, others less, at other times execution will be perfect.

But what is important is to keep going and allow yourself to make the happy mistakes until success has set in on the highest levels. Then you correct these and move on.

One must also keep in mind that especially in beginner and intermediary stages, there are few things that can go wrong and that cannot be literally corrected just by correct attention and a single repeat. Therefore, one rarely has something to worry about.

Just relax and meditate, nothing can go wrong. Just keep up and think to yourself how great you are advancing, step by step, gradually and upwards.