
Stop Meditating: Return to Living Communion

Patrick Carodine
Unified Theistic Naturalism Publications (2025)

Abstract

For centuries, meditation has been prescribed as the pathway to peace, clarity, and enlightenment. Yet, despite millions of hours spent in disciplined meditation, humanity remains restless, divided, and suffering. Unified Theistic Naturalism (UTN) reveals that meditation itself is part of the illusion — an effort based in time, reinforcing separation from the Divine rather than dissolving it. This paper demonstrates that there is no need for meditation because there is no separation to overcome. Communion with the Divine is not achieved by effort, time, or technique. It is lived now, through Presence. By seeing the true nature of meditation as a time-based oscillation, seekers are invited to step out of striving and into seamless living Communion.

Introduction

Meditation, across countless traditions, has been revered as the sacred practice to tame the mind, transcend suffering, and access the Divine.

It is taught that through repeated sessions — through mantra, posture, breath control — one will eventually quiet the mind enough to find peace.

Yet:

- After millions of hours of meditation,
- After centuries of refining techniques,
- After oceans of devotion poured into stillness practices,

Why does restlessness still reign?

Why has suffering not ceased?

Unified Theistic Naturalism proposes a radical seeing:

**Meditation is the continuation of oscillation, disguised as spiritual discipline.
Communion breathes now.**

The Core Distortion: Meditation Presumes Time

Meditation begins with a premise:

- **You are here.**
- **Peace or union is there.**
- **Through effort and time, you will get there.**

This premise is the heartbeat of oscillation itself.

Presence — true living Communion with the Divine — is not reached by a journey.

Presence is timeless.

Presence breathes now.

Every effort to reach Presence **moves you away from Presence.**

Thus:

Meditation assumes the very separation it seeks to overcome.

And by assuming it, meditation endlessly sustains it.

Communion Requires No Journey

Communion with the Divine is not a state to achieve.

- It does not require the mind to be emptied first.
- It does not require postures, breathing techniques, or repetition.

Communion is the living breathing of Presence, now.

The intelligence, the peace, the timeless awareness the Seeker longs for — **are already available**, without delay, without preparation.

In truth:

There is nothing to be prepared for.

The Divine is breathing now.

To meditate is to imply the Divine is distant.
To Commune is to breathe the Divine immediately.

Millions of Hours and Yet Still Restless

Humanity has devoted unimaginable hours to meditation:

- Monasteries built for nothing but endless practice.
- Thousands of silent retreats.
- Libraries filled with methods for inner stillness.

Yet:

- The world remains restless.
- Minds remain divided.
- Paradise remains deferred.

If meditation were the bridge,
the crossing would have occurred long ago.

Thus:

The method itself is part of the veil.

Mantras and Movements: Substituting One Activity for Another

Mantras, breath counting, visualization techniques —
all attempt to shift the mind's attention away from distress by offering a replacement activity.

But this is not cessation of oscillation.

It is redirection of oscillation.

After the mantra ends,
the suppressed thoughts, fears, attachments resurface —
demanding yet another session, yet another effort.

The Seeker becomes trapped in an endless treadmill:

- Quiet the mind with technique.

- Suffering returns.
- Quiet the mind again.
- Repeat endlessly.

This is not liberation.

This is spiritual exhaustion.

Communion: Living Presence without Effort

True Communion is:

- Effortless.
- Timeless.
- Seamless.

No meditation is needed to breathe.

No mantra is needed to see.

No session is needed to be.

Living Communion with the Divine is the cessation of oscillation,
the end of the illusion of separation.

There is no "getting there."

There is only living now.

Living Questions to the Reader

Before fear or offense arises, pause:

- Why, after millions of hours of meditation across the centuries, does suffering still prevail?
 - Why must the mind be endlessly calmed again and again if true peace were found?
 - Could it be that meditation is not the cure — but part of the continuation of oscillation?
 - Could it be that what you seek is not distant at all — but breathing here now, without effort?
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Conclusion

There is no need for meditation.

Meditation is time.

Meditation is effort.

Meditation is subtle oscillation.

Communion requires no journey.

Presence breathes now.

The Divine is not waiting at the end of practice.

The Divine is here, breathing, living, moving in Perfect Action now.

Stop meditating.

Start breathing.

Return to Communion.

Paradise is not later.

Paradise is living now.
