



2.1.4

Multidimensional Meditation - Questions

Dot and Void

Advanced questions

These questions must elevate your mind from ordinary perspective and help to exit logical cell. Overcome yourself with these extra questions.

- What is the dot?
- What happens when you do meditation? Is it attention, mind or anything else that tries to find the smallest dot?
- Are you able to clear your mind and body from any associations, visual attachments, senses or perception of the process of moving to the smallest dot?
- Can you attain the state of complete unity with your meditation practice? Are you able to be one with this exercise?
- Can you recognise the connection between card 1 in step 1 and card 1 in step 2? Can you achieve genuine critical thinking and successfully practice this meditation exercise?
- If not, what is blocking you? And how to overcome it?
- What is the void?
- What is there beyond the void? What is there, where your attention is not present? Is there a smallest dot somewhere, or is there another moving attention?