

Q: How do you make your mind quiet. Do you have a practice to recommend?

A: I don't try to make my mind quiet, nor do I think it is quiet, except at times which are not caused by any effort or practice. And even then, the mind is only relatively quiet, never entirely still or empty of movement.

Countless thoughts, feelings, and perceptions arise and vanish moment by moment. I don't imagine a "Robert" who can "quiet" that, nor do I feel any need to stop that flow, even if I could. As far as I can understand "myself," that flow *is* me.

When I criticize the practice called meditation, I am not denying the research that shows physical benefits or changes in the brain. I am simply pointing to something that is much simpler than meditation and which many, if not most of the meditators I have met seem to miss entirely.

Be well