

Breaking Limits in Meditation

HP Hooded Cobra 666

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Many people do not understand what this concept means. For whatever reason people assume 'breaking limitations' is all about literally frying yourself and becoming superman (in your mind) for a day and then collapsing. This is not breaking limitations. This is about frying yourself like a candlewick through which too much fire has gone through.

You're not in a rush against the universe. In many ways, when you go into the gym, if you do a bench press of 10 in the first day, it may look challenging. If you add 300, you will break all the bones in your body, even if you manage to actually bench press that. Eventually, bench pressing that is totally stupid. It's better if one fails than if one succeeds.

It's actually to your benefit you didn't bench press 300 that day, or you would be at the hospital. You should be thankful you didn't bench press this, as it would probably come crashing down. Some people do this and they get 'away' with it, once or twice, mostly by chance. Even if you succeeded, this won't give you the perfect legs in one day.

The funny result is that even if you do the above, and you go to the gym once a week, you won't build the perfect legs or superpower. You're just getting away with frying yourself, not advancing.

Breaking "Limitations" means to build up gradually. Meditations should ideally end up at your 90-95% of capacity. When you want to "push through", 105-110% in figures should be enough. Not 150% or 200% or 300%. One must imagine this as a cable, that is a cable that adjusts, provided something that will fry or melt it doesn't go through. 300% is the literal, past repair, melting point.

150% can be extremely stressful. 90-100% is where you should be at all times, then a bit further when you need to surpass a limitation. You will know when and you don't need to rush it. 105-110% is guaranteed to advance you, push your limit, and also not harm you.

Progressively, the person who does not fry, will reach their "300%", the difference is, it will be in a far longer interval of time, without suffering or potential destruction. Compared to the dumb person who goes to push to 300% in the first day, they will surpass and advance past them, and how? Just by walking.

Alternatively, if you're like a cable and only 10% goes through you, you can't expect to advance in some way, as you're barely kept alive by the electricity

going into you. You can't light like a light-bulb either. So, doing too little won't push the necessary boundary to advance.

As you progress, you will also build a consciousness of your own (new in many ways) limits.

For example, first week at the gym, adding 5 kg's in some exercises can be devastating and make them impossible. However, a person training for a decade, may add 20 on a said exercise and be able to execute it. Their 10% of pushing of limits, is on another level. One does not need to compare to that, just find their own flow.

Within a spectrum of many years or even a couple 'lifetimes', their 10% is actually what one was trying to bench press like a cheater at 300 kg instantly. And what is this about? You shouldn't even care. You're not in a race. I am just stating this to show that eventually, everyone that advances, you will reach the point where you will be at a strong state. But you need to do this properly. Patience > Rushing.

To bridge your patience and your rushing, it means to just move on your goal in a balanced way, but do this consistently. This way you will reach your destination.

When your new limit is comfortably an everyday thing, you have mastered this level. Before mastering a level, one must think seriously about moving 'further'.

Like bodybuilding or athletics, it doesn't matter how much you try to abuse the breaking of limits. This is why drugs and all these related things are for idiots. They will never achieve anything by their attempts to cheat. They will only fry, self-deceive, or just fail. There is no way to cheat one's self around things. You just have to do what you have to do. And that's a good thing.

Doesn't matter how strong you hit the pummel in your first week or month on the gym. You will not become Schwarzenegger in the first month. But eventually, if you do your part, within the span of a longer interval of time, you will reach an always bigger potential.

If one's purpose is to advance, you don't need to fry or laze out, you just need to walk the walk and at certain intervals push your limits. After a limit is pushed, you need to maintain it successfully until you move on.

Meditation has to be looked upon as a beautiful, lifelong objective. Be thankful you have the ability to self-master and meditate, do not disrespect it. The joy is in overcoming.