



## Guidance for Meditation

The majority of you are not thinking half as much as you need to think. That's why this meditation has been introduced.

Sit down and think.

Have a tablet and a pen next to you and every idea that you come up with that you can practice, that will increase your humility and show that humility to another human being, then practice every one of them. (After you've considered them and made sure that they're all right.)

And then in a couple of months practice it again. After a while you may have worked up forty different ways to practice humility.

Take a meditation and think how you can increase your acts of humility and show your acts of humility and how you can show them so that they are sincere. Spend a whole meditation, maybe more.

Gourasana

from the talk "On Humility"

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