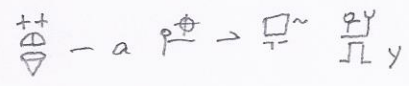


able

Y can P do Il pedestal

Concentration - a guide to mental mastery Mouni Sadhu



Similarly, a blunt knife or saw does not cut well and the result is unsatisfactory since the effort is wasted by being spread over too large an area and too many points. It is not concentrated. But sharpen your tools and there will be no difficulty piercing the whole or cutting a straight line. Where then lies the secret, if any? Merely in the fact that force applied three single-point acts more effectively and seems far greater than the same force simultaneously exerted on many points. This elementary law should be clearly and strongly established in the mind of anyone studying concentration. . . . The idea of sharpening or concentrating our minds is neither new nor illogical, but rather scientific, since it has definite means and aims which can be thoroughly investigated applied and reached.

Handwritten notes and diagrams in the right margin, including symbols like a circle with a dot, a square with a dot, and various arrows and lines, possibly representing a complex concept or a process.

NOTES. ^{often} concentration (or concentrate - I find myself not bothering to distinguish between nouns + verbs with ids) ++ shows intensity @ think & focus. P guide P do @ direction P mind - an area or screen in the forehead area (T eyes + nose (T) face) @ blunt -> knife D dull? lub a ham-handed fist P well P good -> ly -> result (o cause) @ unsatisfactory @ satisfied [satis full] P effort P out (-e, ex) S strong [fort] P internal quality indicator
@ by in sense of means (->) @ by as in position @ too large Y big Y large - too or over (B overeat P overdo)
^ tool ^ general ^ hammer. - no (I don't bother with different ids for different senses of "no") @ yes (P nothing)
@ difficult / hard (A person / uphill (V easy) [dis. facil. easy] - hole (o U) @ secret @ lid (privacy)
@ se, apart T mere ++ only + just PT fact [factum that which is done] T true P do P force F false
F for -> must Y apply [ply X fold] I single - simple I one @ exert [severe join, ex out] (oo series
out of kind, I like this etymid, It gives the idea of continuous output. P act (P P do) -ive @ seem
@ think ~ like. also @ but I like @ better. - far - near (used to be < >) P than. I like this
@ law, as in universal or of nature @ strict (samurai sword) @ rule @ globality ((I) (I) universe)
@ law @ government @ should be / is - should (P good with a forward orientation)
@ establish @ out a stand @ begin/end @ study - a person at a table w/a lamp ++ (V?)
concentrate (not mental sense) @ illogical @ think @ order -> way | not (oil) -al (the way of orderly thought)
Y can an erect forearm (from Japanese "ude ga tatsu" - the forearm stands - able) @ reached -> go P.P.