

True "seeking" is practiced during silence, as in mediation-cultivation. It is the process of "self observation" prior to thoughts, and thinking. In this condition one is therefore open or available for insights.

One does not seek an answer as such, but rather seeks to be *silent* and *open* or *available* to answers, in the form of insights, or revelations, if and when they do come.

Seeking answers is not the proper use of meditation-cultivation, although answers *may* come. The proper use of meditation cultivation is the practice of trying to be your perfect SELF prior to any questions or answers or *any* other motivations.

But seek (return) ye first to the kingdom of God (self-realization, enlightenment, Satori, Samadhi, Nirvana, Tao, etc., etc.) and its righteousness. [- Jesus, Matthew 6:33]

True seeking, or natural seeking, refers to the soul, the inner SELF becoming disassociated and unidentified with the physical body-brain-mentality, it is not the seeking of the psychological person-ality, the ego-I, which is founded in separation and fear and seeks an answer to the problem of life.

True seeking is an EXERCISE OF SPIRIT. False seeking is an exercise of the ego-I.

True seeking, or meditation is practiced with the natural curiosity and excitement as a child would have as it explores a new territory (without fear).

False seeking, or the seeking by the egoic person is only the desire for security due to the fact that one lives in the fearful state as an individual and isolate being.