

object meditation guide

unimportant objects become noise

Every object in your life matters: when you think about the items in your life, it is important to think of every item. This is why reduction is so important - our brains are limited, and space is limited. Items in the peripheral become noise and a distraction from items you want to keep in focus.

Delete the items that become noise.

ownership is selfish

When we say, "ownership is selfish" - we mean that you are in possession of an object that another is not in possession of. Selfishness, today, has a largely negative connotation, but we propose it is actually a neutral state.

Selfishness is important; it is about your self, your self's existence, and your self's sustenance.

But - let us consider how our selfishness impacts the selfishness of other beings. We want, ideally, to allow everyone to be equally selfish - to equally tend for their wellbeing and happiness.

Unnecessary ownership of an object, however, does not allow for another's necessary ownership of said object.

In this light, when you consider the role of an object in your life, take into account the potential role of that object in another's life.

Act accordingly.

acquisition of an object is a lifelong commitment

In the search for a more responsible and accountable consumer within our selves, let us consider and envision the lifelong role of a new object in our life.

The acquisition of an object is a lifelong commitment. We, upon acquisition, are contractually responsible for the life, and eventual demise, of said object.

Before acquiring an object: meditate on the object's future in your life.

Can you make the commitment to care for the object in its entirety, and eventually, at the end of its life, discard the object in a responsible manner?

This meditation solves two issues: the initial, shallow compulsion of acquisition and, eventually, the late disposal of the object.

Upon meditating on the question, you may have already lost the desire of acquisition. If not, you then come to a "yes, I can make myself responsible for this object" or "no, I cannot acquire this object because I cannot ensure responsibility over its termination".

Over time, many less objects will be in your possession.

nurture pride in your belongings

As you develop a lifelong bond and connection to your objects, consider your role as their caretakers.

Amend when broken.

time is the purest form of value

The only purest way to reward your objects is with your time. Labor is rewarding. Tie your labor to your objects: work for them and work with them to customize them perfectly for your needs.