

“Metaphysical Meditation: a way to practice philosophy”

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Usually when we talk about philosophy, or doing philosophy, we consider a series of activities from reading to studying, from dialectical discussion to writing.

We think there is a different dimension of doing philosophy that comes before and supplies the base to the all these activities.

This is for us practical meditation, that allows to approach in a direct and lived way theories and concepts.

Philosophy is a way to be in touch with life and to see our existence. Doing philosophy is not only a rational or logical exercise, but it is also a modality to perceive in a different way ourselves and our world. We conceived this modality like an access to a particular area of our consciousness, good to give us a more real vision of our world, we defined *Super-conscious*, in addition to others levels of consciousness.

The western philosophy developed more sophisticated conceptual abstractions, in comparison to more practical applications typical of eastern philosophy.

We believe that it could be great to combine apparently opposite philosophy aspects, such as the logical-rational with the practical one.

Philosophy is an inexhaustible patrimony of knowledge and solutions for the Man. Centuries of philosophy supply us an infinite directory of answers to life problems and dilemmas.

But using ready made philosophy could lead to an excessive theorization, getting away from the effective truth of the topics examined. This it happens unfortunately not only in the philosophical filed but also in some psychoanalytical area where the intellectual reflection seems to take away from the original existential root.

This is the reason why we want to propose a new way of doing philosophy, in the view of the western philosophies, based on a lived experience, although it comes from classical philosophical topics.

The fundamental foundation of the Metaphysical Meditation (MM) comes from the necessity to go inside of the concepts, experiencing them, not limiting to a sterile intellectual analysis.

In our human being there is a *not* rational understanding, not achievable through the usual practical thinking. It is an understanding that needs an active participation, of the body and of the soul, and that makes possible to achieve goals otherwise not even conceivable.

Often only theorizing on a concept take away us from it. It is therefore necessary to go inside of it in a “bodily – physic” way.

In the same time the lived understanding needs an intellectual work that complete the view.

The MM needs then an active participation for philosophical research that could get back practical dimensions, apparently forgotten in our days.

A philosophical researcher, that wish to develop a creative philosophy, must therefore inquire himself and the world itself through real and concrete experiences, leaving for some time writing-desk and libraries. Only in this way he will become really enriched and changed in thinking and feeling. In fact MM is a sensorial and perceptive philosophy, than cannot be easily described or reported.

For this reason each exercise represents a research tool, that begins from a philosophical topic to experience and then, if possible, to theorize.

Therefore it is not important that meditation “succeeds” or gives some effects, but only the research mind that accompanies it.

However persevering in meditation exercises is undoubtedly good to provide an useful help in the way to wisdom