

---

Subject: Survival kits?

Posted by [reborn](#) on Tue, 25 Jan 2005 12:52:41 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

Aircraftkiller!It's not a necessity to have a crystal ball. It's just something that helps with meditation.

Yes this is true, i personally use a candle whilst insence burns as an offering, although sometimes i use a tibetan singing bowl. I always have something as an offering though whatever "vehicle" i use.

I find it stange however that someone who meditates and holds a stong religious preference would endorse murder (under any circumstance).

I am also interested in what type of meditation you practise, by this I mean "single-pointed meditation" or "contemplation meditation", if it is perhaps the latter then I would like to encourage you to contemplate upon taking life.

---