

WHAT IS MEDITATION?

People are often interested in finding out what to do during meditation, feeling incapable of sitting with themselves. There are countless variations, many techniques and instructions. *Let's explore what happens when we enter the meditative mind.*

The aim is to see the nature of the mind. This is not easy, because one of our illusions is to control what we think and feel when we sit down to face ourselves, in silence. It is most humbling, particularly when we start to meditate. We realize how turbulent, unpredictable and uncontrollable our mind is. It likes to entertain itself; it is loud and often generates thoughts of little importance. Sometimes ruminating and anxious thoughts occupy the terrain of our thinking mind ad nauseam.

Meditation is an attempt to connect with the depth of our being, the ground of being that is not defined by the narrations of the mind. It is an encounter with the silence of our being, a willingness to be with it, which can be disquieting for many. We can go into nature to find silence. No matter where we are, we often hear noises of the past and future mind, rather than dwelling in the silence within. Meditation is a deep state of listening, not perfection, not competition with oneself or control of any sort.

Many people get caught up in trying to meditate or quiet their minds. In other words, their agenda becomes the meditation. The agenda could be to feel bliss, to find peaceful images, to try to make something happen. See it and watch it play out!

Meditation is in some Buddhist traditions called the release model, because it has a soft and fluid quality, experiences constantly changing. We don't go against the flow of consciousness. "I must stop thinking," is itself a thought.

When the watching is "one pointed" the quality of our awareness allows a deeper state of consciousness and silence, it is like going down an elevator to the ground of being, the space of letting go of doing, letting go of the known, the many goals, letting go of knowing who we are, what is supposed to happen next, whether we are skilled or not. Too many thoughts will make the mind dull. Thoughts are not problematic, we don't get rid of them, it is our attachment to them that is problematic. Just leave thought to itself, do not indulge in any thoughts. Listen to the next movement. If you feel something, just feel it.

Make room for listening to the quiet spaces within, the deeper dimensions of your being, to arise into your awareness, and your experience will be transparent, vivid and luminous.

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