

October 9, 2018 - MEDITATION

A definition of meditation would be “a formal practice that trains our attention in order to heighten awareness and bring mental processes under greater voluntary control. One latches onto what’s arising and subjects it to the control of the will. It leads to the experience of compassion, acceptance and forgiveness.

It has the effect and experience to provoke a certain degree of emptiness of the mind. It is only to a degree that we succeed with an absence of thinking since thoughts will arise and invade the mind on their own. A principle of meditation is not to fight them or allow them to engage us, i.e. (oh, I forgot to buy milk, I have to run to the store now!). Instead one must passively observe them as they come and then let them go, if the mind is tranquil enough, even very unpleasant thoughts will not disturb it. Even a barking dog should not disturb it. At some point of the process, the true self will address and resolve all issues, since reasoning and good intentions are usually insufficient to resolve issues of the subconscious. Many examples of meditation involve visualization, mantras, breathing, sound, or exercises.

The Bagavad Gita VI 25-26 stated the principles of meditation, “let him come to rest, little by little, by the intelligence being held firmly; and fixing the mind upon the Self, let him not think of anything else, When the unsteady mind wanders, let him restrain it lead it back to the control of the Self alone.” We each have a glorious and magnificent higher self, and meditation allows us to get in touch with it, not visually, but a deep acceptance which allows it to become our real personality, not the ego.

The practical implementation of meditation (Gita VI 10). To meditate one should sit in solitude, away from daily chores, having mind and senses under control, free from desires and attachment to possessions, and concentrating submissively on the Supreme self-controlling the thoughts and the activity of the senses. Note that a major word or mantra is very helpful and leads to this submissiveness. It’s like leaving ones car with a mechanic; we don’t care what tools he uses, but trust just that he will get the job done. The solitude and environment should be applied almost ritualistically, it’s your private place, wherein you can expect to be undisturbed. It’s also important to do it at the same time everyday. Be comfortable, in a chair or on a rug.

In some examples it is taught to fix the eyes and the mind steadily between the eyebrows and not searching outward. A dark room is preferable for this. This meditation is mainly focused on the front chakra. The experiences of introspection lead to 'intrapersonal skills', including:

a. self-regard, defined by the ability to accept one's strength and limitation in the area of awareness, assertiveness, independence, and self-actualization.

b. awareness, the ability to be aware and recognize your emotions and to differentiate between the negative and the positive;

c. assertiveness, the ability to express one's feeling that the myth transcend at times your system of belief that leads to expressing opinions removed from aggression;

d. and independence, meaning that one becomes self-directed and self-controlled in terms of thinking and actions enabling one to not become the slave of the past beliefs or principles that do not portray a more inclusive world.