What Is Meditation?

The only way one can truly teach the practice of meditation is by discussing all things which it is not.

- Prayer
- Thought control
- Having no thoughts
- Stress reduction
- A belief system, which is what most have come to think of the practice as
What Is Meditation?

• The “Symptoms of Meditation”, any practice which brings the reproducible experience of silence and these “symptoms”:
  1. Effortlessness
  2. Non – Judgementality
  3. Non – Competitiveness
  4. Timelessness

• We do not meditate for the experiences which occur during meditation, but for the value we see in our day to day life.
In the animal self-help section
If meditation is best learned as a practice with no truths to be found, why would you read yet another article or attend another seminar about such a subject?

- Because there are enough belief systems already, because understanding is a usual part of the path to knowingness, and the essence of what makes us human is our ability to meditate.
- Because you have been taught by religions to fear those practices which invoke spirituality without praising a certain god or belief system to tithe or donate to.
Because you have been taught by science to fear things you cannot understand; it sounds too much like religion. More importantly you have been taught to fear any teachings that transcend fear.

Most importantly nearly all of us possess a deep inner knowingness that there is more to life than fear...and what our senses tell us....and it is that inner knowingness that seeks peace and unconditional joy.
Meditation is Experiencing You

- That inner drive, that “guide” is you.
- Soul, Spirit, Self, You, whatever term we use should take you away from a belief about you and towards the actuality that is you.
- Meditation, simply defined, is the direct experience of the self.
- Fear drives “normal” human activity.
- Peace, freedom from fear, drives the meditative path.
- That part of us that seeks the changelessness in an apparent world of constant change is you.
“You’re kidding! I was struck twice by lightning too!”
Unlearning Thinking

• We have all heard the aphorism “I think, therefore I am.” An entire belief system has grown up around it. Yet thinking is clearly just something we do.

• When I hear someone say “my thoughts are running away with me” (and who hasn’t experienced this?) it clearly delineates this “loss of the self”, the connection to the thinker of the thoughts.

• When we further understand the limitations of human thought (epistemology), then one understands that the knowingness of existence will have to come through an entirely different methodology.
Why is this part of the Stress Management Series?

• Meditation is a journey of self-discovery through which the nature of existence is revealed; a re-experiencing of that primordial soup from whence you appeared into an apparently finite world, in an apparently finite body.

• The process of meditation is the “goal-less” goal. By coming to know the self, and then to know everything exactly as it is, one transcends fear and stress-reduction comes as a necessary side-benefit of a self-realization practice.

• Wave: Ocean, Human: Humanity
Best Way? The One You’ll Do

How one meditates is as personal a decision to make as how one choses to eat or to exercise. Is any one food plan or exercise pattern all-inclusive or “right” for everyone? No. Nor is there just one meditative practice which reproducibly takes one to silence, self. Learn a practice from a trusted respected authority… then “just be it”.
When I tell you that the disciplined practice of meditation is the single most important practice we can do, individually or collectively as a species, it is because this practice is the only way we can transcend fear, cultivate compassion, and cultivate joy.

The experience of present-moment awareness, timeless awareness, transcends and includes normal time-bound awareness.
“The picture’s pretty bleak, gentlemen. ... The world’s climates are changing, the mammals are taking over, and we all have a brain about the size of a walnut.”
References for the Meditative Path:


- **Transcendental Meditation:** [http://www.tm.org](http://www.tm.org) For a local teacher please contact Dr. John Freeman at 805-471-9100 or jfreeman@tm.org.

- **Heart Math:** [http://www.heartmath.com](http://www.heartmath.com) Unique biofeedback training, for info on the specific device **emWave 2** go to [http://www.heartmathstore.com/item/6310/emwave2](http://www.heartmathstore.com/item/6310/emwave2) and for a local instructor contact Pam Taylor at 805-712-3308.
References for the Meditative Path:

- **Brainwave and Biofield Entrainment**: Utilizing technology to enhance the meditative experience. [http://www.profoundmeditationprogram.com/iawake-technologies](http://www.profoundmeditationprogram.com/iawake-technologies)
- **Adyashanti**: at [http://www.adyashanti.org](http://www.adyashanti.org)
- **Ken Wilber and the Integral Community**: [http://integrallife.com](http://integrallife.com)
- **Ms. Dantes**: [http://www.centerforholisticliving.org](http://www.centerforholisticliving.org) or [http://www.ligiadantesfoundation.org](http://www.ligiadantesfoundation.org)
“Sure—but can you make him drink?”