

MEDITATION 1. Once a master was asked what meditation is. "It's like this - when a past thought ceases, and the future thought has not yet arisen, isn't there a gap? Prolong it; that is meditation."* **T**hus we conquer mind and get in touch with our soul; this communion with the universal consciousness is a spiritual experience. **T**hat is why saints teach us to 'go beyond mind and maya (world)' and to 'find the kingdom of God within.' This requires a lot of work, discipline and perseverance - but the reward is enlightenment.

** The Master Jamyang Khyentse, as he is quoted in Sogyal Rinpoche's Tibetan Book of Living and Dying.*

The goal of meditation is to find peace by stilling the mind and directing it away from our daily-life concerns.

Instead we concentrate at the third eye - the seat of mind / soul, our inner self - which is between / behind our eyes.

Meditation attunes us to an overarching, permanent reality - other than the fleeting reality of our material world.

This meditation is also referred to as Thoughtless Awareness, in which the rising and falling of thoughts has ceased.

Such spiritual meditation is our most private activity. It does not require a group, nor does it require 'technique'.

see also YOGA