

The meaning of meditation

The first and final act we should perform before we enter into any work is meditation. We must experience the unique nature of our individual existence. We must divine a worldly purpose according to the unique nature and resources that we possess. Then we will feel contentment and satisfaction. Then we will progress. Meditation leads us to that stage.

In a broader perspective; the whole Universe is a meditational place. All the subjects we deal with in life are the subjects of meditation. We are the meditators. Every experience in life is part meditation if it is taken seriously, sincerely and consciously.

What is meditation? Meditation means becoming one with our thoughts, words and actions and becoming one with the Self where the universe is our home. Meditation is necessary before and after every task. The intensity of meditation should be proportional to the nature of the task, which must be judged individually. We have to crystallize our thoughts about what we actually want to do, because life is a sea of consciousness and opportunities. We must decide what we want. We cannot achieve everything. Some go to the ocean to drill for oil. Some go fishing. Some go on holiday. Some go for romance. Some go for meditation. Some go to find the inspiration to write poetry. Each of us has to make our own choices. Raising spiritual awareness through meditation will help us to realize the meaning of life rather than regretting the choices we made.

At the beginning of meditation, the first thought that emerges in our minds is, 'I cannot concentrate'. For decades, meditation instructors and books on meditation have implied that concentration is the goal. Mere concentration is not meditation. Concentration is just an exercise of the mind. Either let go of everything or let everything come in. If we waste our time focusing on concentrating the mind, then we tend to suffer from headaches or more stress. Concentration is not a physical act. It is one of the faculties of the mind. It happens on its own when we ease our minds in a natural way, in natural surroundings and in a serene atmosphere. When we reduce our psychological stress, emotional burdens and the rigid conditioning of the mind, only then can the ability to project and focus our minds on any intended object or subject blossom and flourish. This is true concentration. It is sensitive and subtle. We submit our minds to our hearts and experience unity within. There is no artificial or technical method that suffices to teach natural meditation. If we have the will and the patience, true meditation will occur in good time.

The question then becomes: why should we meditate before beginning a task? The answer is: to experience the virtual process of the task in our consciousness and then see how our intuition could reflect upon it and bring guidance to us. We must check the points of the particular task, we must know the process of that task and we must prepare ourselves for unexpected responses and results.

The next question is: why meditate after a task is completed? Meditation after performing a task is more important than the first meditation because success may cause us to become egotistical and we may lose the value of the success, thereby hindering or halting our personal growth. Endpoint meditation is necessary so that we can conduct an overall study of how the process of a task took place. We may fail or we may succeed in our task, but we should always finish with meditation.

Fine, intuitive meditation happens spontaneously, inspirationally or naturally at the heart level, where our senses become obedient to our inner spirits and our minds become subservient to our hearts. Everything merges into a single, beautiful, unified field of experience, known as *Dhyana*.