

The Art of Meditation
Class 4: The Concept of Enlightenment

In the beginning of the course we've dealt with the practical aspects of meditation and the goals of this meditation course ... which are three-fold: 1. You were taught the importance of the correct sitting position and correct breathing, and you were instructed in the use of a mantra; 2. You learnt meditation means fighting the mind, that you can use 'concentration-meditation' or 'awareness-meditation' to directly address certain issues in your life, but that the objective of *true* meditation is to still the mind. 3. Finally the classes shall inspire you to get into a routine, where you meditate regularly. An aid to these concepts is part 1 of THE ART OF MEDITATION on my website.

This 4th class again confirms the practicalities of meditation, but goes to the heart of it: Its ultimate goal is enlightenment, as per part 2 of THE ART OF MEDITATION.

In my book I say on the subject of enlightenment (3): "The human mind evaluates natural occurrences and puts its spin on them. In nature nothing is right or wrong, good or bad, beautiful or ugly ... it is only our mind that sees things in this light. This is the human condition. Enlightenment is to go beyond this condition."

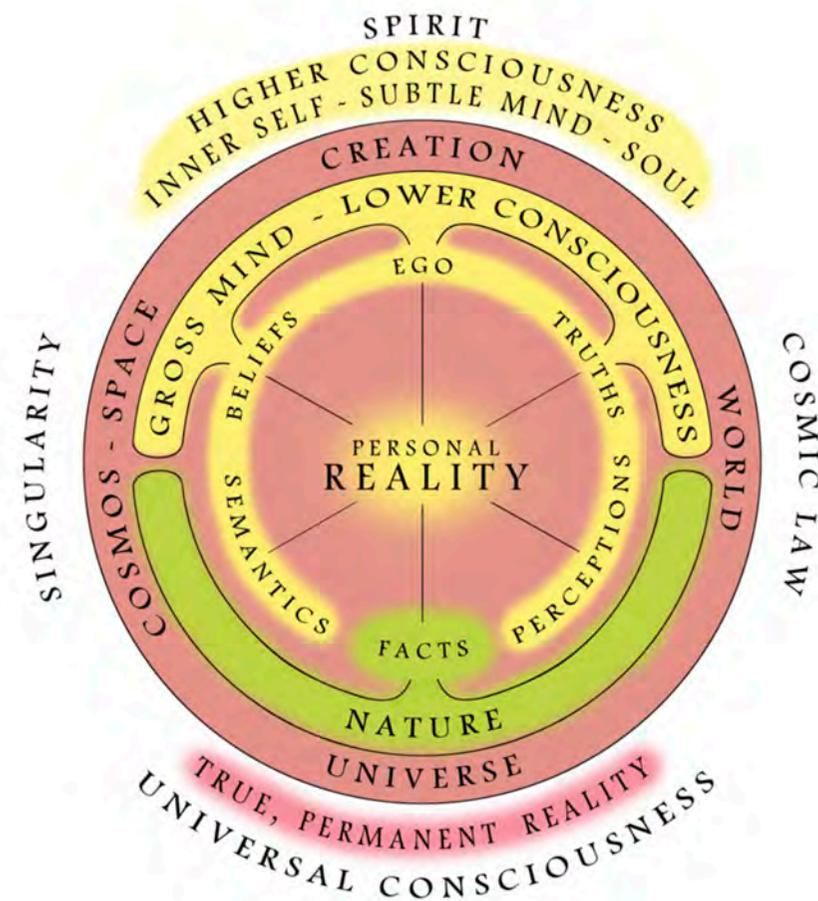
We have discussed that meditation is clearing the mind. In most of our daily lives we are ruled by our ordinary, our gross mind. Our mind is filled with thoughts that - as long as we operate from our lower consciousness - often are confused, in fact 'un-real'. Once our routine of true meditation is in place we can move our mind to a more subtle level, that of higher consciousness. Now we are in tune with the true, permanent reality that is the basis of the world ... in which the world is contained.

Enlightenment is seeing the world the way it really is. Our ego prevents us from seeing the true nature of the world. When we bypass ego through our meditation, we are on the path to enlightenment. My favorite aphorism stems from a Confucian thought: "There is only one problem in the world, people don't recognize reality (and once confronted with it, they can't deal with it)."

Then what is reality? There are myriad aspects to true, permanent reality ... the most important: All humans are equal ... Jews & Palestinians, Sunnis & Shiites, Christians & Muslims. Once true meditation spreads, the world shall be governed by enlightened rulers ... who recognize - and can deal with - reality.



The illustration below is my Theory Of Everything. It has at its core our personal reality, which is formed by the gross, ordinary mind (our lower consciousness) with the help of semantics (as we try to make sense of the components available to us), our ego, our truths, beliefs and perceptions as well as the facts that nature provides. So this is our world, the universe or creation, the cosmos or space.



Overarching this personal reality - which by its nature is different for everyone - is the true, permanent reality, spirit, the subtle mind, soul, the universal consciousness of which our higher consciousness is a part of (like the drop is a part of the ocean). From a scientific viewpoint the true, permanent reality is a singularity, the cosmic law ... the physicist Stephen Hawking denoted it to be gravity.

