

MEDITATION 2. Meditation is the process of stilling the mind, of disengaging from the ego, of directing one's consciousness away from worldly matters. Then we connect with our inner self. **M**editation is a way of life. One is likely to meditate in a suitable setting, but one can engage in true meditation under all circumstances; special environments are not necessary. **A** walk in the park, a quiet moment at the bus stop or time spent discharging a household duty are just as suitable as the retreat in the mountains or the temple, the church, the ashram. **M**ost important is that one embraces the notion there is more in the world than meets the eye, more than what science describes as reality, more than what our mind comprehends.

The objective of meditation is to still our ever-restless mind which - while it manages our lives - forms the opinions, viewpoints, attitudes, perceptions and beliefs that define our world, the truths and laws that establish the ground-rules to run governments and indeed all aspects of society.

The downside of mind's inevitable processes is the bias inherent in the nature of the mind - it causes the world's conflicts. We overcome this bias when we bypass the gross mind with its prejudices and judgements and engage the subtle mind with its love and compassion - through meditation.

I walk
I rest
How wonderful
a Zen meditation

"Meditation is our daily life without any outside influences; to deny everything man has ever taught about meditation, about silence, about truth and eternity, any 'wisdom' of others ... to be completely free of other people's knowledge; to deny gods and sacred books, traditions and beliefs.

"This means you are independent, it means you are absolutely free and it means you're free from fear. When the mind is free from all psychological accumulation and denies everything man has thought out, it sees things clearly as they really are; when it is totally quiet ... that is meditation."

*Jiddu Krishnamurti; for more
go to carstenburmeister.com/blog.aspx
click ABOUT, then at the top click Krishnamurti*

"When you are not doing anything at all - bodily, mentally - when all activity has ceased ... that's what meditation is."

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www.osho.com
also go to my blog 927