

MEDITATION DISPELS CONFUSION JUST AS LIGHT DISPELS DARKNESS

Just as light dispels darkness, our higher awareness, when released from the entanglement with mind's internal dialogue, dispels confusion and unease.

Mind is a beautifully complex and multi-dimensional instrument. Meditation reveals a clearer understanding of the mind's functioning and its fundamental role in the appearance of physical, emotional and mental unease.

We can observe the functioning of mind's internal dialogue – the thoughts and a commentary on the thoughts. The senses channel the information of our world to the mind. The discriminating faculty of the intellect spontaneously responds to the mind, deciding whether or not to act on the thoughts. The ego faculty becomes engaged in a commentary revolving around one's abilities and inabilities, resulting either in self-praise or self-belittlement or in praising or blaming of others.

Meditation works to awaken the witness Self, which dispels the darkness and doubt in mind's internal dialogue. In the light of Self awareness, the internal dialogue can become a wonderful and effective tool when directed towards Self knowledge and Self fulfilment. Being self luminous, an enlightened mind shines independently and acts as a guide to shine in all minds who sit under its radiance.

Witnessing consciousness is the basis by which the person comes into being. Just as colour needs a canvas on which to appear, the internal dialogue is superimposed on witnessing canvas of consciousness. Meditation builds an association with the witnessing consciousness, which is free by nature. When consciousness is limited to our internal dialogue, freedom cannot be known.

Through meditation we develop our ability to cultivate the mind's witnessing capacity to gain a healthy perspective on our internal dialogue. Then the intellect is empowered not to identify with those thoughts that lead to darkness –division, degeneration, destruction, and disease– but rather to cultivate thoughts which lead to the light –unity, inspiration, regeneration, health and life-supporting action.