

## **TO LOOK UPON THE ETERNAL AS YOUR SELF**

Meditation, to simply sit and be still for some time and not respond to thoughts or feelings, is a rest for the mind that is otherwise constantly drawn outwards by the senses to experience. This kind of rest creates an opportunity to examine the built-up notions of who we think we are.

Not to engage in the mind is a precious opportunity to expose the fixity of the built-up sense of who we are, the conditioned identity. Mind's programmed responses are merely an overlay of conditioning on the pure canvas of consciousness that is our true Self.

Just this perspective, just to be witness of the mind, just to bring our awareness to truly see the field of mind and emotions for what it is – as it is, is a freedom so profound that it completely transforms the way we know ourselves and how we approach life's situations.

### **You are Form and Formless**

Imagine a pendulum. To one side the pendulum swings to what is seen, known, and experienced. This side is the form of me. I see my body, I know my personality, and I feel a world of emotions mixed up with the mind and the body. On the other side, the pendulum swings to the formless me – the unseen origin and power of all manifestation.

Form and formless, mass and energy, microcosm and macrocosm, world and God, are not separate, they exist as one continuum of energy. We are both form and formless. Formless can be thought of as potent energy that animates the form, illumines thoughts, and generates feelings, just as the puppeteer manipulates the movements of the puppet.

The conundrum for a human being is that the mind is designed to process things in logical compartments, separate little boxes with labels and descriptions. So, a human being finds himself in a predicament, "Am I part or am I whole?" "Am I form or formless?" "Am I human to one day die or am I life eternal?" In order to untie the knot of this dilemma we are drawn to reconsider who I am. We must be open to re-examine from a fresh perspective what has been taken for granted, which is only the seen, known and experienced body-mind identity.

### **Meditation – an Enquiry into your Real Self**

Why is a human being motivated to know more than the body-mind self? Why is knowing only the formed – the seen, known and feeling self not enough? What motivates one to enquire deeper than what is obvious, to realise that which is formless? What is that deep connection, the oneness that

humanity seeks? Human beings have a hunger to know more, because to restrict our experience to know only the part of me that is obvious does not reach to the depth of who I am – the subtle me, the unity which finds its true resonance.

Sri Sankaracharya spoke, "The stupid man thinks he is the body, the intellectual identifies himself with the mixture of body and soul, while the wise one looks upon the eternal as his Self."

Meditation is an awareness of the whole of me – the grooves of being human and the formless, free consciousness upon which the human was carved. Each is in their perfect place. Meditation recognises the consciousness that is pure and free despite the overlay of the conditioned identity, which has been shaped by expectations to succeed, to perform, to be capable, to be good, attractive, happy, lively, clever, kind, generous and a wonderful human being.

It is not that these wonderful human qualities should not be adopted, but the deeper interest is to examine one's relationship with oneself, the inner dialogue that becomes obvious when the mind is not distracted by experiences. Meditation awakens to the falseness of mind's identity that poses as one's true Self and yet eats away at one's sense of worth, confidence, and true power.

### **What is Meditation?**

Meditation is not an experience, a mood, a position, a goal or a destination. Meditation cultivates a power that is not bound to identify with the ingrained conditioning to experience, to feel, to know something, to find something, or to reach somewhere. Meditation is a brilliant opportunity to see through the sense imposed on the human being to stay fixed only to the formed identity, and to realise that he is simply free, free from mind's endless need to label us in a box of identity.

Meditation is a space of freedom so vast that all is encompassed within it; a space of freedom that needs no certificate of entry, no impressive qualifications, no bank account; it is open to all. Meditation is a space of freedom in which all moods and experiences reside.

If human value is invested only in form consciousness, it will be devastated to experience that one day this form will crack like an egg shell. Meditation opens the awareness that, although the egg shell will break, flight can never be broken.