

Why Meditate?

In the beginning all is simple. Everyone starts as a baby. A small child finds it easy to be natural, to be itself regardless of surroundings or situation. But many people find as they grow up they lose the ability to act naturally, they lose the ease, spontaneity and natural joy of childhood. Conscious of this loss, we seek happiness outside of ourselves in pursuits and possessions. They may bring satisfaction for a while, but they rarely bring permanent lasting happiness.

Meditation can help you discover a deeper aspect of your life, and an ease, a joy, a happiness that is not dependant on outer circumstances. It helps us develop the inner aspect of being which helps us get glimpses of our power and strength, and helps us meet the inner happiness we knew as a child.

Meditation is compared to the shooting of an arrow. To make the arrow fly to the target, we need to pull back and back. But someone may say "But that is the wrong direction, you need to push the arrow the other way". They do not know the potential energy lies in drawing back to the point of stillness and rest before one lets go.

As Marcus Aurelius, the Roman Emperor said,

Look within. Within is the fountain of good, ready always to well forth if thou wilt always delve
(Marcus Aurelius)

So if you wish to have the energy, strength and calmness to deal with all the challenges that face you, come to rest and stillness in meditation by letting go of everything.

So the challenge for this week is to ask yourself the question:

Why meditate?