



Best Life Counseling

WHY MEDITATE?

Why Meditate?

- To feel better/find happiness
- To release stress
- To have a vacation from our thoughts
- To contact that place inside us that is other than thoughts, feelings, opinions and ideas
- To receive total consciousness

When we meditate, we de-excite our experience of life. We settle down to that place within that is other than our thoughts and feelings; that place where we are at-one-with Totality.

We often think and act like a wave on the ocean who has forgotten that a wave is simply curved ocean – never separate from. A wave is ocean, all the way up and all the way down. We have spent so long feeling ourselves as separate, alone, different and apart from the whole, that we have forgotten this truth of our being – that we are never separate from but are a part of all Totality, all of life.

We are Totality Itself. When we meditate, we begin to know ourselves again as this deeper, greater truth. We give ourselves access to the wisdom inherent in the whole of nature. We are able to feel, in our most subtle self, what to do and when to do it, without having to 'figure it out.' We begin to live from this place that is other than our thoughts and feelings, and in so doing, we are no longer at the mercy of our thoughts and our feelings. We are no longer dependent upon the reactions of others, real or imagined. We begin to know the freedom and joy in which we are meant to live. We begin to find our place in this Totality, in this world, and we begin to know peace.

- The 14th Dalai Lama (The Bodhisattva of Compassion) –