

Meditating: Silent Mind, Holy Mind

Spiritual Wisdom

Only when the mind is settled can it become quiet. Only when the mind is quiet can it become still. Only when the mind is still can it see. And only when the mind can see can it reach the mystery of mysteries. This is the process that anyone who practices has to go through. How long it takes is up to the individual.

— Yen-ch'eng

Meditation is the practice of stilling the thought waves of your mind. This practice helps you to:

- Experience yourself as the witness of your own mental processes.
- Turn down the outside noise and inner chattering so that you can hear the voice of God and receive the guidance of your wise soul.
- Understand that you're not your mind — you are the one who is thinking through your mind!

The basic gist of meditation is to plug up your senses by sitting quietly and focusing your attention inside yourself instead of on outer stimulations or mental concerns. Meditation builds a bridge above the choppy waters of your conscious mind, upon which you can reach the higher intelligence within your soul. As this bridge becomes stronger through continuing your practice of meditation, you are guided more clearly by inner wisdom in all areas of your life.

The practice of meditation brings a long list of benefits, from the mundane to the divine (including the attainment of knowing that even mundane things are divine). Meditation helps lower your stress and find greater peace inside yourself. Meditation helps you focus your mind and can make you a better teacher, dancer, artist, singer, engineer, lawyer, mother, father, husband, wife, student, lover, and worker. Meditation helps you to relax, get along better with people, be more creative, make clearer decisions, experience God's presence, and attain supreme enlightenment, liberation, salvation, and nirvana!

And all this can be yours for only \$19.95! Just kidding, these benefits are free and available to you just for taking time to sit quietly and focus your attention on the peaceful center of your being.

As you follow a steady practice of sitting for meditation, you'll find that shifting your mind into the state of meditation becomes easier to do. Eventually, you are able to experience the state of meditation even when you're in a crowd and doing whatever usual work or other activities you do. As you continue to meditate, the beneficial state of meditation becomes naturally integrated into your daily awareness.