Mediation Mastery

Part VIII

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Hey, welcome back to session 8 of Meditation Mastery! In the last session we made a breakthrough in the steps of meditation. This is something that you owe to yourself to have the most beautiful experience through meditation.

I want you to write this down: "The silent Sage is awake when the world is asleep and when the world is awake, the silent Sage is asleep." - Ramakrishna

What does that mean? The silent Sage is awake consciously when the tendencies are asleep and when the tendencies are awake the silent Sage (the consciousness) is asleep.

In most person's cases, from morning to evening, their tendencies are awake**. The whole purpose of meditation is so you can have the most profound experience, if you put your tendencies to rest, your tendencies are completely unreal, it is all perceptions gathered.** We know now the three tendencies:

Sattvic – divine instinct

Rasjasic - reasoning

Tamas – instinctive

Everything that is happening in front of us, we are just making our own interpretation based on limited sets of data without taking to account the consciousness itself. We are accumulating tendencies and living them out.

The whole purpose of meditation is to ensure our silent Sage is awake during meditation and throughout the day. That's what makes great men; they are aware of it 24 hours and we are not even aware of it for a few minutes.

Look at the power of Christ, Krishna and Buddha, after so many years and people still are happy and cheerful by remembering them. Once they left this earth, their power increased ten thousand times, while most other people are forgotten.

Here's a beautiful meditation visualisation exercise:

You are in front of the ocean and there are seven billion waves before you. **You are the medium, the ocean is the**

consciousness and the waves are all the events and people in the world. It's night time and you go off to sleep and you have the most profound experience of the serenity of the ocean.

The sun rises and suddenly you wake up to a noise, your partner is shouting at you, your entire serenity is disturbed and immediately your tendency wakes up. Your mind is now focused on your partner and you have anger, frustration, hatred towards your partner, so your tendencies are moving your mind out towards that wave and you struggle.

You take that anger and frustration to work and your mind keeps coming back to the wave. Suddenly your partner becomes monstrous because your tendency of frustration, hatred and anger has risen and you throw it on the wave of your partner (not that they are monstrous, because yesterday you were having a good time with them).

You feel that because you both said some hurtful things, that they have become monstrous, it isn't because of what you're saying, its because of your tendencies.

You try to get the serenity back but it's not coming, there is no study in this world that teaches you how to get your mind back! Everyone is good at attaching their mind to something, but no one knows how to withdraw it, that's a problem.

In this case you want to get your mind out and you're suffering, night time comes and you have your bad day in your head. The next afternoon, you feel good things about your partner, you both feel sorry and you make up. Now, suddenly your partner appears beautiful, and you might wonder, its something that you did, maybe a phone call that you made to her. However that is not true.

The change in your feelings has nothing to do with that, it is just your mind got back to the ocean(your consciousness) and became serene. Now you are peaceful and because of that peace you feel badly about what you said or sympathetic.

They became monstrous because of your tendency and they also became beautiful because of your

consciousness. **Why take so long to do forgive and be happy again when we could've done it in less time?**

Any goal that you have in your life, do the two-minute meditation before you start. Your tendencies may make it look monstrous but your consciousness will make it a lot easier for you to achieve. Make an effort to have your consciousness awake for 24 hours and not allow your tendencies to over take.

What Christ, Buddha and Krishna would do if they were in that situation with their partner is, they know that all of their suffering, heart ache, anger, sadness does not come from outside it is because of their tendencies. **They would immediately notice their tendency and watch their tendency come up and they would stop the tendencies from growing by practicing their three step meditation and destroy it completely**.

That is the magic. We don't have to change anyone including ourselves. We simply have to recognise the tendency, and destroy it by practising the two minute meditation. The mind automatically falls back into the realms of the consciousness. Lo

and behold the event or the mind of the person outside also changes.

That is what I want you to do.

No event or person cannot cause you pain. When you get any bad event or people in your life, practice the three step meditation (Dharana, Dyhana and Samedhi);

You want your silent sage to be awake and your tendencies to sleep.
You remember what you want again and focus on that outcome (peace)
Then your mind automatically falls back, you're serene and peaceful.

You suffer when your mind goes out and your tendencies are thrown at people. Instead, focus on inside and become peaceful. Do it in your two – minute meditation. **Then as you go out into the world, you manifest it beautifully so that when those events happen you know it is a tendency, which will crash.**

You will have a profound meditation experience and get tremendous strength through repetition.

Thank you and God bless.

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