Mediation Mastery

Part III

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Hey, welcome back to session number 3 of *Meditation Mastery*!

In this session I will cover, 'Who am I?'

Story of the bird looking for shore

There's this bird who sits in the top of a ship when it's in the dock. The ship starts moving and the bird is unaware because it's sleeping. After a day, the ship is completely in the ocean and the bird suddenly wakes up and wonders where it is, as it wants to go back to the shore.

The bird starts flying north for 6 – 7 hours and everywhere is water and no shore, so it comes back to the boat to take a rest. While it's resting it thinks to itself,

"Maybe there's no shore and it was all an illusion." So it stays on the boat for a couple of days.

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On the third day the bird thinks, “I want to go back to the shore, this is not where I want to be!”.

Now it flies south for 8 – 10 hours and can’t find the shore so it comes back and sits on the ship. It thinks to itself again,

“Maybe I’m fooling myself and there’s no shore what if it was just a dream.”

In a couple of days’ time the urge to get back to shore returns and it flies east with the same outcome, he returns to the ship and rests, unhappy. Two days pass and again the tendency comes back wanting to go to shore, so he flies west without finding any shore and returns to the boat once more.

The bird finally goes to sleep and when it wakes up, it is so happy, peaceful and radiant because it found its shore in his sleep.

Explanation: We are thrown into life just like the bird was accidentally thrown into his situation, and time passes and we

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realise we are out in the middle of the ocean, not knowing our purpose and getting older.

So we buy all of these books on our purpose and how to find it etc, and you fly north and people say if you have a beautiful wife/ husband, children and a successful career, that is your purpose. Then you fly south based on someone else's teaching and you get a few bits of information but nothing at all. Then you fly east and someone says you have to be enlightened so you fly west and see an enlightenment master and you think he is going to help you. **What the enlightenment master says works for a while but you didn't master it so you are back at square one.**

Then you go back to the shore because the faster you exhaust your objective experience, the faster you come back to your consciousness. The bird flew everywhere and exhausted all of it's options then it came back to the ship and slept and found his consciousness and realised that he found what he was looking for.

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Once you have found your shore, everywhere you fly will be your shore regardless of if there's a natural disaster, turbulence or rain, it doesn't matter, you will be good. **You will no longer be seeking, you will be sharing and manifesting.**

Step One: Start with your shore (where you are right now) through your two – minute meditation. **Destroy all objective experience and dependency on outside factors**. People and events come and go but the shore always remains. This is the place where you find your purpose and manifest what you want in life.

More on this in the next session.

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