

## A Suggested Approach

# MEDITATION AND SPIRITUAL GROWTH

with Bing Escudero

Meditation can be best understood by meditating. Not by discussing or engaging in some sophisticated dialectic about meditation. The understanding of meditation is in the doing and not in the talking.

Here is what you can do. Then find out for yourself. This will be your own understanding. Not that of someone else. So here is an approach you can try. Your kundalini will not be tampered with. It is safe. Do it every day. Then the meditation will be effective. Your life can be transformed.

First, decide to make meditation a part of your daily life. Just like eating, exercising, doing your daily duties. Set aside a fix time and place in the morning. To start with, allow about 15-minutes.

Prepare the night before. Let your last thoughts be as idealistic as you can make it as you go to sleep. Read passages that dwell on ideals. Select inspiring and uplifting literature. You cannot go wrong with the scriptures of the great religions of the world. Take on the original spiritual writings. Spread your choice among the different religions of the world. Expand and let your consciousness be more universal. Put your choice of readings on your bedside for easy reach every night. Do not read too much. A few lines that depict or highlight an ideal will do. Dwell on this one ideal as you go to sleep. Let us say the ideal is peace. Think peace, feel peace, sleep peace.

Upon waking up in the morning, be aware of your own consciousness before it engages with the senses. Carry on with this awareness. Go to your designated place of meditation. Sit comfortably with the spine erect. Exhale first, hold for a few moments, then allow the breath to proceed on its own. The first few breaths will be naturally deep. The breath will take its own natural rhythm. Do not meditate in order to relax. It is the other way around. Relax in order to meditate.

Here is your 15-minute meditation outline:

IDEAL: 1st 5-minutes - Dwell on an ideal and its meaning.

NO THOUGHT: 2nd 5-minutes - Stay alert with no thought in mind.

GOOD WISH: 3rd or last 5-minutes - With the ideal, make a good wish for others or for the world-at-large.

IDEAL. Recall the ideal you went to sleep on the night before. Try to find out its deeper meaning. Do not force thoughts. Be open. Moments between thoughts will expand. So if only a few thoughts come. That's fine.

NO THOUGHT. This is the meditation proper. There are no thoughts. The mind is alert. This is that state beyond thought. If a thought arises, just look. Do not analyze, evaluate, accept or reject the thought. Just look without approving or disapproving. This no-thought state is energy charging. Also an incubation period. Creativity arises from this state of mind. Later on, you will experience this to be a timeless state. This is what will naturally prolong your meditation. Get into this during the weekends. Be practical. Don't expect too much. Be punctual with your meditation, school or with your job.

GOOD WISH. Let's use our example of peace as the ideal. Make a good wish by thinking or saying inwardly, may there be peace at home, at school, at the factory or office. May this person or group of people be peaceful. May there be peace in a place where there is fighting or war. May the world be at peace. These are all just examples. You can be specific or general as you wish for peace.

As you come out of the meditation, feel peace, think peace, act peace wherever you are. Dwell on an ideal for meditation for one day, a week or even for an entire month. Then select another ideal. All ideals reinforce and complete each other.

To enhance your meditation, adopt a vegetarian diet. Avoid tobacco, alcohol and drugs. Exercise. Have fresh air. Work hard and learn to relax. Listen to non-frantic music. Keep your cool with goodwill and with a good sense of humor. Be helpful to those around you. Spiritual growth is the improvement of our service to others.