

Another way to meditation

Meditation is not a competitive sport. Our beings ask for another way of living.

We already know how to over-activate body and mind and then to shut off completely to try to get some rest.

What we can learn to do is to rest and refresh our energy.

Then we are more likely to have a visit from deep meditation.

Have you ever woken up from a nap and enjoyed a moment of breezy friendliness before remembering your list of things to do?

That moment—restful, agile, receptive, alive—is much closer to meditation than hours of trying to sit still.

Years of experience have shown us that many people need to rest, to lie down for meditation, and allow their natural awakening gradually to take over.

