



and each person has to find the method that is suitable
it should be comfortable for you
you should feel relaxed in that method
if you try a certain method and few days you try and try and try
then it does not suit your body type...
your mind type...your emotion type...
all these are layers of mind
body mind emotion...all mind
if you are struggling with the meditation
then you are creating another layer of conflict
now already you have enough misery
you want to add more ? no...
but i must do this meditation...i must sit...i will achieve something...
you will become hard

find methods that are soft...blissful...
relaxing...deepening...
and comfortable for you
and each one will find a method
and remember meditations are nothing important
so is running...jogging...swimming...
everything is a meditation
cooking is a meditation...cleaning is a meditation...
everything is a meditation

it is a quality you are applying to living
meditativeness is more important...
than anything that you are doing in a structure
structure is meditation...living is flow
anything that can flow with life naturally in a meditative flow...
is far more real and powerful
because it grips your life in a reality
it has reality within it
you are doing a one hour meditation
and what are you doing the twenty three hours afterwards ?

why not find something twenty four hours around the clock ?
that is why i like walking meditation
because i am going to walk my body everywhere
i am going to move my hands everywhere
i am going to move this form throughout my life
if i can find the vertical balance while walking
why i cannot find the balance while moving my hand ?
every gesture can become meditative
now i do not need a meditation anymore
this is meditation itself
i am not falling out of life
because i need to do a meditation
i am living the flow of my life meditatively

i would recommend
meditativeness rather than this abstract idea of meditation
forget meditation
do your meditation just as a cleanser...an intensifier
an intensifier of energetic states like a shower...
then move meditatively...
call your meditation like dynamic or kundalini your daily shower
then you live the rest of the day

always search for simpler...easier...natural ways
and they will be so much more powerful
but remember again the word powerful
you will become more sensitive...that is the power i speak of
you will flow more...you will become softer...
that is the power

power is not a position...power is flow...

everything you prevent from flowing becomes hard
it is bound to lose power
authentic power is allowing the flow with no hindrance
because nothing can touch it again
it simply allows everything to flow unhindered