

Meditation

Julian Nangle

Insight gives us the *individual* experience of God.' Now that statement might make you reflect a while. There is little point in reading it if you merely read it and do not reflect on it, since by reflecting on it you make it your own. A helpful tool towards making it your own, towards having insight, is meditation. This does not mean sitting cross-legged with your spine completely balanced half way up a Tibetan mountain wearing a brown sack. That's the Tibetan monk's path. Meditation for the European is a simple affair. You take a bath occasionally, I assume. When communing with the water you relax. When relaxing spend two or three minutes (to start with), with your eyes closed, observing the mechanism of your breathing. As you begin to breathe in say to yourself 'beginning the inhalation' and as you breathe out say 'beginning the exhalation'. If you find you lose concentration, gently bring yourself back to your breath and your mental observation of your breath. Do not chastise yourself with that super-ego for failing to do it properly. There is no 'proper' way to meditate. If you find that music helps you to relax into this meditative state, then use it. If you find that keeping your eyes closed or open helps, then do whichever. Some people find staring at the Donald Duck soap helpful. There is no right way here, just as

there is no right bridge — a bridge is a bridge and can be designed differently as many times as there are designers. So it is with meditation, for meditation is but a bridge.

But what is meditation for? Where does the bridge lead? Meditation is for crossing over — hence the bridge symbol. It is for having a foot in both camps, or rather in all camps, for there are more than two levels of consciousness. When we go to sleep we open ourselves up to the world of dreams. This level of consciousness, the level of dream consciousness, pervades all levels. Without a dream self our multidimensional self would never have sought greater knowledge of itself through manifesting an aspect of itself into a physical form, which is what it did when it permitted our creation on the physical dimension. We need dreams to kick-start creation. When we meditate and achieve an empty mind, or a fairly empty mind, we open ourselves up to receive insights from other levels of consciousness. That is all we are doing. When we operate on an everyday level of consciousness and keep the activity rate in our brains at maximum or close to maximum, there is no room for other levels of consciousness to come through. This is a pity, because these other levels of consciousness hold a wisdom that the physical dimension could

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well benefit from. Many who do meditate can testify to this. What the Christian church call prayer is a very focused form of meditation in which the person praying is taking time out from their physical level of being and is communing with an entity perceived to be greater than him- or herself.

These other levels of consciousness, however, are in themselves 'everyday'. There is nothing especially mystical about them. We have all experienced 'other levels of consciousness' at different times — quite regularly. It is just that we may not have known that we were experiencing them.

Meditation doesn't have to be in your bath. It can be driving in your car (eyes open), it can be on top of a hill at dawn, at sunset, at midday. It can be at work, at play, at love. Indeed the most exciting form of meditation is the shared meditation. This can be experienced many ways also, but the most commonly sought after is the meditation of making love. When we make love and it's working, there is no room in our minds for anything other than that which we are doing. At the moment of orgasm this experience of ex-

clusivity of experience is heightened to a rich and wonderful degree. In the moment of orgasm we are merely experiencing the wonderful pleasure of consciousness on a higher level than our everyday consciousness affords us. We are experiencing a sensation of union with our creator through the act of creation. This transport into the joyous realms of other levels of consciousness is not something we are aware of every day, walking down the street. We can experience it more often, though, by balancing our outward-looking life with inward-looking reflection and observation. When we feel comfortable with these two opposites we are ready to encounter a guide or two. Sometimes these guides appear in physical form here on earth — a wise old aunt, a special friend, a therapist or priest. Sometimes they appear from the 'spiritual dimension'. Once we have reached this stage of self-awareness, once we have given ourselves permission in principle at least to enjoy the deep riches of our multidimensional self we may be receptive to encountering our higher self, which is one step nearer to being immersed in our multidimensional self, which is *it*, is *all!*

