

**MEANING.** These could be the most pertinent questions for us: What meaning do we ascribe the existence of the universe? In this world there is no answer ... though religions will tell you otherwise. **H**owever, when we ask: What is the meaning of my existence? answers are plentiful, and all individuals have their own answer; of importance is to be asking ... answers will present themselves. \* **T**o find meaning and purpose may be the end of pain and suffering.

• see also HUMAN

*Nietzsche: if you know the WHY, the HOW is easy.*

see also HAPPINESS, PURPOSE

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**MEDITATION 1.** Once a master was asked what meditation is. "It's like this - when a past thought ceases and the future thought has not yet arisen, isn't there a gap? Prolong it; that is meditation."\* **T**hus we conquer mind and get in touch with our soul; this communion with the universal consciousness is a spiritual experience. **T**hat is why saints teach us to 'go beyond mind and maya (world)' and to 'find the kingdom of God within.' This requires a lot of work, discipline and perseverance - but the reward is enlightenment.

*\* The Master Jamyang Khyentse, as he is quoted in Sogyal Rinpoche's Tibetan Book of Living and Dying.*

*The goal of meditation is to find peace by stilling the mind and directing it away from our daily-life concerns.*

*Instead we concentrate at the third eye - the seat of mind / soul, our inner self - which is between / behind our eyes \*\*.*

*Meditation attunes us to an overarching, permanent reality - other than the fleeting reality of our material world.*

*This meditation is also referred to as Thoughtless Awareness, in which the rising and falling of thoughts has ceased.*

*Such spiritual meditation is our most private activity. It does not require a group, nor does it require 'technique'.*

see also YOGA

*\*\* René Descartes believed the pineal gland - located near the center of the brain - to be the 'seat of the soul'.*