

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.

**In this context let me re-tell this story (from RELIGION 2):
A philosopher and a theologian are in discussion, says the latter: "A philosopher is like a blind man in a dark room looking for a black cat that is not there." "Quite possibly," retorts the philosopher, "but the theologian would find it."*

***see also HUMAN, WONDER
Nietzsche: if you know the WHY, the HOW is easy.
see also HAPPINESS, PURPOSE*

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.

Meditation attunes us to an overarching, permanent reality - other than the fleeting realities 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

soul

in many religious and philosophical traditions the soul is our ethereal essence; I equate soul with the inner self and higher consciousness, as well as the subtle mind (as opposed to the gross mind [ego] - mind is dualistic)

see also MIND 1, 2

thought-less aware-ness

is a higher plane - the fourth level - of consciousness above the three ordinary wake, sleep and dream states; in thoughtless awareness the mind is engrossed in a pure form of higher consciousness, akin to the "inner self"