

## **What is the Significance of Meditation in the Fast-Paced World of the 21st Century?**

Consider this scenario:

We spend most of our modern day lives running around pursuing a dream of great wealth and status in the world watching unrealistic reality shows on TV, or climbing a corporate ladder in which success brings us more dollars, more stress and greater distance from our families and friends. Then we die of a heart attack and we have completely missed the point of this precious gift of life. We have spent an entire lifetime being distracted from discovering the truth of who we really are. Our ego has kept us on the move, tricking us into thinking we are on the right track, collecting materialistic toys and working our guts out. All this for what purpose? Our real reason for being here is to remember who we really are at the most profound level and to remember what our mission is in this lifetime.

I believe meditation provides us with the opportunity to step back and survey the life scene from a different perspective. Many people will say that they find it extremely challenging to meditate and will give up all too easily. This is part of the ego's plan. At this point in the process, the ego has great fear of losing control of you. Its role, after all, is to protect you from life – to make sure you survive and it knows how to do it. The ego does have an important role to play in your life – to set you up for success – your launching pad if you will. However, as you mature physically, mentally, emotionally and spiritually, the ego is supposed to take a back seat, its task complete.

But it doesn't. It likes being in charge and will remain so as long as possible.

When you start meditating, the ego will block you in a variety of different ways. It will try to convince you not to bother in the first place, making you edgy and unable to sit still and be comfortable. If you get past that stage and begin the meditation, the ego's chatter will fill your head with thoughts and feelings of no real consequence. It's simply the idle chatter of the day. You fight it and you are hooked into a battle – the last thing you want when you are meditating!

For this reason, I personally find the guided visualization type of meditation the easiest. Sitting in silence, visualizing an object or chanting an internal mantra can be an extremely difficult way to still the mind; whereas, by focusing on something in a guided meditation, you are going into the meditative state without being fully aware of it. The guided visualization also provides a framework for you to work with in future meditations when meditating alone. Background music of the right tone and vibration is also extremely helpful to get past these early frustrating states.

Once past the ego's idle chatter, what are you going to achieve in your meditation work? This is where it gets interesting because the variety of experience is infinite. You open up a multi-dimensional universe waiting to be explored. Depending upon the development of your own senses, different people will experience different things. Some will see brilliant cascading colours; others will feel "The peace that passeth all understanding;" and, initially, others will experience very little. It takes practice and discipline to move into this still, calm place. I urge you to take the time and trouble to gently push through the early stages and your patience will be rewarded.

Some of the experiences people have in meditation are profound. Some people have the ability to leave their bodies and remote view a distant site on the planet – distance is no obstacle – returning with a very detailed and specific description of the place visited. Some have the ability to see the energetic holographic forms of people who are sick with disease and are able to work with that person's energy field to help with the healing process. Some are able to access the tunnel of light or death canal and assist people as they make their transition from this lifetime to the next. Some can visit the sacred geometric grid around the planet established by the Indigo children, through which the children communicate telepathically and radiate loving energy down to us on the Earth.

All of these exotic opportunities await you on your spiritual journey through meditation. However, there is a far more significant piece to the spiritual puzzle awaiting the person seeking true enlightenment. All of the above examples relate to, in some way, leaving the body and experiencing other dimensions which is definitely part of the process, but by far the most significant aspect of meditation takes you in the opposite direction. To become fully realized in this lifetime requires us to incarnate more of our higher self which

means we have to ground ourselves firmly to the Earth and bring in more of ourselves – the more refined spirit that didn't come into our body in the first place. For spirit to live in a body is extremely challenging, thick and heavy like wading through sticky toffee constantly. As a child, our spirit pops in and out of our body acclimatizing to this strange form and then a certain portion of our spirit stays. Any early childhood abuse or trauma makes it extremely painful for the spirit to stay and that's when the ego takes over to protect us and help us to survive.

It is in deep meditation, completely safe and secure, that we can put the ego to one side, comfort it and love it and allow our higher self to descend into the body. The higher self knows who we really are and can nurture us and guide us at a much more profound level. The ego is not destroyed, but can be nurtured, loved and finally be at ease, because now we are safe and the ego doesn't need to be on guard. This is the state of bliss and peace that can be achieved. Once achieved, this vibrational frequency of peace and love is simply radiated out into the world. There can be no violence, hatred or abuse in this state. It is pure love. Just imagine if all the people in the world made this state their primary ambition. What a beautiful, magnificent world it would be!

Peter K. Tongue © 2006