

Meditation during Fasting

When we pray, we talk to God. In meditation, we listen to God's response in the stillness of our heart.

Meditation cannot be taught, just as sleep cannot be taught - one falls into it. In the same way that we fall asleep, meditation eventually comes by itself when one is ready. To be ready, the mind needs to be still.

Some people are even of the opinion that it is impossible to control thoughts. However, the art of meditation teaches that, not only is it possible to control our thoughts, but, one can learn to control them completely. This creates peace of mind and enables us to achieve what we want to. To still the mind and enter silence requires daily practice.

There are certain steps that one can follow to establish a foundation and thus ensure success

- Regularity of time, place and practice is important
- At early dawn and dusk the atmosphere is charged with a special energy, this is the best time to practice your meditation.
- If possible have a separate room or space that should be used only for meditation.
- Sit in a comfortable, preferably cross-legged position, with spine and neck erect but not tense
- Consciously regulate the breath, then slow it down to an imperceptible rate
- Do not force the mind to be still, simply disassociate from it and watch it like a movie
- Select a focal point: generally the space between the eyebrows (third eye/ajna chakra) can be chosen by a more intellectually inclined person and the heart (anahata chakra) by one who tends to be more extraverted with an open and demonstrative nature. Never change this point
- Focus on an object of choice - e.g. the breath/a flame/ a flower - something positive and up-lifting

The purpose of meditation is to create new, positive channels in the mind, and to eradicate those that are destructive. It is an absolutely scientific process, but the goal is spiritual. Don't worry if the mind starts to wander, as it will, that is the nature of the mind. Just bring it gently back to the focus.