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Seeing, not with experience but out of emptiness, is the awareness wherein no agitation is possible as there is the absence of choice or classification into pleasant and unpleasant. This is meditation.

Then there is the silent advent of the Sacredness with an immeasurable benediction. It is miraculously new each time although it is perhaps the same every time! It is immensely strong and powerful despite its tremendous vulnerability. It is the strange strength of a blade of grass which can smilingly withstand a casual death. It comes with fullness and goes in a flash, but then that moment is beyond all time and death.

The petty mind shattering against its own nothingness is the explosion of Omkar in Yoni-Mudra, which is the commencement of true meditation and divine intoxication.

Meditation is the destruction of thought and not indulgence in thought caught in its own intricacies & inhibitions, its visions, & vanities, its pursuits & paradoxes.

A simple example of awareness without experience:

When one is indeed mature enough to understand that flattery and insult are movements of human mind's vanity and selfishness, no flattery or insult can have any effect on him or her. He or she will not experience any flattery or insult, although one would be aware of such movements happening around.

Maturity belongs to an area which is not of the mind. Mind is always immature. Mind can never experience the most sacred, because all experiences are profane. The very fact of experiencing is enough proof that it is not real. It is just a milestone to be crossed over.

The journey must be continued. Never settle down to a stale and stagnant judgment. Blessed are those unique human beings (not ego-personalities), who get exposed to supreme bliss of the divine.

Jai Kriya-Yoga