

Message 480

Paris, 26 April, 2023

Process of I-Less-Ness in Patanjali.

I am going step by step into what is meditation . Please don't wait till the end, hoping to have a complete description of how to meditate. What we are doing now is part of meditation.

Now, what one has to do is to be aware of the thinker, and not try to resolve the contradiction and bring about an integration between thought and the thinker. The thinker is the psychological entity who has accumulated experience as knowledge ; he is the time-bound centre that is the result of ever-changing environmental influence, and from this center he looks, he listens, he experiences. As long as one does not understand the structure and the anatomy of this center, there must always be conflict, and a mind in conflict cannot understand the depth and the beauty of meditation.

In meditation there can be no thinker, which means that thought must come to an end — the thought which is urged forward by the desire to achieve a result. Meditation has nothing to do with achieving a result. It is not a matter of breathing in a particular way, or looking at your nose, or awakening the power to perform certain tricks, or any of the rest of that immature nonsense....

Meditation is not something apart from life. When you are driving a car or sitting in a bus, when you are chatting aimlessly, when you are walking by yourself in the woods or watching a butterfly being carried along by the wind — to be choicelessly aware of all that is part of meditation.

Jai I-Less-Ness