

August 26, 2018

Matthew 6:5-13

Fascinated by Buddhist meditation

Convinced Western meditation and mysticism related to, if not descended from Eastern meditation traditions

But I was dominated by Western intellectual, head-dominated rationalism – has to be seen to be believed

Documentary “Dhamma Brothers” changed everything

Vipassana Meditation Center – Dhamma Dhara, Shelburne, MA

What changed? Can’t say.

It is an “intangible”

It quiets and calms my anxious mind

It helps to keep me focused

It has allowed me to see life as ultimately being “all dust” – this sounds like a “downer” but is surprisingly up-lifting

If it is all dust, then I am, ultimately, not responsible

Not an abdication of responsibility, but way of saying, If I do the best I can, then I can accept the result, whether good or bad.

(I’m still struggling with this – big time)

In looking for quotes on meditation I was surprised at how many references there were to how hard it is to practice mediation

It is very easy – just sit

But, it is very hard in our society to “just sit”

As much as I benefit from meditating, as much as I know I benefit from meditating, I still put off sitting

- I have too much to do
- I will do it later
- I “forget” to sit
- I am fine, I don’t need it – I tell myself

So, it is hard to discipline myself to sit daily

Now that I have been practicing – off and on – for several years, I have become more attune to my emotional health

When I don’t meditate, my thoughts become more negative, I move toward depression

And, without fail, when I return to meditation my mental health improves

Still, I struggle to practice

What does this mean for you?

I went through a full 10-day immersion course,  
training. It was extremely helpful and  
transformative for me

You do not need to do this – you can, it is good –  
you do not need to

I know people who, without training, sit 15  
minutes a day and find it helpful

I know people who have sat and felt they weren't  
meditating because their minds weren't  
“empty”

It is called “monkey brain” and even though I  
have to keep bringing myself back to scanning  
my body, when my mind wanders, it is still  
meditation and still beneficial

I encourage you all to set aside time each day and  
sit, even if it is only for 15 minutes

You will be glad you did.

Amen.