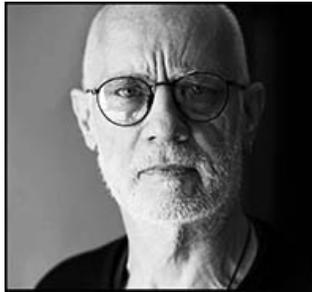


The
Art of
Meditation



C a r s t e n B u r m e i s t e r

My spiritual journey began in 1987 when I travelled to India and met Guru Maharaj Charan Singh Ji. Since then I have been a meditator. In my practice I do not anymore follow those traditional teachings; rather I use a simple yoga and Zen inspired meditation routine.



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Foreword

What is meditation?

Why would one want to meditate? There are two aspects of meditation, a) it calms and relaxes us, it potentially elevates us above the turmoil of our daily lives ... that primarily is the Western outlook; b) meditation can be more, where it does the above but then advances us to a loftier goal, that of enlightenment ... this is the Eastern perspective; in THE ART OF MEDITATION I attempt to address both aspects.

When we venture into meditation as beginners, we start with a scattered, restless mind. Our thoughts dart all over the place and we have very little control over them ... if any. This is the first stage in our meditation, we want to progress from here as quickly as possible. The next stage is mindfulness, when we observe mind and concentrate on the breath; the third stage is to still or empty the mind. This true meditation purpose of stilling the mind is arguably the most difficult task there is ... hence the practice is more of a journey than a destination.

But what is the concept behind the 'empty mind'? When we analyze the world and assess 'reality', we will necessarily form our opinions and beliefs with referencing our very own world-view ... and for most of us it's near impossible to see the world from a different viewpoint than our own. The instrument with which we do this is our mind. In talks and discussions we readily invoke the 'Power of the Mind' ... which truly is awesome. But the mind has powers that work against us:

Mind can create bias and bigotry, fear and disillusionment ... as well as anxiety, stress, depression and disease. At times - namely when we want to 'get real' about where we stand in the world, where we stood in the past and where we want to go - we need to clear our ever restless mind and allow ourselves mental inactivity, respite, time-out ... that way we can create space for new ideas, new directions, new undertakings, for potentially calm, clear, unbiased thinking. Furthermore, there is scientific evidence that this process brings us closer to our goal of inner peace. Meditation is the key to this process.

THE ART OF MEDITATION (TAOM) is a four-class course. On the following pages are an outline of the course curriculum and the class schedule, followed by a two-part introduction. Please read part 1 before you start the course (points 1 - 18), they cover the practical aspects of meditation, the nuts & bolts, so to speak, which are dealt with in the first two classes of the course; for classes 3 & 4 of the course please read part 2 of the introduction, points 19 - 42.

For more on meditation, mind, lower & higher consciousness, spirituality, enlightenment, Zen and many more related topics, there's also my book [en.light.en.ment](#).