

Meditation

There are two meanings to the word “meditation”. Usually it refers to a period of time dedicated to an activity: “to meditate”. But true meditation, that which interests us here, is neither an activity nor a practice, something with a beginning and an end in time.

Initially we have the sensation or impression that meditation is a task, another event in the continuous flux of events which constitutes our existence. But in reality meditation is the background of such flux.

Trough investigation we first discover what seem to be fleeting meditative instances, glimpses of truth. Gradually we realize that meditation is not a fleeting event among others, but that meditation is beyond time and in truth all events take place “fleetingly” in it.

There are only two requisites for meditation: pure intention and openness. Pure intention means not desiring any gain or to reach anywhere, not having a personal interest but just pure interest for the truth. We are looking for something we do not know, which seems an impossible task, so we must put aside all our beliefs and expectations. Openness consists in this absence of prejudices.

True meditation manifests itself when, finally, what seemed a practice disappears in it. It is simply another name for our true nature, the reality of our existence. We do not meditate, we are meditation.

Pedro Brañas