

Meditating

One of the objectives of meditation is not to think as you sit in a collected posture. Concentrating on your breathing, for instance, helps to stop your thinking process. With time, the body learns to relax, thus providing a sense of comfort.

Thoughts find their way in your mind and you travel to strange worlds. Colors, images, dialogs abound. Conversations with friends take interesting perspectives. It is like watching a movie. You accept it and gently erase it from your mind.

In a recent session I saw a setting that reminded me of the south of France. A round wooden table painted with a soft green color was in the patio. The shade of trees created a cool feeling on a summer day. Four wooden chairs invited you to sit down.

Warm bread *baguettes* with a golden crust were asking to be touched and eaten. A plate with different types of cheese, a bottle of chilled-to-perfection Sauvignon Blanc were asking you to start the lunch. Two place mats had prints of French impressionist paintings. The food was light and tasty. A painter would have enjoyed capturing the mood and the colors.

The stage was set. My host and I began talking about business and the purpose of it. We agreed on the importance to stay serene as a sign we have control of what is happening. The fun part is when you become what you are doing. Suddenly it is difficult to differentiate between reality and dream. It just happens, as you realize you become what you are thinking. Reality is just a version of your imagination.

Suddenly I became aware my thoughts were taking over again. Gradually I began to concentrate on my breathing and on not thinking. Sliding in a state of non-being.

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