

Be quiet, Be still!

*Here's a challenge – how long can you stay silent and still?
Can you shift focus from the outward towards your innermost being?*

IN all the chaos of everyday life as you hurtle along from morn to eve, from the moment you jack-knife from bed to the time you hit the pillow already half-asleep, do you take out a single quiet moment? Not a moment for others, not for yourself, nor for any other great activity! Just a moment for Nothing! A moment not for reflection, but just to be, a moment in which you just exist and do nothing else. You just ARE.

No time for Me-time? Try it.

Pause, close your eyes and let your mind go quiet; sink into the kind of peace that silence alone brings. A moment when the sound around quietens because you become immune to it; a moment when tension ceases because you don't allow it to affect you anymore. A period in which all who matter no longer seem to, because you have removed yourself from everyday situations and receded to a world of your own... your perspective

just shifted.

Silence they say is a great healer, and a meditative silence, a great teacher as well. Here's a challenge -- how long can you stay silent and still? Not the kind of silence that participates in all activities around, but the kind that allows you to turn inward and focus.

Be quiet. Be still. Focus on what you wish to tell yourself; listen to what the Universe wishes to make you aware of. A meditative stillness that allows you to

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transcend the self and understand life and its posers by shifting perspectives.

Clear your mind of all thoughts...let them just flow out and away... Give yourself the opportunity to hear yourself and the message the Universe wants to give you...

Truly, when did you last hear yourself? We are so busy looking at and aspiring for symbols of success that we look towards others for authenticating our selves. We forget that real ratification of who we are is within...why would we need to look out?

As all noise and chaos recedes, feel the calm envelop you like a mother's hand on your head, like a lover's caress on your body. Feel it seep deep within and you will start feeling the

effect of that calming touch on your heart, calming all your fears, stress and insecurities; you will feel it on your soul, revealing to you how irrelevant are your tensions and all the hully burly of everyday life.

You will feel yourself melt into a nothingness that becomes one with nature. You are the green in the leaves, the perfume in the flowers, the chirping of the birds and the sweetness in the fruits. You sway with the soft breeze and shimmer with the sun and moon.

When you reach this state,

“YOU ARE THE GREEN IN THE LEAVES, THE PERFUME IN FLOWERS, THE CHIRPING OF BIRDS AND THE SWEETNESS IN FRUITS”

nothing seems to matter anymore and you come back to the world, all questions answered, problems solved. For the answers are all within...just ask and you will get them. Your instinct, inner voice, Greater Self or Supreme Consciousness... call it whatever, guides you...

Is this meditation? I am not sure, though I would imagine so. All I know is that such a feeling is like an intoxicant. Once you have experienced it, you yearn to go back again and again.