

# WHAT IS MEDITATION

Meditation is the process of **self-purification** by **self-observation**.

One begins by observing the natural breath to concentrate the mind. With a sharpened awareness one proceeds to observe the changing nature of the body and mind to experience the universal truth of change and impermanence.

Meditation is a universal remedy for universal problems, and has nothing to do with any organized religion or sectarianism. For this reason, it can be practiced freely by everyone, at any time, in any place, without conflict due to race, community or religion, and will prove equally beneficial to one and all.

This practice helps quiet the active and busy mind sometimes referred to as the **monkey mind**

Imagine you are trying to see to the bottom of a lake. If the surface is full of waves, your vision cannot penetrate the surface. But, if the lake is still, you can see to the bottom. Similar to the mind, if it is filled with waves then we cannot see clearly to the depth of things.

