

Finally - Meditation practice - brining it all together

What did we cover

- What is happiness
- Dealing with uncertainty - patience acceptance, karma
- Grasping - the mental activity that hold onto things and identity as fixed
- Love - the three types of love and the problem of grasping at a self and the development of self preference

Tontight Meditation practice - to bring it all together

This is where most people get stuck.

The parctice of meditation.

What is meditation

In order to make sure we talk about the same thing we need to define meditation.

This is for the sake of all of us being on the same page.

Without clear definitions at the outset it is easy to get our wires crossed and start arguing unnecessarily with the other person about meditation. It is just a question of which definition do you work with.

Meditation is familiarizing our mind constantly and thoroughly with a virtuous object. Out of the many functions it has we can think about

1. pacifies our mind
2. helps us change our instinctive view of the world - especially when we discover our view harms us

Why do we need to meditate

The reason we need to meditate is because we want to be happy and for as long as we have views about our self others the world and life in general which are incompatible with peaceful mind we shall never be happy

Difficulties we face when learning to meditate

Like with anything, something catches our curiosity, we become interested in it and we begin to engage with it. This can be anything food, diet, hobby, sport, and yes - meditation as well.

Why do people get curios and why do they begin to buy all the merch and go to clubs etc - not for me to say, every person will have their reason(s).

The question is why do they stop going is the interesting one.

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