

The Meditation Experience - "Surprise"

The word "peach" and the taste (of a) peach exist in vastly different experiential realms. Likewise, there is the topic (word) "meditation" and then there is the experiential realm (sans the five senses) of meditation. Let's look at this graphically...

Here is the word "surprise" printed on a white field with white letters.



Here is the word "surprise" printed on a black field with black letters.



Q: Can you read the words?

A: No!

Q: But why not? They ARE printed there!

A: Because there is no contrast (in this case black contrasted with white). If you want to read words, you have to have a visual contrast. We all know this from our life experience, yes? In the same way, if you want to know what meditation is, you also need contrast.

The word "surprise" IS printed there in the illustration. That's a fact. (I know because I created it.) Now, your mind might doubt I'm telling the truth. That's fair. You're allowed to have your opinion. Nevertheless, the fact of this illustration is very real. Where did the word go if you can't see, touch, taste, smell or feel it?)

*This is not some grade school mind trick.
When it comes to meditation,
this is really quite a mature/serious topic.
Where is the word "surprise"???*

Now, your mind might convince you the word is not there. Do you believe your mind? Per-

haps, because YOU didn't make this illustration ... but you could! And YOU KNOW that if you write on black paper with black ink or white paper with white ink you won't see any word.

Our WAY of perceiving prevents use from seeing a word even though it is there. In the same way, meditation is happening even though you don't perceive it. The practice of meditation is to support your ability to know what meditation is by direct, personal experience. Just like the word "peach" is not the experience of a peach, the word "meditation" is not the experience of meditation.



There is a coming-to-terms with trusting something (let's call it "awareness" or "felt sense") that confirms that the realm of meditation is able to be directly experienced. Meditation, then, may seem illusive but that's only because a contrast has not been distinguished or experienced. "Meditation Basics" is designed to awaken the direct experience of meditation. Not the word ... but the experience.

Ken