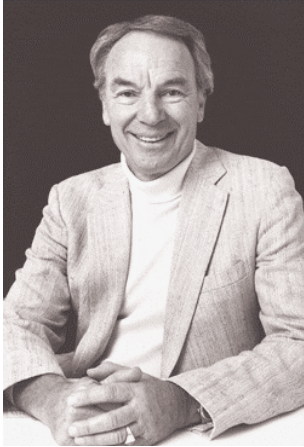


## Why meditate



**K. Bradford Brown**

### Some background

You might think of the mind (or that part of it we think of as “us”) as having two different dimensions. One is the dimension of who we *think* we are or ought to be (the word ‘think’ is the key here). This is the mind organising itself to become what you’ve made yourself up to be and which you keep trying to live out in your life. It’s what you call your ‘personality’, the persona you try to present to the world.

Then there is who or what you are afraid you might be. For example, men are supposed to be tough, so if you think you ought to be tough, you try to present yourself like that, often in your relationships with women. If this happens to be your persona then the thing you fear most is being seen as some kind of wimp. You don’t want to look like a wimp and so you are driven to act powerful, or at least to look as competent as possible.

Not only is this presented to the outside world, we actually fight for it, which is what is called the activity of the ego. The ego self fights for itself, and a lot of people will attempt to help you to do a better job of being who you think you *ought* to be and not be so fearful about who or what you are afraid you might be.

But who are you, really? There is a whole other dimension of the self which is sometimes referred to as your soul. All the great contemplative traditions speak about this part of you. You can call it the 'real' self, or the 'realised' self, you can call it any number of things like that. And More To Life has something to say about what happens when our made-up persona meets up with real life, in those moments we call "lifeshocks", which is what happens when real Reality meets up with my personal reality.

If you can imagine everyone in the world trying their hardest to be something they are not, you will get the picture. Because when we try to be a certain way that doesn't match up with reality, we will get a big bump from reality, the reality that has a capital R. Your reality and real Reality bump against each other, as when when you think, *'I shouldn't have to put up with this or that'*, or *'I ought to not be having this pain...'* The ego is something we try to hold on to, but Reality says *'sorry, it's not what you think!'* Reality is pure and unconditioned, it is "as-it is" – and nothing you say or do or pray for will change that. What needs to happen instead is that the ego needs to change.

In my case I spent a large part of my early life inventing myself as: *'well, I am strong now, my father is weak, my mother is an alcoholic, and I'm not going to be either one of those. I'm going to be strong and look after my sister and I'm going to be the saviour of the family, I'm going to be there making everything right when everybody else is doing everything wrong.'*

The more I created myself like this, the more acknowledgement I got everywhere I went about how smart and competent I was. Because that's what I thought I was. But one thing I couldn't reveal is that I was scared to death of what was going on, and was very, very needy for my mother's love and for my father's love. Which they couldn't give me very much because I was so busy making them all wrong in the first place for being that way while I had to be this other way. So I could never get what I really wanted, and it was all put in place by my own interpretation of what I was supposed to be.

Interpretation is a key word here. Interpreting is what you are doing every minute, even now as I am writing. You are interpreting what I say through the grid of how you understand these matters I am talking about. You're doing it right now in your own life, as in 'what's going on with my belly right now', wondering whether you are going to have gas after your lunch today, *"will I burp in public?"*

It goes on, it's going on like that all the time, trying to find the equilibrium of who I think I am and how I ought to be, scared to death I will turn out to be something I am afraid I might be.

Our programme help you to identify those times and break through to reality as it really is. We teach you tools you can use to align yourself with the truth and let go of what you thought you had to be. And each time you experience one of those moments in time when life gets through to you, and you really get the truth of it, it will deliver you to a space of oneness with Reality.

It's the same with resentment. Resentment creates this wall of indifference which isolate us more and more, building up the ego's defenses. It's all just an illusion. And when you learn to release yourself from resentment, you will find everything changes the moment you let go: bingo, you get to be who you really are, not the one you made yourself up to be, much less the one you were afraid you might be. And it is fabulous, because you are really so much more than the one you made yourself up to be.

## **Meditating**

So, about meditation. I see meditating as nothing more than sitting in 'I am who I am.' Just sitting there in a pure unconditioned state. You're not interpreting anything, you're just following your breathing, you're just being there in your being-ness. Things go by, and you let them go by. Each time you notice you are having an interpretation of something, you just let it go by. You stop worrying about the interpretations, you stay with the breath, you sit quietly and just stay there, holding the space of Being. Then what will start to happen is that that other part of you comes out – the part which is normally stowed away in a little tiny space way down inside of you and protected and covered over, partly because we all have belief like 'if we let ourselves out as we really are, we would be so powerful it would blow the world away...' Not so.

When you do your process work and you meditate, you start loosening this up. The cover-up and the protection begin to drop away, and a new space starts to open. What begins to happen is what some call soul building, or self building, or self realisation. The part of you that knows itself, says '*I am who I am*'. You are who you are. That part knows something, it knows who you are and it sees you just as you are, without any evaluations or judgments, and you start to see the world through the eyes of 'it is as it is'.

Now you are a little more ready to be in your life without the ego self taking you over. You start working with the real thing. What is really happening here,

now? What *is* happening? Not, should be happening, or ‘what did I make up about this?’ It can seem difficult to do this because you make up yourself so much it’s like a screen, it can be difficult to see through it. But the fact is that without all the added on interpretations and demands, a lot of energy and time can be released. This is where wisdom comes from. A lot of your experience can be pure letting go while you are in the space of seeing things for what they are. Not what you made up, just the real thing. Not the separation, not the busy doing, not anything else. What Martin Luther called *behind the thou*. In connectedness, together in some sense, so you see the separations keenly but you also see the connection, and the possibilities.

When you meditate you are feeding this part of your life. You are training your mind to calm down its interpretations, you’re training your mind to dwell, in effect, in a higher field of existence. You’re also setting yourself up in a relationship with the energies of the universe that are part of the great is-ness, the great “I am”. You sense that as you are in this, you are not just a small “I”, you are part of the ‘I am’. This is *‘I am who I am’*. And we are one. We cannot really be separated. So that’s the reason why it is really useful for you to do some meditative work.