Meditation and the Modern World

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In the past, it has been possible to become extremely deluded about the effects of meditation, this is still something that is possible. However; by studying the chemicals and neurotransmitters in the brain and studying brain scan imaging, it is possible to observe the effects of meditation from a completely neutral perspective. Part of Buddhist philosophy is that delusion is part of our spiritual growth. It’s difficult to face down this delusion, especially when it’s profound and has become part of someone’s life.

Perhaps delusion is based off of pain, or a need that has never been acknowledged. Letting go of that need can be devastating; but meditation can allow someone to let go of the illusion of self. It is impossible to study a spiritual subject while under the spell of illusion/delusion, but science allows us to come to a consensus that meditation is a leveler that allows us all to become better people who are more coherent and free of from our illusions.

Our brains are good at telling us when we are in pain, but they’re too good at it. They can also make us think that we’re better than we actually are and think that we are the author of our actions. Our brains can make us think that we have a central persistence throughout time and therefore that we are the authors of our lives. By meditating and by looking at meditation through the scrutiny of modern science, we can see that our brains modulate and regulate the chemicals that we require to become balanced. By coming into better balance; we can see that we weren’t in balance before. What we saw before was not balance, it was in fact, an illusion. We have modular minds that appear cohesive only because when we are inside each section, it appears to be an entire reality. Once we move into the next section of our life we leave everything behind and along with it all that we had learned and all that we were. This leaves us in a shallow and awkward position if we insist on clinging to the idea that we know what reality it.

Science backs up the idea that we do not know everything, because when we mediate and we let go of the preconception that we do know everything, suddenly all of our neurotransmitters, all of our serotonin, our GABA… everything comes back online and into alignment so that we are right with ourselves again. Our brains as seen by science show us that we don’t need to have a central self in order to ‘write’ our reality, we need to let things be and they will write themselves.

By watching the effects of meditation we can see that there is a flow to the mind that follows the natural flow of the universe. It is the same way that the universe doesn’t have each flower report when it’s time to be pollinated, each flower just *knows*. In the same way, when we are in alignment with ourselves and with the universe, then we know what to do and where we need to be in our own meditations and in our own spiritual growth. In the same way that every flower has a life cycle, we know when to have our own life cycle when are in harmony with where we need to be in our own evolution of self.

This is where the metaphor of modules came from; the different modules are like a swiss army knife: we all have different functions that are needed at different times. Of course, this is an incomplete metaphor as shown by the more free flowing style learning of Artificial Intelligence. I think we can learn something more from this with AI to say that we don’t have to necessarily acknowledge the limits that we think we have in order to further our evolution. If we can learn from the modules and interact with them and not be limited with them, then maybe people will cease to fear science and AI and begin to embrace our own limitless possibilities.

Studies and References:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4769029/>

<https://www.liebertpub.com/doi/abs/10.1089/acm.2006.12.817>