

Mindful Togetherness

Concentration is a clear, stable tranquility that forms the basis for the wisdom that knows things as they are, and leads one's mind to absolute wisdom and, in the process, uproots all delusions. Wisdom is both the beginning and the end of the path of practice. True wisdom is responsible for initiating the spiritual journey and, ultimately, with the arrival at the doorstep of absolute wisdom, the journey, as we know it today, ends.

The problem with untrained human minds is that their attention spans seem to become increasingly short. These minds expect and often demand quick results, such as pressing a button or a key. Spiritual experiences to the untrained mind are a gradual path that depends on gradual maturation. Those who are unwise and undeserving are in a hurry to obtain the expected result, as they have very little knowledge of themselves and what spirituality truly means. The practice of meditation to realize peace is not the same as pressing a switch and putting on an electric light, expecting everything to be immediately flooded with light. It has its gestational stages.

One must continue practicing it steadily. Irrespective of whether one does a lot or a little, one should do so daily. Being careful with our speech, we should watch our mind the whole time. Analyze what arises in our mind, whether it is pleasure or pain, remembering that none of it lasts, it is all kind of deceptive. Meditation is similar to the process of planting trees. We dig a hole, place the small sapling in it, fill the earth around it, regularly put fertilizer on it, water the tree, and protect it from pests. That is our only duty, that is, what orchard owners do. Whether a tree grows fast or slow is its own business; it has nothing to do with us. If one does not know the limits of one's responsibilities, one ends up trying to do the work of the tree and ends up suffering. All we must do is see fertilization, watering, and keeping insects away. The speed of tree growth is the business of the tree. If we know what is and what is not our responsibility, our meditation will be smooth, relaxed, unstressed, and fretful.