

~ Key Points of Meditation ~

Intention and Motivation Part 1

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When you meditate, it is very important in the beginning (of the session) that you have a good motivation. This is really important.

What is a good motivation to have?

Why are you going to meditate? Is it just to benefit yourself, or is it not only to benefit yourself but to benefit more than yourself — maybe your friends, family, maybe your puppy, maybe your colleagues, or maybe your social group or society, or maybe for the world, for world peace? It is really important that your meditation is not just for yourself. Of course, it is for yourself — it is very important to make yourself calm and peaceful and to grow your inner capacity, wisdom, and compassion, all these things are really important. At the same time, if you become peaceful, and if you become more creative, it will automatically be of benefit to your spouse, to your family, to your friends, and even to your puppy or society, in general.

When I fly in an airplane, everytime at the beginning of the flight, before take off, they make a small announcement about how to use the oxygen mask. They say, "Before helping others, put on your own mask first." Therefore, I thought, to help yourself is to help others. If you try to help others without helping yourself on the way, in the end, you cannot help both, right? So, to bring peace within yourself is the same as bringing peace to your friends and family and colleagues. When you look at the bigger picture, the world is, kind of like, our common... we are all part of this world. Especially, if we transform something that is unique, the influence of that transformation becomes big. Normally, we say that we are all part of this, like ripples.