

THE WORK - THE WAY

Why am I unhappy? Unhappy? Sick?
Or lacking in motivation and energy? Upset?
What is blocking my joy of life?
What prevents me from being who I really am?
Why do I need so much external security?

*Consciousness is the only truth. Its essence is bliss.
Ultimately, there is nothing but this bliss.....
Joy comes about, when the mind is turned inwards
and suffering when it is directed outwards.
In fact, there is only joy;
Only its absence results in suffering.
Our being is joy - bliss (ananda).*

Ramana Maharshi

Joy, contentment, happiness, health, that is what we all seek. But where do we find it? And how?

All attempts to find it with doctors, with good insurance policies, through alcohol, through drugs, through economic success or through a partner will always fail in the end.

The direction of our search is not right.
Because just as our life energy is within us, the possibility of being healthy and happy can only be found within us.

There are many ways to the inside, but which way you ultimately follow is usually revealed to you once you have started. And then it will be exactly the path that is determined by you and your theme.

If you are interested in more details about the work and the path. I invite you to read on here.

The way of meditation and consciousness

The agitated, overactive mind is quieted and turned inward with meditation. And:

The practice of meditation brings about a turning back to our true being.

Meditation is our true being.

Ramana Maharshi

This is a way of doing nothing. Because nothing can be done to come back to oneself, to come back to one's centre and one's true being. Meditation is doing nothing. Which does not mean that nothing happens. Meditating creates distance between me and my thoughts. And it can become clearer and clearer:

Everything you think you are, you are not.

*But in order to understand who you are,
you must first understand who you are not.*

Sri Nisargadatta Maharaj

The distance between me and my thoughts mentioned above is what helps me to be confronted with "me" (= what I think I am). The moment I confront myself with a hitherto unconscious, unloved, ... part of "me" - not only with my head, but with every cell of my body - and accept it, it dissolves.

Because: **This is not "me"!**

This is a process of consciousness that has its own rhythm and its own pace.

Relatively quickly, however, I begin to relax, because it also quickly becomes clear: everything that others say or think about me, everything that I myself think about myself, how I have to behave in order to be recognised or to be able to recognise myself, all that is not "me" at all.

I can relax: No more judgement! No criticism!

Through meditation and silence, the connection with existence is re-established and the divine in oneself can be perceived again. And in the moment when this is conscious,

I am joy. I am bliss Osho

FURTHER WAYS

Humanistic Psychology

Osho

Sometimes the path of meditation is too difficult. And obviously not only in our westernised, externalised world. Chögyal Namkhai Norbu Rinpoche, a Tibetan meditation master, writes about this:

The mind affects both body and energy and depends simultaneously on the state of both.... It is important to understand the interdependence of mind and energy.... There are cases when it is not possible to quiet the mind through meditation. Then it becomes necessary to perform movements and breathing in order to control the energy again.

The practices of humanistic psychology - which addresses the wholeness of the person and strives to harmonise body, mind and spirit - among others, are also based on this realisation. So are Osho's active meditation techniques.

In the early 1970s, the Indian master Osho developed these active meditations for "modern people" with their stressful and hectic everyday lives. Through intensive movement, the sometimes strongly blocked energy gets moving again and at the same time the body is occupied and the mind can become still.

Osho's teachings are very extensive. The work based on this was and is a life-changing gift for many. It is always about LIFE, just surviving is not and has never been enough. To go into this in detail would go beyond the scope of this article. However, here is one of Osho's teachings:

Question Osho, "Only compassion is therapeutic" you said.
*Could you comment on the word **compassion** ?*

Osho Yes, *only compassion is therapeutic because all that is ill in man is because of a lack of love. All that is wrong with man is somewhere associated with love. He has not been able to love, or he has not been able to receive love. He has not been able to share his being. That is the misery. That creates all sorts of complexes inside. Those wounds inside can surface in many ways: They can become physical illness, they can become mental illness, but deep down man suffers from a lack of love. Just as food is needed for the body, love is needed for the soul. The body cannot survive without food, the soul cannot survive without love. In fact, without love the soul is never born, there is no question of its survival, You simply think you have a soul. You believe you have a soul because of your fear of death. ... **Only in love does one come to feel that one is more than the body, more than the mind.***

That is why I say compassion is therapeutic... Compassion is the purest form of love. Sex is the lowest form of love, compassion the highest form of love. In sex the contact is basically physical, in compassion the contact is basically spiritual. In love compassion and sex are both mixed.

You can call compassion prayer. You can also call compassion meditation. The highest form of energy is compassion

FURTHER WAYS

Traditionel Qi Gong

Not to forget the path of traditional Qi Gong.

Ancient Chinese sages found out that when we are not well or when we are sick, the life energy in our body is blocked and imbalanced.

I find traditional Qi Gong to be one of the fascinatingly potent "answers" to Chögyal Namkhai Norbu Rinpoche's insight. Through certain movements, through special breathing or through specific ideas, we directly influence the flow of our life energy and thus the state of our everyday mind.

However, as Grand Master Zhi-Chang Li explains it here, there is much more involved: *Qi Gong is the jewel of the Chinese cultural heritage. It is based on the ancient Chinese tradition of the central care and cultivation of body and mind and contains a highly differentiated knowledge of the "core power" of life and of the way in which we can activate, train and nourish this all-pervading power.*

Grandmaster Zhi-Chang Li

The practice of the traditional Qi Gong - Ben Neng (the inner healer), the "Spontaneous Movements" and the Hui Chun Gong* show amazing healing (and rejuvenating) effects.

According to Monnica Hackl, *the body can revitalise the mind by ensuring through the exercises that other disease-causing and harmful patterns are dissolved and new life-giving and healing patterns take their place.*

When energy blockages dissolve through regular practice and then energy flows more and more freely in our body, the mind becomes calmer and clearer. Previously unconscious contents/themes can become visible and can be felt and thus dissolve. Salama, my first and revered teacher on this path, put it this way a long time ago: *Only when we become aware of these "programmed legacies" can we dissolve them, heal old wounds and expand our consciousness.*

However, when we walk this path, we don't really have to do this - **it just happens**. When we practise regularly, we create the conditions for recognition, for dissolving and for being conscious. When we practise, we experience that it is actually possible not only to re-activate our life force, but also to clear our mind.

And more and more often, as if out of nowhere, we feel a deep happiness.

* Energy and rejuvenation exercises kept secret for centuries, until recently reserved only for Daoist monks and, in the past, the Chinese emperor.