

Today was the first Darshan of the 'Europe-Tour' in Sabine's house. She is a lovely person and there was a very nice atmosphere in this Darshan, this group meditation. I explained today what meditation is for me.

Many people may have an idea about how a meditation should be. They should sit down with crossed legs, close their eyes, breathe in a certain way and so on. But I do not want to have rules like this when meditating.

The Sanskrit word for meditation is 'dhyān'. This word does not only mean meditation but is also used in the sense of awareness. If you do anything with dhyān, you are fully aware of what you are doing. And this can be while walking in the forest, while reading, while working on computer or while playing with children. Anything can be meditation if you are there with your full awareness. It is not meditation when you are walking in the forest and at the same time thinking of your work. Then you are not concentrating on what you are doing at that moment. In this way I feel that meditation can be in so many ways and you do not need any rule for that.

I always say in Darshan that everybody should please sit down however they feel good. You cannot listen to your heart if your knee is hurting because you are not sitting comfortably. In this meditation everybody should start accepting himself and expressing himself and this starts with sitting the way you want or lying down because you feel like it. I say I can only tell you what meditation is, you have to decide yourselves in which way it feels good for you. This creates a wonderful energy.

Thomas also played music on the Sitar and contributed in a great way to this pleasant atmosphere in which many could just relax and accept their feelings. I am very happy about this evening.

