

Meditation is a very powerful way towards creating a distance between the body-mind and consciousness and experiencing one's larger identity.

Our mind can be compared with a house with 3 floors. The first floor is a discotheque. This is our active mind with all the noise and movement, with thoughts, emotions, and actions.

The second floor has only one television that conveys live from the discotheque. Here you don't participate but witness. We can also call this the 'witnessing mind'.

The third floor which is absolutely silent and quiet, we call this the 'quiet mind'.

The guided meditation in the retreat starts with a talk on spiritual orientation. Then one is led gradually each day through the stages of active mind, witnessing mind and quiet mind. Once we reach to the quiet mind where we experience a deep peace, then one is taken beyond the 3 stages in to the 4th stage which is the dissolution of the 'little I' and a merging in to the 'bigger I'. This encompasses all the 3 stages of the mind and also everything else in the universe. One is led to the experience of oneness with all creation.

