



When I was young I read poetry, and one sentence awoke in my heart the nostalgia of a forgotten state of being:

“I would like to be a simple puddle of water to reflect the sky.”

To get back to simplicity and transparency would allow Infinity to reflect itself in me. Meditation awakens in me the longing I had of becoming that simple and humble being, yet rich with the immensity of the

universe. That spiritual longing is there in us. The awakened state is not only for the Buddhas, it is for all of us to meditate and let ourselves be fascinated by the beauty of our inner world.

In today's world we tend to look at the outside, seeing people in two dimensions: he is big or small, fat or thin, beautiful or ugly. We don't see the depth, because this can only be seen with the eyes of the heart: if we don't see our own depth we can't see it in anybody else. I discover this universe within through meditation.

**BeNeDICTe HerVy**

Life is meant to be simple. Charlie Chaplin observed: "We think too much and feel too little." We complicate life with our over analysis of it. Many a time I have asked myself, what does meditation actually give me? Why do I take time out from my schedule to sit and meditate on the heart? The answer is inevitably linked to gaining that space within. I guess that's why the wise men of yesteryear have said that the essence of life cannot be known by the five senses. To know it, we need to connect and dive deep into ourselves. This experience is the best teacher.

**Durga V. NagarajaN**

Over the years I have learned that my experience is different every time I sit to meditate. I look forward with anticipation to what it would be like on a given day. I have found that when I meditate I access a part of myself that keeps me honest – my heart. Meditation acts like a mirror that shows me what I am carrying in my heart. When I connect with it I feel grounded and go into a space where I quieten the mental chatter, slow down and feel 'endless' in existence, connected to all around me.

**CICI SAFAVI**

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