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SYNERGISTIC EMERGENCE IN THE 21ST CENTURY

Yoga Readings

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Meditation ... Medi-cate or Medi-tate?



Meditation has been around thousands of years; yet its benefits have recently hit mainstream. Why? Because modern society has come to a brink; we have more distractions and medicines that numb than ever before ... as my teacher Baron Baptiste says, the question is are we going to medicate or meditate? Meditation is a user-friendly, body-friendly approach that produces superior results to alcohol or drugs, and it's free!

It is only when one either gets to a breaking point or comes to grips with the fact that they are going to die, that an urgency to "wake up" occurs. When this happens one naturally begins to take actions that are life affirming (like meditating and taking better care of their bodies) rather than life numbing (like medicating and living their life in one addiction or another). It is similar to the simple picture of the black marks on the paper ... where the most obvious is the 'old hag'... but if the observer shifts her focus, suddenly a sweet, petite French-looking woman pops into view. Similarly, the reality of your own death has a powerful way of shifting one's focus, which then generates a new view of life with a healthier set of actions and habits. Choice is always better than a life predicament that's undesirable. At this point the question is, "Are you going to meditate or medicate?"