

Patience

When it comes time to meditate can one concentrate on the object of meditation or is one pulled to and fro with distractions? No doubt this is a challenge that we must all face. Ultimately setting the goal is the first step and then it is the process of implementing the direct observation of the word(s), breath, mark on the wall, candle or whatever the focus of attention is directed to. The will is the first step and then with quiet patience, the meditation/concentration is to be carried out as if on its own without interference. The moment a distraction arises then there is the choice to further that new train of observation as a new goal or is there the ability to grasp the reality, be patient and neutral, and to redirect the observation to the original object of meditation. In fact, we need to be patient with ourselves, because the attentive and effortless attention requires neutral clear observation. Being neutral with oneself and patient, and effortlessly bringing oneself back on track.

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