



MEDITATION AND FREEDOM

Meditation only becomes real, powerful, authentic, and *liberating* when it is a practice of letting everything go. Otherwise it is reduced to little more than a psycho-spiritual relaxation technique. It may make you feel better, but it won't set you free. Feeling better and being free don't necessarily mean the same thing. Feeling better is relative; being free is not. Ultimately, spiritual freedom depends on how profound is your ability to let go of everything—and not just once, but over and over again. If you understand what it means to let go of everything, you know everything you need to know about meditation. Then your meditation is *real*. It's the posture of freedom, the posture of enlightenment. It's a profound existential stand you are taking in relationship to life and death; a spiritual position you are assuming in relationship to eternity.

~ Andrew Cohen

