

"When we make music we don't do it in order to reach a certain point, such as the end of the composition. If that were the purpose of music then obviously the fastest players would be the best ... When we play music the playing itself is the point. And exactly the same thing is true in meditation. Meditation is the discovery that the point of life is always arrived at in the immediate moment."

— Alan Watts

"So, what's the point of meditating?" you ask. Well, there are practical benefits: mental clarity, greater productivity, improved health, and so forth.

But as you continue to meditate, the experience becomes its own reward. Eventually, you'll start to look forward to it when you wake up and, if you you meditate at the same time every morning, you'll find that your body starts to automatically shift into that meditative state as soon as you sit down.

Plus, as your practice develops, you'll be able to enter a more contemplative state even while carrying out your daily activities. That's when you'll really start to reap the rewards of meditation. When you no longer have to separate your "spiritual time" from your "daily grind," you'll be well on your way to stopping time. Because in that space, there is no past or future; there's only here and now.



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