

Inner and Outer Peace through Meditation

Sant Rajinder Singh

People try pursuing happiness and peace in many directions. Some have thought they could find happiness in amassing wealth, possessions, and new technological inventions, or in gaining positions of power and achieving name and fame. Yet, if we look at the lives of people who attained these, we often find they are unhappy. The things that they thought would bring them happiness did not do so. The problem with looking for happiness in anything of this world is that it is all transitory. A time may come when we lose the very thing that made us happy. Everything in this world is made of matter and as such is subject to decay. But we have within us a spiritual essence, our soul. The soul is not made of matter. Rather, it is a conscious entity made of spirit. What really brings the soul happiness is contact with the spiritual. The soul is in a state of continual ecstasy, joy, love, and Light. When we tap into our soul, we can drink from the fountainhead of this love. Those who meditate find they are filled with great peace, calm, and bliss. It is not a temporary peace, but one that is with us always. It is only a matter of turning our attention within to experience it.

The only way to reach our inner peace and bliss is to invert our attention. Right now, our attention is flowing outward into the world. Through our five senses, we are aware of the world outside and our physical body. But if we can withdraw our attention within ourselves, we will then experience the riches of our soul. The process of withdrawing our attention within, has been called by different names: prayer, inversion, or meditation. If we practice a meditation that helps pull our attention to the seat of our soul, we will experience peace; love, joy, and Light. This is how inner peace can be attained.

People who attain inner peace contribute to outer peace. Why? When we are peaceful, we handle outer circumstances in a much more calm and balanced manner. If we are peaceful, we will radiate that peace to those around us. If agitated, we will make others agitated. If we are happy, we can make those around us happy. When we are peaceful, we contribute to the peacefulness of others in our environment. Instead of trying to tell everyone else to be peaceful, if we are peaceful ourselves, we have contributed to the world by adding one more peaceful person to it. Rather than trying to transform others, let us transform ourselves. If each person can do this on an individual basis, then it will not be long before more people attain a peaceful state. My hope is that a day will come when the whole world will be peaceful.

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