

Samadhi Meditation #1  
Summary of Meditation Class December 6, 2011  
By Diane Weiner

In the Hindu tradition, the sanyassin is one who has abandoned his home to follow the path of vairagya, which means detachment, and sanyassa, which means asceticism. In my training as a Sufi of the Sufi Order International founded by Hazrat Inayat Khan, we learn from many spiritual traditions, seeing them as alternative ways to search after the one truth. In these four weeks we will be visiting the Hindu model of realization which advocates rising above the usual perception of reality (Hindus describe such perception as maya, illusion) and focusing on the part of us that exists in a depersonalized vantage point. Although such a re-identification may be the goal of Hindu spiritual practice, Sufis see it as only one ingredient of the fourfold exploration we have undergone for these sixteen weeks. The other three elements of our course are: turning within, developing the cosmic perspective (we covered these in the last eight weeks) and awakening in life (the topic for most of January 2012).

“So we look at the perspective of the sanyassin during these four weeks, whose life may have at first involved the fulfillment of a desire for all that life had to offer, they have reversed that altogether and now they are without desire and are not allowed to seek for personal satisfaction of any kind; and that includes a desire for personal ambition or glory. One has to be totally desireless which as you see is incompatible with life in the world, but later on I hope to show that the great wit of life is to be able to introduce the way of the sanyassin in the middle of everyday life.”

“And that doesn’t mean only to be free from the circumstances, because that’s what a sanyassin does—he leaves the circumstances in which he was—but it also means leaving the point of view that one had; let’s say being free from the conditioning that has brought about our way of thinking. So that means he doesn’t allow himself to be caught up in his thoughts; he doesn’t believe in the value of his thoughts even, so they get all scattered, because they’re not that important to him any more and he certainly doesn’t allow himself to be caught up in his personal trips, in his personal emotions, because that’s not being free. And so he becomes peaceful rather than joyous. Peaceful; impersonal; for example, he realizes that his self-image is a totally illusory picture that one makes of oneself; that’s not what one really is. And the consequence is that he is walking in the jungle, he doesn’t know who he is. While most of us think that we carry our self-image in the jungle, he doesn’t.

“ He becomes so much a part of the order behind the universe that he leaves his magnetism wherever he goes... he has no need of sleep... and in a state of Samadhi (transcendent illumination) he contemplates the whole universe as though he had been hoisted beyond it and was able to have a grand view of the whole process of life.

“ And also remember there is an ecstasy of discovering the eternity of your being that helps you to lift above the limitation of existence and the transient part of your being. I suppose it’s the ecstasy of overcoming gravity pull- a force that is continually acting upon consciousness, pulling it down. Or it’s being free. It’s also the ecstasy of this extraordinary consciousness that’s being awakened. ((Pause for several minutes.)

“All right, now just start breathing heavily. When you exhale, move your fingers and toes, and you find yourself back in your normal consciousness again. When you know that you can do that, you’re not so afraid of lifting yourself higher and higher. You know you can always come back.

“Now just let go one’s contact with the physical environment again, not allowing oneself to be caught in the mind, in the emotions. Dismiss the thoughts as not being valid, and as one does that one sinks further into sleep. When one dismisses the thoughts they become jumbled and the only thing to do is to transfer one’s thoughts to energy. And this energy assumes the aspect of tidal waves, breaks and eddies within the tidal wave. Once you unleash this energy it assumes a tremendous force, beyond your control. And it carries you. You get into a condition in which you are being carried by the forces of life, by the forces unleashed.” (from meditation by Pir Vilayat Inayat Khan in *The Leader’s Manual*)

After a few minutes, return to the practice of breathing heavily and moving your fingers and toes. Come to full awakening in the body, feeling refreshed because of the freedom that the experience brought you.