



Meditation and Peace

My Dear Atman!

A definitive measure of your progress in meditation is the extent and quality of your experience of peace. No situation in life has the power to rob you of your inner peace. And the nature of this peace is such that it cannot be expressed in words. It speaks for itself in silence... when you feel fulfilled by your very existence! Isn't that an incredible state to be in? Because, throughout our countless births, we had become accustomed to being content only through the act of acquiring something. But now, simply "being" is enough to induce peace and fulfilment. This state of being is the most conclusive evidence that you have stepped into the mystical realm of meditation.

Observe and assess your life – is your mere existence enough to make you happy, or are you still in the pursuit of happiness? Oh, now don't draw the silly conclusion that a meditative person's contentment makes him complacent, or incapable of doing anything new! It's just that all his new endeavours turn selfless, aimed at the sole purpose of returning to others what he has discovered within.

The journey is within, you don't need to strive to reach anywhere. All you have to do is return.

In Divine Peace

Sri Guru's Blessings...

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