

Meditation – Life is an Ocean

Imagine that there really is a Power greater than yourself, so immense, so infinite that it is like an ocean in which everything and everyone swims—we swim in that ocean. We each seek to swim freely and easily in this ocean of life. But we find it very hard to swim, we can't figure out why it seems so difficult. We believe we see others swimming along seemingly without effort. We dream of swimming in this sea of life as the dolphins swim with ease and grace. So we go to one teacher of swimming and they say to take the weighted belt from your waist. But you do not understand. You go to another teacher and they say to drop the rock. But you cannot drop the rock because you believe it has value. Then you go to another teacher who tells you to take your clothes off and you think that they are up to something. As you continue swimming along with great effort and struggle you become more and more tired until you finally give up and surrender to the ocean of life.

You take the weighted belt of restriction from your waist. You “drop the rock” of this world of duality, a belief of good and bad. And finally you remove the clothing of separation that has been pulling you down into the depths where you could not breathe as you had struggled to swim in life.

Great joy comes over you as you notice how you are now one with the ocean of life. You then notice how free, swift and gentle you swim. You see that you now easily swim as the dolphins swim. You swim as though you were pure spirit itself. You then realise as though struck by lightning, you are one with the ocean of life. This realisation sticks with you. We take this realisation into today's session. Keeping it with you always—I am one with all that is.