

Radical Meditation

Part 2: Personal Experience

As an example of the kind of experiences that may be had with the meditation discussed in Part 1 of this series, I offer the following:

Early one afternoon at around 2:30, I found myself beginning to slip into a trance. I recognized this as my call to meditation and soon found myself deeply submerged and out of my body, taking someone on a tour of the cosmos. At the conclusion of this tour, I returned to my physical body to find that the life force in the body had concentrated so deeply and completely that the body was in a state of suspended animation, and that to all appearances, as dead as a doornail, all vital signs suspended.

This state was not uncommon to me, so I was not alarmed. Were it not for its having lasting as long as it did, describing it would sound like someone trying to describe the deep sleep stage of normal sleep, which is brief by comparison. However, in deep sleep there is no memory of anything afterwards. In the experience I am attempting to convey, *I was completely conscious and I remembered everything*. It is impossible to describe, except to say that I was conscious of my body and my surroundings *in this and in another distinctive dimension simultaneously throughout the entire event*.

Eventually, I became aware that much time must have passed. Even though my eyes remained closed, I could still see and was able to see that it was twilight. I had no idea how long I had been in this state, but eventually it lifted on its own very slowly, and at around 7:00 that evening the body was able to move.

As is often the case with this kind of experience, something deep within had changed. Afterward, what little sense of time I still possessed was altered for several days, my energy was greater, I felt exhilarated and stronger, and I noticed, to my delight, that a particular physical symptom had disappeared.

Advancing Meditation

The experience I have related here is not unusual. Such experiences began fairly early in my meditation. More profound experiences were to come over

the years. I share this experience with you as an example of some of the many amazing things that can occur, even early on, with radical meditation.

As with anything one pursues with repeated practice in life, meditation advances over time and experience (at sixty-eight, I can also say that I am advanced in years!). Sometimes just knowing some of the possibilities can be inspiring enough to increase one's motivation to meditate and to hang in there. It is for this reason that I share this experience with you.

One of the difficulties with this type of meditation is that, being of an uncommon nature, it is not easy to find someone who knows it and its phases and stages and ups and downs. Well, now that you *do* know about it, you may want to learn more. You will find links to additional information below.

In a book entitled *Living the Mysteries*, Dr. Terry Preston has recorded some of the earlier years of my meditation. In this book you will find more experiences and hopefully come to understand the magnitude of *your own unlimited potential* and get an idea of the possibilities that await you.

Jaya Bhagavan (Victory to God!),
Durga Ma
DurgaMa.com

⇒ Learn more about this type of meditation:
http://durgama.com/surrender_meditation.html.

⇒ *Living the Mysteries* is available by electronic download or in hard copy through Amazon at PhoenixMetaphysicalInstitute.com/books.html.