Meditation helps us to connect to the pain or tension in the body, and observe the emotion that is revealed, and a space for healing will emerge.

When we rediscover who we really are and fill up with pure energy during meditation, we are able to heal ourselves from painful past experiences.

The world we experience is a consequence of consciousness, not a cause of it.

The phrase ‘When in Rome do as the Romans do’ means to do as the Romans do’ means that what one is doing is right. It is an attractive proposition, as one can escape potential embarrassment and hostility. But such thinking, and course of action, also condemns us to mediocrity and are unlikely to help us achieve anything exceptional. Any- one who wishes to do something worthwhile in life has to do it on the foundation of sound principles and character. This may call for swimming against the tide. It is values that make life worth living, and preserving them enables life even if one may have to forego comfort and convenience, and put up with discomfort and adversity. In the latter, loss is not a loss, but a gain, if the effort is taken up as a philosophy of life by many people.

A lot of us believe in following current trends without using our scruples too much, as it is easier to go along with the crowd. This means acknowledging who we are, and learning to take responsibility for our own lives. Even men’s scientific pro- gress has been made possible by individuals who challenge prevailing dogmas and conventional ways of thinking to realise new truths.

Modern scientific research and management practices encourage original and out of the box’ thinking to find innovative and effective solutions to problems. But while the world is welcoming for the practi- cal minded, it also comes with hidden values that may lead one to be the first to compromise in situations that test our character and good sense.

There are examples in history where the integrity of values in the pursuit of power has led to the downfall of leaders. The gradual abandonment of values ‘unrestricted self-indulgence’ has been a contributory factor behind the downfall of nations, empires, and modern societies.

When a doctor or therapist asks what child- hood experiences are behind our reactions, it may be impossible to answer. When we practise meditation and mindfulness, we become more aware of our inner world. Meditation helps us to construct our worlds and enable us to relate to people and situations. The mechanisms that we constructed will help us to:

- improve memory and mindfulness to be with the moment. We are more likely to react to things that are not in our best interest.
- change our reactions, to be more aware of how we perceive situations and events.
- increase our sense of self-worth and self-image, which helps us to feel more secure and less vulnerable.

This loss of awareness is what is described as ‘original sin’. However, original sin is not so much not knowing what was needed, as not knowing there was a time when everyone and everything in the world was good.

The gradual abandonment of values has led to the downfall of nations, empires, and modern societies.

Fourthly, and pivotal to our understanding of consciousness, is the idea of ‘original goodness’. McGilchrist puts it: “Con- sciousness is the stuff of awareness, not a cause of it. Consciousness becomes everything that we are, not something that we are not.”

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