

Wading in the Water — Sahaj

Don't you agree that one of life's finest simple pleasures is walking barefoot in the sand along the shore of an ocean or lake? So refreshing and calming, isn't it? In this, perhaps, simplest and most basic practice of natural meditation, visualize and feel that you go through your day wading in the ocean of love, that the nature of this water is love, which you can feel.

How to Practice

Visualize that this ocean is not just a private visualization. Visualize that everyone you meet is also standing in the ocean of love which rises near their knees. Love everywhere. All of us are moving about in it.

You sit with your family at the breakfast table and all of your legs are happily still in the ocean of love. You drive your car in the ocean of love to your work place and there your fellow workers and clients, your bosses and your maintenance people, all too are wading near knee deep in the ocean of love.

Now and then you can wiggle your toes to remind yourself of this visualization which you are striving to maintain, this way of centering in love. As you go through your whole day, note that this practice helps you to feel much more centered. And, in thinking of others wading with you, much more connected too.

Benefits

The practice of sahaj enables you to bring the benefits of your meditations into your daily life in new and wonderful ways. It enables you, in time, to live in states of higher consciousness. You have, in reality, centered in your true self. You have found the source. You have solved the mystery of your life and purpose.