

How Can I Be Happier? — Reflection

If you persist in meditation, you will transcend normal mental awareness and experience what is called *the Buddhi*. The Buddhi is that perfectly clear, poised, part of your awareness which is capable of giving you insight about yourself and your world wisely, lovingly, and unfailingly.

Meditators call these lofty, life-enriching communions with the Buddhi *reflections*. You won't be able to do these reflections until you have consciously caught the Buddhi rescuing the mind from its wanderings several times. You need to find that place in your awareness which abides beyond the mind and its thoughts, the heart and its normal feelings. Just remember, you've experienced your Buddhi several times a day, every day of your life, since early childhood.

How to Practice

Now the question to ask the Buddhi today is, "*How can I be happier?*" Sense clearly the question that arises from your preparatory thoughts and feelings and look at your thoughts and feelings from deep within. Watch them play and move about as if you are watching a movie or a dream. Don't jump back into the thoughts or feelings. Simply watch their play, their movement, with love and affection.

Strive to locate your vantage point in the area from which you have had previous Buddhi experiences which brought your wandering mind back to attention — that place in consciousness where you've experienced the Buddhi so many times before. In that locale of awareness, as best you can, watch the thoughts and feelings move as if you're watching a movie, or a dream.

The Buddhi loves questions like this and is always available. What a great way to understand your life and yourself more deeply and lovingly! Through the Buddhi you will understand so much more, even if you have found yourself perplexed and unable to understand before.

Benefits

With practice and development, a wonderful sense of serenity and clarity will come upon you and you will have flashes of insight which will thrill you and which will profoundly help you answer or solve the issues which you brought before your Buddhi.

Several seekers who have begun the journey of meditation find reflection and the Buddhi insight state so satisfying and helpful in daily life that they recommend the practice of meditation is utterly worthwhile even if one journeys only as far as the Buddhi. Many inventors, composers, artists, and other creative people are perfectly happy to journey as far as the peak experiences of Buddhi. They credit the Buddhi state as the level of consciousness in which all the great potential ideas for art, music, science lie waiting, ready to be discovered by those adventurous souls who move beyond normal thought and feeling to this serene state.

Here are some other great questions to ask the Buddhi:

- Who am I really?
- What is the point, direction, purpose, of my life?
- How can I be more fulfilled?
- What is love? How may I be more loving?
- What is really worthwhile?
- What is the true nature of my son/daughter, knowing which I may more fully love, serve, and appreciate him/her?
- How may I love and truly help my mate?
- Do I have an inner Self?
- Why do I feel so insecure? Tense? Lost?
- What is the value of my job?
- What are my talents?
- What are my desires and needs?

Feel free to create your own questions as well.