

SHORT ARTICLE - WHY YOGA? WHY MEDITATION?

Why I founded the "School of Meditation":

The only obligation a good guru or teacher imposes is to pass on the teaching. I followed this inner order without being a follower of any kind of doctrine. This distinguishes me from schools that represent a religious philosophy with leading figures in the background.

My teachers Marshall Govindan and Grandmaster Mantak Chia teach their teachings on the clear basis of Western sciences without demanding allegiance. Both are contemporary teachers who try to integrate the highest teachings into our daily lives.

The special thing about my method, the "Meditation of the Golden Flower", is that it offers a simple and contemporary technique, which is based on the classical traditions of safety, complexity, speed and depth hardly to be surpassed.

Why Yoga? Why Meditation?

I welcome the wide range of yoga studios and meditation courses, although in the commercial form of wellness and lifestyle it does not meet the objectives of this discipline. It is legitimate to first strive for more relaxation and clarity of mind, because this can give many practitioners the desire to deepen and confront the actual goal of the practice.

Yoga is the art of bringing thoughts to rest. The purpose of Hatha Yoga body exercises (Asanas) is to prepare the body for meditation and to align the mind, therefore it is correct to equate Yoga with Meditation.

The goal of yoga is to unite with the divine, this initiates a holistic self-healing process, which is confirmed today by numerous studies in its therapeutic effect.

Meditation is the supreme discipline of all therapies and the most efficient training for body, mind and soul. The practice of Yoga and Meditation enables individual access to mysticism, God-loyalty and enlightenment. Yoga and Meditation generate compassion for all beings and thus promote world peace.

With Meditation we reach a dimension that cannot be experienced otherwise. Mystics have long since exceeded their rationality and ego structure with Meditation and discovered a higher level of consciousness, which they call the "determining level of humanity".

Without spirituality, our quest for happiness and fulfillment is incomplete. True spirituality leads to transformation. Through more distance of ego and mind we come into contact with the original thoughtless consciousness. And with the disciplined practice of Yoga and Meditation we can learn to clear our mind and feelings and become able to reconnect with the whole creation.

The teaching of the "Golden Flower" is also translated as the "Teaching (of the Flower) of Immortality". When the seventh chakra blossoms on our subtle tree of life, we begin to experience immortality in our daily lives and to connect with what is not limited by birth and death, what is not limited by space and time.

In my "School of Meditation" in Uster and Zurich I teach a contemporary form of this meditation practice in order to enable all people, regardless of religion and dogma, to reach a higher level of consciousness. All who are interested are invited to attend my free courses.

Peter Todesco
