

## The Soul Moments in Time

*"Only those who will risk going too far can possibly find out  
how far one can go." ~ T. S. Eliot*

People ask me how meditation can help them enjoy a broader, richer life. How can they become more spiritually attuned? What is beyond the typical benefits of spiritual centering that meditation and breath work provide us? What does it mean to elevate spiritually to a higher level of consciousness? How can we arrive at the highest level of meditation and why does it matter?

The highest level of consciousness is the level of Unity Consciousness and it is a level that even the monks find eluding to sustain; a oneness with all humanity. Seldom does one achieve this level and even so, just what do we get for our self while there? How does it affect our everyday life?

By now we all know that the basic benefits of meditation and breath work are numerous. But I like to start with what a friend and colleague said to me after taking one of my short classes on breath work, "If I knew it was going to make my sex life better, I would have listened more attentively from the start!"

So, let's start with the really important stuff first. Yes, it does enhance your sex life, among other things, you don't really need Viagra. Meditation and breath work does great things for your sex life, your emotional well being, reduces stress, lowers blood pressure, reduces pain and/or eliminates many kinds of medical problems, keeps negativity at bay and a whole host of wonderful things. The list is endless, but probably for some, the best benefit is at the bottom of this list, mainly because it is harder to define and relate to your personal experience.

The most valuable benefit is that it increases your spiritual awareness, awakening us to multisensory dimensions. This awareness brings us into harmony, peace, and centers us in the present moment even through the trials and tribulations of our everyday life. Additionally, with regular meditation, brain waves stay at a level of meditation even when we are not meditating. We begin living mindfully and in the present moment. While this takes work and dedication, it is worth the effort.

Now, I want to share with you how one woman got there physically without meditating. She had a stroke. Of course, strokes don't usually bring you a benefit; this offered a bridge, a rite of passage. During this incredible journey, she became increasingly aware of her choice to move between her right brain and her left brain. She was able to experience herself from a higher perspective and this is the outcome of regular meditation that is most beneficial.

The irony of the situation wasn't that she was gifted with a stroke; the irony was that she was a brain scientist that was gifted with a stroke. The incredible part was that she had the presence of mind to document the experience, remembering the enormity of her own presence as a spiritual being and was able to grow from it, share it and pass it to others.

Becoming mentally ambidextrous, she was able to use the full force of her thoughts to move from left to right brain at will, and you can too. Meditation sets you free to live life fully. This includes moving past ego, making choices as needed, using right brain functions without being encumbered by left brain rules. Consequently using left brain organizational skills while maintaining creativity and insight of right brain function and then making good decisions and choices.

Making choices and living life from a higher perspective, using all of the multisensory tools available to us, empowers us to live a richer, more positive life. Ultimately a decision to see the world through the eyes of God, or the Universe, or our Higher Power or whatever you want to call the Source of all things within, combined with our own higher consciousness.

These powerful decisions help us to let go of self defeating behaviors; see the big picture; live with intent and give back more. We give back more because we notice more of what is going on around us. Being in the present moment allows us to attend to each other with our whole self. We make decisions "not to fight today" and to understand another's perspective. Listening with our whole self means taking the time to stop and see our loved one's smiling face, even though we have a hundred things on our list to do right now. This is a true gift of life. Meditation helps us to live in the present moment to experience all of life, to live in the "Soul Moments" in time.

Take a look at this incredible journey of discovery by this awesome woman, Neuroanatomist, Jill Bolte Taylor. <http://www.youtube.com/watch?v=UyyjU8fzEYU>