

# AN ATTEMPT AT MEDITATION

NATE P.

THE OXBOW SCHOOL



I walked back and forth a distance of 100 feet. I did this for 24 hours in the span of 4 days. The first day I walked for 8 hours, the second day I walked for 2 hours, the third day 1 hour, and the fourth day 13 hours.

Humans naturally tend to try to find meaning in everything. People obsess over trying to find meaning to things that have no true answers, like "the meaning of life " or " defining love." Why can't we be content with not knowing? We should facing the fact that there is no absolute meaning, and any meaning we do give is given by us.

Nathan P.

San Diego, California

*I desire happiness. I value my faith, my love, and my intelligence. I realize these statements are not permanent, I accept that they will stay ever-changing.*

I am seeking something intangible and this is the documentation of its pursuit. I haven't figured out what it is exactly that I am looking for. But the pursuit of it started off with me following others suggestions more than my own personal curiosities. This led to nothing, in fact it made me lose progress. But slowly I surrendered to my inner self and started looking at things I thought were interesting, which led to researching philosophers like Alan Watts, Henry Thoreau, and reading books like *Siddhartha* by Hermann Hesse. Only then did I start to understand the beginning of what I am craving. Although I am slowly getting a grasp of what this is, I still feel lost. I have realized that it's okay to not know. Getting to this point took an immense amount of mental effort and I intend on only furthering my pursuit.

What originally attracted me to Alan Watts was his speech *What if money was no object*, where he speaks about the simplicity of life. He speaks about desire and how that should be the ultimate guide in your walk in life, to do what you desire. I was stuck on this for a while, I contemplated what I desired and when I simplified it enough, I found it to be happiness through others, I enjoy nothing more than helping others. I realize that it brings me happiness because it makes me feel like a good person, but that does not devalue it to me, at least not anymore. Thoreau also writes about simplicity in *Walden*, where he argues that we need to have a greater understanding of yourself and the world. He also emphasizes on the fact that we are all individuals and we should embrace our uniqueness. I couldn't agree with Thoreau more, our individuality is what makes us, us. Without it we might as well be robots manufactured by other robots. Throughout my research, I kept on falling back towards prayer and meditation. *Siddhartha* by Hermann Hesse only amplified the importance of meditation in my pursuit of the intangible. I also increased my knowledge of meditation and realized that it can be done anywhere anytime.

Meditation inspired the contents of my essay. I attempted to meditate and write any thoughts that crossed my mind as I did so. I wanted to experiment with the mental process of realizing a thought is in your mind, acknowledging the thought, then being able to let it go or set it aside. These are the results.

We don't know anything, yet we say "I know"<sup>1</sup> all the dang time. Why do people feel a need to say "I know"? All the things I have done haven't felt right, I very much operate on gut feelings and all my pics left be feeling uncertain. All I knew was that I wanted to do something methodical. I want to count all the hairs on someone's head. I want to pick up individual grains of sand for hours on end. Something that forces me to be alone with my thoughts.

Have you ever felt such a pure rage, a scary rage, where you can feel it in your soul and logic goes out the window? I have lost why I was this angry, I am filled with rage everything in me is telling me to scream, punch, curse, kick. Yet I am calm... well, I am calm now. I tired the usual methods: crying, punching, screaming, push-ups, drawing, and none of it worked. All I know is that I need to feel anything other than this rage or else I am going to do something very stupid. So I decided to lift my arms in praise of God, and breathe. I expected it to calm me, but not to this extent. I still feel the anger, but have made peace with it, if that makes sense. I know that it is going to stay there, because when I originally felt it. It was pure and potent, therefore I don't try and fight it but rather acknowledge it and move past. I raised my hands in acknowledgement to God but I tried to keep my mind blank. My anger has dissipated but now I am feeling empty. I'm going to continue.

---

<sup>1</sup> Plato. "I will always know one more thing than you, that I know that I know nothing."

To me the most beautiful things are fleeting, and I am okay with that. Somethings are meant to be seen once, never to be fully understood. Lightning is so beautiful, it's so vibrant and sudden. So sure of itself striking with precision not accuracy. (That didn't sound genuine, but it was) I aspire to be like lightning. It must suck to be a thunder-like person, loud, startling, demanding attention. Well maybe being thunderous isn't that bad, it's all about preference. Personally I would like to think I am more of a lightning person. I am something worthwhile if you pay attention to it, but can be easily dismissed and lost in the chaos of the figurative storm.

How in control can humans be of their emotions? Personally, I feel like I can be incredibly in control of my emotions, I can keep myself in check with close to any emotion. But most of the time I prefer to let my emotions rule free. When you let your emotions free it feels like such a weight off your stomach.

I am selfish and I am a hypocrite, I realize this but do not accept it; I do acknowledge it.

I find it interesting that absolute failure or imminent doom tends to be liberating. Think about it, going into a test knowing you are going to fail makes you lose all anxiety and stress about it. It's the lack of expectations. I really enjoy that, I think more people need to stop having expectations. Many of my friends have suffered so much because of these fucking expectations. Today's youth including myself is obsessed with expectations; I'm supposed to look like this, act like that, apply to college, get a job. People get so wrapped up in meeting these expectations that they never get a chance to even think about if they want to do those things. They aren't living the life they dreamed of as a kid they are living the life that someone manufactured for them. Personally I am trying to stop having expectations for myself and those around me. It makes life so refreshing and fills the word back with color. I find myself getting lost in wonder and possibility, I can do whatever I would like.

I realize that there are always exceptions to everything in the world, nothing is certain. But for the sake of being entertaining I am choosing positions for most of this paper. I am sure of nothing I have no opinion or belief that is 100 percent logically. But I do believe to be true that God is real. That is one thing I am certain of without having any concrete proof, all I have is faith. It's all I need.

I find it funny that all the statements I have made usually start off as questions, then I realize there really isn't any confusion, so I rewrite them as what they are, thoughts.

The ultimate cure for humanity is grace.

What makes me think certain thoughts are worthwhile, and others aren't? Is it society's expectation for us to have a certain degree of *value* in what we say? Why can't I talk just to talk? I find it interesting that things aren't allowed to just be, there always needs to be a how and a why. Nobody is content with a "just because", humans are the only ones who think about this, nothing else alive cares. Of course you can make the argument that nothing else alive is smart enough to care, but all I'm saying is that nothing else cares besides us.

For anyone that says a sequence or an order doesn't matter, all you have to do to prove them wrong is ask them their favorite song lyric. Words and sentences are just letters sequenced in a particular order. Therefore if sequence doesn't matter then why are certain lyrics to a song more important than others? They are all just letters after all.

Truth is a lie. So many people, including myself, are infatuated with truth and it's all pointless. I search for truth because it grounds me, makes me feel safe and secure. I search for truth only in moments of weakness.

Better to have loved and lost than to have never loved at all.

Trust is something earned, but all things need a starting point. Do people start off with a certain amount of trust given to all strangers? What is the average level of trust that humanity allows us to have with each other? Morality and our standards for society gauge the levels of inherent trust an individual has with one another. Trust is so delicate.

I desire happiness. I value my faith, my love, and my intelligence. I realize these statements are not permanent, I accept that they will stay ever-changing.

\

## Siddhartha

Synopsis - Siddhartha's life long journey in finding knowledge.

Main lessons from this book - UNITY

Questions,

Does Siddhartha underestimate the value of companionship from his friends and teachers? Siddhartha always seems to have some form of company, but he never stayed with the company permanently. When the time came to leave he did not express his love or showed he cared.

Does Siddhartha have a God complex, or is he just really pretentious?

Siddhartha mentions "ordinary people" in the book, I wonder what he means by ordinary/ What distinguishes an ordinary person and whatever Siddhartha is (enlightened I guess ).

Main points,

### WISDOM

-Wisdom isn't exclusively with the educated, wisdom can be found by anyone anywhere.

Knowledge can be taught, wisdom can only found. The search for wisdom is different for everyone, because of this everyone's paths are different.

-There is a path for everyone and not everyone's path is the same. Each path is equally valuable and correct.

### TIME

-Time doesn't exist. all things are, have been, and will be and this stems from the fact that everything is connected to each other. You once were before birth and you will be after death, and in this moment of living you simply, are.

-When you live your life with a mindset focused on the journey, rather than a destination, it is impossible to waste time. There isn't a desire to be somewhere different, you acknowledge that where you are is where you are supposed to be, eventually you learn to accept and possibly even enjoy the place in which you are.

### UNITY

- There is a divine cycle of change, in which everything is connected. Soil to plants to animals to humans in a cycle . Everything is connected to itself, therefore everything is of equal value. A rock is just as important and beautiful as a person. What Siddhartha was searching for the whole time was unity, and through this unity he grew to accept the world. Siddhartha was able to accept and love all because of his understanding of unity.

### LOVE

-The most important and strongest tool in the world is love, and grace through love. When I say grace I mean unconditional love for the whole world. (describes enlightenment as a feeling of love for everything)

?

Every truth has an opposite and everything is connected. There is love in hate and wealth in the poor. In order for either of them to exist they have to do so in unity and co-exist.

(something I really admire about Siddhartha is the ability to let go, also I don't think he regret one thing from what happened.)

I have decided I am okay with not being “enlightened” I enjoy desire and seeking, it is what makes life worth living to me. The idea of complacency scares me. I’m sure eventually I will get tired of this but until then I will continue to “suffer” and do so gleefully