

## **Dhyana/Samadhi**

Meditation helps my mind to become more steady and focussed, like in the familiar analogy of allowing a glass of muddy water to settle and become clear. I can then start to see how my mind starts to create a sense of 'I' by jumping backwards and forwards in time, mulling over what people just said or did to 'me' or rehearsing what 'I' am going to say to them, (or anyone else who will listen) in the future. My meditation seems to consist mostly of relinquishing this pattern and returning to Now.