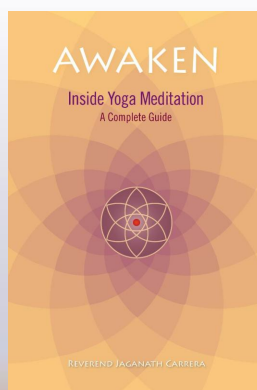


The Golden Moment

(Excerpted from **Awaken: Inside Yoga Meditation***
by Reverend Jagannath Carrera)

The Golden Moment is the period just before turning the awareness to the object of meditation near the beginning of a meditation session, and again at the end before closing. It helps create the nonjudgmental attitude needed for success in meditation.

*you can purchase **Awaken: Inside Yoga Meditation** at
<http://tinyurl.com/AWAKENINSIDEMEDITATION>



THE GOLDEN MOMENT

[After affirmations, chants, and prayers] there is one more step to take before turning your attention to the object of meditation. It's simple and doesn't take long, but it is vital.

These are the two periods of time in a meditation session where you create an inner environment that is nonjudgmental, accepting, gentle and loving. During this stage, we allow whatever comes into our awareness to rise, develop, and subside without any interference or judgment. The Golden Moment is the loving acceptance of the entire mindscape – the thoughts, images, impressions, emotions, memories, and activities that constitute our minds at any given moment. It is a meditation essential and a gift we give ourselves, a gift that leads to peace of mind, wisdom, and unconditional love.

Why The Golden Moment is Important

The biggest reason that people are irregular in their practice, or drop it completely, is that they don't feel that they've experienced enough benefits. A major cause for this failure is the mental environment that they have allowed to exist in meditation.

For many practitioners, meditating resembles warfare. The chosen object of meditation is like an embattled victim being showered by bombs while running through a minefield. The distracting thoughts are regarded as enemies of meditation. This attitude sets up a combative and tense mental environment, where only the chosen object of meditation is "good" and everything else is "bad". It's hard not to feel inadequate or like a failure. Cultivating the Golden Moment neutralizes this nonproductive attitude.

How It's Done

You simply remain a silent witness to the mind, without making any judgment as to the fitness of its contents. There is no attempt to control, guide, or censor mental activities. You simply observe, allowing impressions to move across the stage that is your awareness. Like a member of the audience – not like a critic – you simply watch.

The Golden Moment regards the mental activity in meditation as typical and nonpathological. Its practice leads to accepting all thoughts and activities with compassion and love, a profound and complete embrace of our mindscape.

When it's Practiced

The Golden Moment is practiced just before turning the awareness to the object of meditation and again, at the end before the closing peace chants.

Why Two Golden Moments

The Golden Moment at the beginning helps calm and clear the mind, preparing it to embrace the chosen object of meditation easily and comfortably. It creates a more hospitable environment for meditation to take root and grow. From the outset of your sitting, you've let go of the tension that accompanies notions of success and failure, or of good and bad thoughts. The subtle and powerful energies of the mind become freer to focus.

The second Golden Moment reestablishes the nonjudgmental attitude if it is lost while meditating and helps to integrate the meditative experience with the more active, get-things-done part of the mind.

As you progress over time, this second session takes on another significant dimension. A mind that is no longer threatened by critical judgments, more easily reveals subtler states of consciousness. There is a natural deepening of awareness from the object of meditation, to the peace within, to awareness of awareness, and ultimately to the experience of Self-Realization.

How Long

The time you spend practicing the Golden Moment can range from several moments to several minutes. It depends on how long your meditation session is and the state of your mind at any given time.

The first Golden Moment should be continued until the mind begins to become clearer and calmer. Then, move on to the chosen object of meditation.

The second Golden Moment can be done for as long as you like, or until the mind starts to lose focus.

Don't rush or skimp on this aspect of your practice. Cultivating the Golden Moment will accelerate your success.

For more information about meditation practice – please refer to **Awaken: Inside Yoga Meditation** by Reverend Jaganath Carrera--
<http://tinyurl.com/AWAKENINSIDEMEDITATION>

