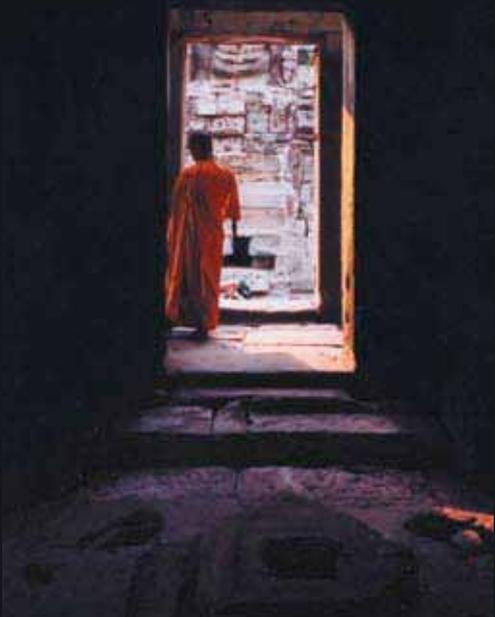


You have the remain silent!

Text by Dennis Sweeney



Being a ritualistic Hindu culture, meditation plays a large role in the daily life of the Balinese. It need not be a subject shrouded in mystery and the sole domain of cave-dwelling Himalayan guru's. Meditation is like an apple peeler, it will take you to the core. Right here in Bali there are regular week-long courses which give a practical introduction on how to develop a calmer, more serene disposition. Participants cannot talk, read, smoke (what? No fags) or watch TV throughout the duration of the course. The course only costs \$300 which includes food and accommodation in the beautiful Pacung resort in Baturiti. Although the course is mainly attended by laypeople there are many visiting monks from different parts of Asia who come to Bali to study this unique technique. The course is not religion based or guru-orientated and is refreshingly free of any doctrine or creed. Usada simply means health and

the course teaches the participants how to use the memory as a tool to heal physical sickness.

Merta Ada is the head teacher of Bali Usada Meditation Center. He has been practicing balinese meditation for over 20 years and now dedicates his life to healing. His work involves encouraging people to become an active participant in their process of healing and recovery. These techniques work to heal sickness in the physical body, meridians, chakras, mind, and memory by combining meditation with certain exercises. With the hectic pace and demands of modern life, many people feel stressed and over-worked. It often feels like there is just not enough time in the day to get everything done. Our stress and tiredness make us unhappy, impatient and frustrated. The best vitamin to a happy person is B1.

We are often so busy we feel there is no time to stop and meditate! Our



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normal way of finding bliss is through medication. But meditation actually gives you more time by making your mind calmer and more focused. Meditation can also help us to understand our own mind. We can learn how to transform our mind from negative to positive, from disturbed to peaceful, from unhappy to happy.

Usually we find it difficult to control our mind. It seems as if our mind is like a balloon in the wind - blown here and there by external circumstances. If things go well, our mind is happy, but if they go badly, it immediately becomes unhappy. For example, if we get what we want, such as a new possession or a new partner, we become excited and cling to them tightly. However, since we cannot have everything we want, and since we will inevitably be separated from the friends and possessions we currently enjoy, this mental stickiness, or attachment, serves only to cause us pain. On the other hand, if we do not get what we want, or if we lose something that we like, we become despondent or irritated. For example, if we are forced to work with a colleague whom we dislike, we will probably become irritated and feel aggrieved, with the result that we will be unable to work with him or her efficiently and our time at work will become stressful and unrewarding.

Such fluctuations of mood arise because we are too closely involved in the external situation. We are like a child making a sandcastle who is excited when it is first made, but who becomes upset when it is destroyed by the incoming tide. By training in meditation, we create an inner space and clarity that enables us to control our mind regardless of the external circumstances. Blessed are the flexible... for they shall not be bent out of shape. Gradually we develop mental equilibrium, a balanced mind that is happy all the time, rather than an unbalanced mind that oscillates between the extremes of excitement and despondency.

Set in a valley surrounded by terraced rice fields and imposing mountain peaks this course not only gives us the opportunity to escape the hustle and bustle of everyday life ; it also teaches a technique to help us escape from the most distracting, confusing and frustrating influence in our lives; the thinking mind. Meditation, inquire within.... it's far better than sitting around doing nothing; so don't just do something.....Sit there!

