

Why are Group Meditations So Important?

The more participants there are in the group and the longer the meditation, the more effective is the energy on our souls. In a way, we 'merit' more blessings from the Beings of Light when we meditate in a group for 'loving kindness' and particularly if we use the group energy for healing of our country or planet.

To explain further: It does not matter how dark a place may be - if there is one light, it will be seen from a long distance away. If there are many lights, just think of the effect it has on the whole. If you are in a dark room and you know there is a door out, but it is too dark to see, just one little match will give you enough light to find your way. That is how meditation in a group works - we are brightening the light of the world, to help people find their way out of darkness. It doesn't matter if they are spiritual or not, the light is just light and it will shine nevertheless and the group energy will determine the brightness of the light.

The interaction within a group energy also helps us to wake up to our own 'darkness'. If we keep ourselves isolated, how can we ever learn what we have to learn. Being in a group energy, and the interaction that involves, helps us to get to know ourselves better and maybe appreciate that some of our actions may not be for the best. Indeed, we may want to change those actions and live a life that is more selfless than selfish. So, working within a group helps us to see the mirror of ourselves and helps us to appreciate that we may want to clean the mirror, so the image is no longer blurry but clear. Therefore, group meditations help us improve our personality as well as our spirituality.

There is scientific evidence that supports the theory that meditation within a group generates a very powerful force - so, even if you prefer to meditate solo, it is worth occasionally meditating in a group.

Perhaps, you are the opposite and find that meditation on your own just does not work. I have experienced meditation in a group and then tried to do the same meditation on my own and it just doesn't seem the same. This interesting phenomena is caused because the energy from meditating in a group is so much more powerful than just sitting on your own. *The research within quantum physics shows, that when a large group of monks gathered to meditate, there was a significant drop in crime in that area. In the USA, the law enforcement agencies have started to experiment with this phenomena.* (Relishing Life Website)

I guess I will close with the following: If you get the chance, join in a group meditation to really enjoy the meditative experience. I am just so thankful we are lucky enough to have such a beautiful centre to give us the space to practise.

Satya Karuna

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