

Rogers meditation

Start your day with five minutes to meditate. Take the first minute to relax and breathe, then take a minute on each of these four parts:

1) First meditate on a point in space. Realize that this one single point is here for eternity. Whatever passes through it, this point in space has been here since the beginning of time, and will be here until the end of time. By meditating on this singularity in space, experience the totality of time.

2) Second meditate on a point in time. Realize that in this one single moment the entire universe exists in space. Wherever everything is, this point in time holds all matter and all energy. By meditating on this singularity in time, experience the totality of space.

3) Third meditate without any point. Experience all points of time and all points of space together. Experience the expanse of all time including before you were born and after you die. Experience the expanse of time before humans appeared and after we are gone. Experience the expanse of space including everywhere you will never reach: All the galaxies and all the stars. All the people who lived before you and after you who you will never know and who will never know you. All time and all space. When you experience infinity and eternity together, experience the deep sadness of everything you are not, how insignificant you are and how meaningless everything is.

4) Fourth, meditate on one point in space and time: Your present point in space and your present point in time. Experience now. Experience you. Be aware of the space you occupy right now and how every movement takes you to a new space and a new time. Become conscious of consciousness. When you collapse both space and time into one single consciousness, you take all of time, and all of space, and you become the universe. In this space, all possibility exists and you hold infinite power over your reality.

Take those four experiences - from singularity to eternity to singularity to infinity. From total meaninglessness to total meaningfulness. Awake, and live your day fully - in a sea of gratitude, humility and possibility. With nothing to lose and everything to give.