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## Will: Purpose - Motivation - Decision - Determination

WILL : PURPOSE &ndash; MOTIVATION - DECISION &ndash; DETERMINATIONMy name is Alex, I am 31 years old, and to go and spend one week on meditation has been one of the best decisions I have ever made &ndash; apart from marrying my beloved wife and starting surfing....

Sabina and me are just back from a 1 week silence meditation retreat in Pacung and it was one of the best things we ever did. Sabina has already done it before, but for me it was the first time. Ok, not speaking and no eye contact might seem hard, but in the end it was not that bad. However, have you ever tried to sit in this meditation position for 9 hours a day???? Ok, and now imagine my size (1,94m) and my super flexible hips. Well, there you go ... But on the third day everything starts paying off - your mind is calm, free of any unnecessary thoughts, you can kind of get conscious moments of the unconscious, and you can cure yourself from pain, disbalances or disfunctions that have been bothering you for quite some time. Bottomline: I will do it again. For sure. So for sure!The real challenge is keeping meditating after the retreat is over &ndash; integrating meditation in everyday life. I guess the key to doing things, or to convert them into routine is motivating yourself, finding a reason to do it. So what is the use of meditation in our private lives?Generally speaking, we can distinguish between meditating for health reasons or for accomplishing a higher aim. However, it seems doubtful that there can be any higher aim than our health.If we meditate for health reasons, we might be still young and in good shape, so we meditate for prevention. If we are already older or in bad health or in a bad emotional state, we meditate to alter that state, to avoid taking drugs or having operations, or because nothing else has helped.If we meditate for accomplishing a higher aim, we might search for the happiness within, detached from outside factors, appreciating the way we live life, being thankful for all the lessons we learn every day. We might as well meditate to develop the ability to do good to others &ndash; to heal others from pain and to help them finding their way to heal themselves. Doing it for ourselves, meditation can lead us to past lives, and ultimately, the aim is enlightenment.What we have learned over the past 7 days six nights is the magic composition of Anicca &ndash; the combination of mindfully developing a strong harmonious mind, appreciation of all states with love and kindness, and the knowledge, experience and trust that all conditioned things are impermanent.It is all up to us when we practice Anicca. We can integrate it in our daily routine, jobs and do our chores with mindfulness and be aware that we should appreciate everything because it&rsquo;s all impermanent and might be gone (but let&rsquo;s not be attached!). Be aware, we can meditate 24 hours a day. It is us who decide how we go on, there is no need, there is no must, there is only our will that makes us do things. Once we have decided that we are willing to follow the path, then get up in the morning, sit down, and spread love and kindness.

Meditation continued &hellip;

Alex