

What is Transcendence

by Jeremy Fonte

What is transcendence? It is the rising above of one's ego - to a place where all is one, where your self is in direct contact and union with the ultimate reality, in the state of samadhi. No longer do your daily worries trouble you, nor does your mind wander to frivolous matters; a greater sense of compassion and empathy rises and fills your heart with awe, wonder, and love. There is a strong sense of purpose and value in life's daily activities, and in the helping of those in need.

Meditation and yoga are the surest paths to this state of transcendence. I first began practicing meditation ten years ago, and for some time I spent two hours a day meditating. Basic mindfulness meditation was helpful at first, to achieve a laser-like focus of the mind. But I wanted to experience oneness more than anything - and so I stumbled upon Kundalini yoga.

Kundalini yoga deals with the raising of energy through the chakras, which are basically aligned with the spinal column. There are mantras, colors, and aspects of life associated with each chakra, and moving the energy through the chakras leads to a more balanced perspective and experience of daily life.

I can't say exactly why, but Kundalini yoga helped me achieve states of oneness easier and faster than any other type of meditation I've come across. Since it deals with the raising of energy and is closely tied to the spine, there is a physical feeling of well-being that goes along with the travel on the path of unity and oneness.

I wish that more people could experience this transcendent unity; I believe it would radically alter and benefit society. For further reading, some excellent books on transcendent thought include "The Serpent Power", "The Bhagavad Gita", and the Upanishads - the latter two being classics of Hindu wisdom and spirituality.