

Yoga and MySpace.com

by Carolyn Reynolds

On the World Wide Web there is a space for you, www.myspace.com. You can post anything you want the world to know about you. Isn't it amazing that in this ultra technological miracle made possible by the simple binary system of mathematics, a language of on-off, any one individual can make a space, not only to be seen and heard, but also to communicate and connect with others? There is simplicity in the complexity.

Just like a baby doll represents a human baby, MySpace.com is like the baby doll that represents the ultimate space inside of you. From this space you can not only communicate but commune with others and with all-that-is. When you take the time go inside to your space, you expand. The work of Dr. Lommel sheds light on this from a medical perspective.

In 2001, *The Lancet* medical journal published the findings of Dutch cardiologist Pim van Lommel on near-death experiences. Succinctly, Dr. Lommel became fascinated by statements of his patients who had near death experiences. He made it a priority to give his cardiac arrest patients the time and space to recount their experiences to him. Two representative examples follow:

I became detached from the body and hovered within and around it. It was possible to see the surrounding room and my body even though my eyes were closed. I was suddenly able to think hundreds or thousands of times faster-and with greater clarity-than is humanly possible. At this point I realized and accepted that I had died. It was time to move on. It was a feeling of total peace, completely without fear or pain, and didn't involve emotions at all.

The body I observed laying in bed was mine, but I knew it wasn't time to leave. My time on earth wasn't up yet; there was still a purpose.

During the time his patients were having such intense experiences, the medical monitors were recording a flat line. There was no body or brain activity. There have been a myriad of explanations for such experiences to include a release of endorphins, shortage of oxygen, receptor blockages and their combinations. But Dr. Lommel states that their research indicates that none of these factors determine whether or not one has a near-death experience. Essentially, consciousness is not housed in the brain or the body but beyond them. The brain functions like the computer monitor, delivering some of our experiences when we choose to tune into them.

But you don't have to die to experience the expanded awareness that the cardiac patients had. It is in meditation that you go into your space, either at the heart center or the space between the eyebrows. It is here that awareness overflows the boundaries of the mind. And yes, you can commune and you can communicate from your meditation cushion. Meditators who have attained direct experience assure those who are aspiring that there is a place where fear may stop us from going further into the ultimate experience. Perhaps this is, in part, because we read of near death experiences and think that we are not ready to die, so we jolt ourselves out of the meditation. This would be a sad mistake because there is nothing to fear. After piercing the Bindu and attaining direct experience, we open our eyes on the meditation pillow and get up to chop wood and carry water again. Only we are not the same.

For more information on Dr. Lommel's work see an article in Ode magazine, December 2005.

For more information on meditation and piercing the Bindu see www.swamij.com.

For more information on the International Association of Near-Death Studies, see www.iands.org