



Why I Meditate

(After Allen Ginsberg)

By Wes Nisker

I meditate because I suffer. I suffer, therefore I am. I am, therefore I meditate.

I meditate because there are too many other things to do.

I meditate because when I was younger it was all the rage.

I meditate because of Siddhartha Gautama, Bodhidharma, Marco Polo, the British Raj, Carl Jung, Alan Watts, Jack Kerouac, Allen Ginsberg, Alfred E. Neuman, et al.

I meditate because evolution gave me a big brain, but it didn't come with an instruction manual.

I meditate because I have all the information I need.

I meditate because the largest colonies of living beings, the coral reefs, are dying.

I meditate because I want to touch deep time, where the history of humanity can be seen as an evolutionary adjustment period.

I meditate because life is too short and sitting slows it down.

I meditate because life is too long and I need an occasional break.

I meditate because I want to experience the world as Rumi did, or Walt Whitman, or as Mary Oliver does.

I meditate because now I know that enlightenment doesn't exist, so I can relax.

I meditate because of the Dalai Lama's laugh.

I meditate because there are too many advertisements in my head, and I'm erasing all but the very best of them.

I meditate because the physicists say there may be eleven dimensions to reality, and I want to get a peek into a few more of them.

I meditate because I want to remember that I'm perfectly human.

Sometimes I meditate because my heart is breaking.

Sometimes I meditate so that my heart will break.

I meditate because a Vedanta master once told me that in Hindi my name, Nis-ker, means "non-doer."

I meditate because I'm growing old and want to become more comfortable with emptiness.

I meditate because I'm composed of 100 trillion cells, and from time to time I need to reassure them that we're all in this together.

I meditate because it's such a relief to spend time ignoring myself.

I meditate because my country spends more money on weapons than all other nations in the world combined. If I had more courage I'd probably immolate myself.

I meditate because I'm building myself a bigger and better perspective, and occasionally I need a new window.

I meditate because I want to discover the fifth *Brahma-vihara*, the Divine Abode of Awe, and then I'll go down in history as a great spiritual adept.