

Meditation Journey

I do remember the day when I have heard about Peace Revolution. It was in one of the peace camps where my friend told me about it. It was so exciting moment as I have found the space where I could combine two big parts of my life – social and inner development.

Whenever I started my journey in Peace Revolution I had a feeling of being in right place as here I have found the work that I used to do for myself. For years I have volunteered and worked in international Peace Building organization and used to meditate for inner and spiritual development. And here... I have found both of them together and interconnected.

For these reasons without any hesitations I have started my self-development program and involved as a co-organizer in the first MiniPIPO activities in Tbilisi. I did not know how that might work, what feedback I might have and how community members would response on that. But I thought that it was worth to try and made first steps. It was most challenging to explain to interested people what it was all about, it was quite challenging to avoid any wrong perceptions and come over the hesitations. Eventually we did it and everyone, including organizers, participants and guests agreed, that it was very nice experience.

Things are changing when it comes with meditation. I am not sure how many have tried it and how many know it, but despite of that it is still quite respected. After joining Peace Revolution and starting self development program, I have realized some of its benefits and reasons of being respected. It brings to me inner peace and after my meditations I am happy to see how all my problems, distractions and worries are gone because I just stop thinking about them. Being free from fear and stress I feel how love frees itself and tries to connect everyone and everything around me. I feel how positive energy increases within me along with my productivity and creativity. Whoever doesn't meditate it might be hard to understand, but I have seen many friends changing their minds after experiencing it at least once.

Meditation is one of the ways for finding and facing to yourself. It gives you answers on very deep and very important questions. It gives you values that contribute overall wellbeing. These answers might be great inspirations as well that give you energy, enthusiasm and spirit to take important actions. These answers bring stillness and peace in mind that makes us less aggressive and more positive.

One might think that happiness costs a lot, but it truly costs only certain mindset that can be achieved with couple of minute's meditations. Sometimes I think that it is as essential to our mind as food or sleeping for our body.

I love journeys as it make people smarter but now I do love meditation journey even more, as it makes people wise and happy.

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