

# MEDITATION AND ITS METHODS ACCORDING TO SWAMI VIVEKANANDA

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**What is meditation and its methods by Vivekananda about?** It is a book with teachings from the life of Swami Vivekananda, to help one get through the chaos in one's life. Swami ji believed that meditation should be of a negative nature. Think away everything. Analyze everything that comes in the mind by the sheer action of the will.

**What are the methods of teaching by Swami Vivekananda?** The teacher should invite question and stimulate the spirit of enquire in the pupil. Swamiji emphasized travel method. because wished the teachers and pupils to go out and learn from out side not only within India but to other countries too. Not only that Guruji also emphasised on the psychological method of education.

**What are the three types of help according to Swami Vivekananda?** In this essay Vivekananda talks about three types of help: first is physical help, second - intellectual help, and the third is spiritual help.

**How many hours did Vivekananda meditate?** Swami Vivekananda meditate daily for 3 hours. Explanation: On July 4, 1902, Swamiji woke up early and went to meditate at Balur Math for three hours. That evening he went back to his room at 7 p.m. and asked not to be disturbed.

**What is the basic principle of Swami Vivekananda?** Philosophy of Vivekananda Vivekananda believed that the future of any nation depends upon its human resource and the main aim of education should be to develop this human resource.

He says each soul is potentially divine. The goal is to manifest this Divinity within by controlling nature, external and internal.

**How to meditate according to Ramakrishna?** "The heart is a splendid place in which to meditate," but you may focus your attention anywhere, since "every place is filled with God-Consciousness." It is also useful to introspect and ask who it is that is meditating, and upon whom.

**What is the golden teaching of Swami Vivekananda?** Vivekananda believed that only you have the potential to correct yourself, so you need to keep yourself in check and keep understanding the inner desires of yours. This promotes self-fulfilment, inner peace and positive energy. "Ask nothing; want nothing in return.

**What is the famous line of Swami Vivekananda?** "Learn everything that is good from others, but bring it in, and in your own way absorb it; do not become others." "Whatever you think that you will be. If you think yourself weak, weak you will be; if you think yourself strong, you will be."

**What are the four teachings of Swami Vivekananda?** He wished to capture the essence of Hinduism and spread it in the world and also founded the Ramakrishna Mission dedicated to propagating the philosophies of Vedanta and yogic ideals of Jnana, Bhakti, Karma, and Raja Yoga.

**What is the golden rule of Vivekananda?** All love is expansion, all selfishness is contraction. Love is therefore the only law of life. He who loves, lives; he who is selfish, is dying. Therefore, love for love's sake, because it is law of life, just as you breathe to live.

**What is the secret of work by Vivekananda?** Swami Vivekananda's explanation on "secret of work" The highest man cannot work, for there is no binding element, no attachment, no ignorance in him. A ship is said to have passed over a mountain of magnet ore, and all the bolts and bars were drawn out, and it went to pieces.

**What are the spiritual ideas of Vivekananda?** He told that purity, patience and perseverance overcome all obstacles. He suggested taking courage and work on. Patience and steady work, according to Swami Vivekananda, this is the only way to get success. According to Swami Vivekananda, "faith in ourselves and faith in God-

this is the secret of greatness".

### **How to meditate properly?**

**What will happen if I meditate for 1 day?** The particular benefits of daily generalized meditation are well-documented and widespread, ranging from reduction in anxiousness and lower blood pressure to increased immunity and better sleep.

**How long did Gautam Buddha meditate?** He spend six years in the forests of India practicing Hinduism and living as an ascetic, but he still was troubled by the reality of suffering. After spending 49 days sitting under a Bo-tree meditating, Siddhartha Gautama became Buddha Gautama; he had finally reached enlightenment.

### **What five things did Vivekananda say?**

**What was the cause of death of Vivekananda?** At 7:00 pm Vivekananda went to his room, asking not to be disturbed; he died at 9:20 p.m. while meditating. According to his disciples, Vivekananda attained mahasamādhi; the rupture of a blood vessel in his brain was reported as a possible cause of death.

**What is the method of teaching Swami Vivekananda?** Teaching Methods Swami Vivekananda advocated concentration and meditation as the most important methods of study. Concentration is the essence of education and determinates one's success in life. Other techniques which he emphasized were oral lecture method, discussion and question answer method.

**How does Swami Vivekananda meditate?** Vivekananda defined meditation, first, as a process of self-appraisal of all thoughts to the mind. He then defined the next step as to "Assert what we really are — existence, knowledge and bliss — being, knowing, and loving," which would result in "Unification of the subject and object."

**What did Krishna say about meditation?** One should sit for meditation in a clean place, on a seat neither too high nor too low, with grass, deer skin and a cloth, spread one over the other.

**What is the supreme method of meditation?** The deepest state of meditation is often referred to as "samadhi" in traditional terms. In this state, people experience a

supreme concentration where the mind is still and clear. It's a stage where many people feel united with everything around them.

**What was the moral of Vivekananda?** Vivekananda gave a clarion call to cultivate the highest moral and spiritual virtue like faith in one's divine nature (called Atman or Soul or Spirit in different traditions), truth, purity, honesty, perseverance, courage, strength, love, sympathy for and service to all, modesty, humility, and politeness.

**What are the five purposes of Vivekananda?** Swami Vivekananda's teachings on self-control, diligent effort, routine, self-respect, and determination provided invaluable guidance on discipline for children.

**What is special about Swami Vivekananda?** Born Narendranath Dutta, he was the chief disciple of the 19th-century mystic Ramakrishna and the founder of Ramakrishna Mission. Swami Vivekananda is also considered a key figure in the introduction of Vedanta and Yoga to the West and is credited with raising the profile of Hinduism to that of a world religion.

**What Gandhi said about Vivekananda?** On 6 February 1921, Mahatma Gandhi came to Belur Math and paid homage to Vivekananda. On this occasion he said: I have come here to pay my homage and respect to the revered memory of Swami Vivekananda, whose birthday is being celebrated today.

**What is the main motto of Swami Vivekananda?** The correct answer is to Arise, awake, and stop not till the goal is reached. Arise, awake and stop not till the goal is reached was a slogan given by Swami Vivekananda. Arise, awake, and stop not till the goal is reached is a slogan popularized in the late 19th century by Indian Hindu monk Swami Vivekananda.

**What is the success mantra of Vivekananda?** "Arise, awake, and don't stop till you reach your goal." "All power is within you; you can do anything and everything. Believe in that, do not believe that you are weak; do not believe that you are half-crazy lunatics, as most of us do nowadays.

## **The Island: A Novel by Victoria Hislop**

### **1. What is the central premise of "The Island"?**

Victoria Hislop's "The Island" delves into the complex history of Crete during the 20th century, focusing on the lives of the residents of the fictional island of Spinalonga, a former leper colony. The novel explores themes of love, loss, and the enduring bonds of community amidst adversity.

## **2. Who is Alexis Fielding, the protagonist of the story?**

Alexis is a young Englishwoman who inherits her grandmother's house in Crete. As she investigates her family's past, she uncovers the tragic story of Eleni, a Greek woman who was banished to Spinalonga at the age of 15. Alexis becomes determined to learn more about Eleni and her fate.

## **3. What is the significance of Spinalonga?**

Spinalonga, a real-life island off the coast of Crete, was a leper colony from 1903 to 1957. The novel depicts the harsh conditions and social outcast that lepers faced on the island, as well as the resilience and spirit of its inhabitants.

## **4. How does "The Island" explore the themes of love and loss?**

Through the stories of Eleni and other characters, Hislop explores the profound impact of love and loss on human lives. Eleni's forbidden romance with a priest, her separation from her family, and the untimely death of her beloved son are just a few of the heart-wrenching moments that illuminate the strength and fragility of human connections.

## **5. What is the historical context of "The Island"?**

"The Island" is set against the backdrop of Crete's tumultuous history during the 20th century, including the Balkan Wars, the German occupation during World War II, and the Greek Civil War. The novel weaves together these historical events with the personal stories of the characters, providing a rich and evocative portrait of the region.

## **The Mom Test: A Practical Guide to Getting Feedback from Potential Customers**

**Introduction** The Mom Test is a groundbreaking book by Rob Fitzpatrick that provides startups with a practical framework for conducting customer interviews. Through a series of structured questions, the Mom Test helps you uncover the true needs and motivations of your potential customers.

**Q: What are the key principles of the Mom Test?** **A:** The Mom Test emphasizes the importance of asking open-ended questions, avoiding leading questions, and actively listening to customer responses. The goal is to gather unbiased feedback that can help you refine your product or business idea.

**Q: How can I prepare for a Mom Test interview?** **A:** Before conducting an interview, identify your target customer profile and develop a list of specific questions. Practice your questions to ensure they are clear and non-threatening. It's also helpful to set specific goals for each interview.

**Q: What are the most important questions to ask during a Mom Test interview?** **A:** The Mom Test recommends a series of essential questions, including: "What's your biggest problem right now?" "How would you solve that problem?" "Would you pay for a solution?" These questions aim to uncover customer pain points, potential solutions, and willingness to pay.

**Q: How do I analyze the feedback from Mom Test interviews?** **A:** After conducting interviews, analyze the responses by identifying common themes and patterns. Look for areas where customer needs align with your product or business idea. Also, identify any areas where there is a mismatch or resistance.

**Q: What are the benefits of using the Mom Test?** **A:** The Mom Test enables startups to:

- Validate their business ideas before investing significant time and resources
- Understand the real needs and motivations of their target customers
- Identify potential obstacles and address them proactively
- Increase the likelihood of developing a successful product or service

## **SMM7 Standard Method of Measurement of Building Works**

The SMM7 Standard Method of Measurement of Building Works is a standardized method for measuring and valuing the work in a construction project. It is widely used in the United Kingdom and other parts of the world.

**Q: What is the purpose of SMM7?**

A: SMM7 provides a common language for describing and measuring construction work. It allows different parties involved in a project, such as architects, engineers, contractors, and clients, to understand and compare the scope of work and its value.

**Q: How is SMM7 used?**

A: SMM7 is used to create a bill of quantities (BoQ), which is a detailed list of all the elements of work in a construction project. The BoQ is then used to calculate the cost of the project and to prepare contracts between the different parties.

**Q: What are the benefits of using SMM7?**

A: SMM7 offers several benefits, including:

- Accuracy and consistency: It provides a standardized method for measuring work, reducing the risk of errors and disputes.
- Transparency: It allows different parties to clearly understand the scope of work and its cost.
- Efficiency: It simplifies the process of creating BoQs and calculating costs.

**Q: Who uses SMM7?**

A: SMM7 is primarily used by professionals in the construction industry, such as:

- Architects
- Engineers
- Contractors
- Clients
- Quantity surveyors

**Q: Where can I find more information about SMM7?**

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A: The Royal Institution of Chartered Surveyors (RICS) is the custodian of SMM7. More information, including the SMM7 document itself, can be found on the RICS website: <https://www.rics.org/uk/uphold-professional-standards/sector-standards/construction/standard-method-of-measurement/>

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