

MEDITATION ACCORDING TO YOGA

WHAT IS MEDITATION?

What is meditation? Meditation is the power which enables us to resist all this. Nature may call us, "Look, there is a beautiful thing!" I do not look. Now she says, "There is a beautiful smell; smell it!" I say to my nose, "Do not smell it", and the nose doesn't. "Eyes, do not see!" Nature does such an awful thing - kills one of my children, and says, "Now, rascal, sit down and weep! Go to the depths!" I say, "I don't have to." I jump up. I must be free. Try it sometimes... [In meditation], for a moment, you can change this nature. Now, if you had that power in yourself, would not that be heaven, freedom? That is the power of meditation.

How is it to be attained? In a dozen different ways. Each temperament has its own way. But this is the general principle: get hold of the mind. The mind is like a lake, and every stone that drops into it raises waves. These waves do not let us see what we are. The full moon is reflected in the water of the lake, but the surface is so disturbed that we do not see the reflection clearly. Let it be calm. Do not let nature raise the wave. Keep quiet, and then after a little while she will give you up. Then we know what we are. God is there already, but the mind is so agitated, always running after the senses. You close the senses and [yet] you whirl and whirl about. Just this moment I think I am all right and I will meditate upon God, and then my mind goes to London in one minute. And if I pull it away from there, it goes to New York to think about the things I have done there in the past. These [waves] are to be stopped by the power of meditation. (CW4.248)

THE GATE TO BLISS

Meditation is the gate that opens that to us. Prayers, ceremonials, and all the other forms of worship are simply kindergartens of meditation. You pray, you offer something. A certain theory existed that everything raised one's spiritual power. The use of certain words, flowers, images, temples, ceremonials like the waving of lights brings the mind to that attitude, but that attitude is always in the human soul, nowhere else. [People] are all doing it; but what they do without knowing it, do knowingly. That is the power of meditation.

Slowly and gradually we are to train ourselves. It is no joke - not a question of a day, or years, or maybe of births. Never mind! The pull must go on. Knowingly, voluntarily, the pull must go on. Inch by inch we will gain ground. We will begin to feel and get real possessions, which no one can take away from us - the wealth that no man can take, the wealth that nobody can destroy, the joy that no misery can hurt any more. (CW 4.248-249)

IN SEARCH OF TRUTH

Yoga is the science which teaches us how to get these perceptions. It is not much use to talk about religion until one has felt it. Why is there so much disturbance, so much fighting and quarrelling in the name of God? There has been more bloodshed in the name of God than for any other cause, because people never went to the fountain-head; they were content only to give a mental assent to the customs of their forefathers, and wanted others to do the same. What right has a man to say he has a soul if he does not feel it, or that there is a God if he does not see Him? If there is a God we must see Him, if there is a soul we must perceive it; otherwise it is better not to believe. It is better to be an outspoken atheist than a hypocrite.

Man wants truth, wants to experience truth for himself; when he has grasped it, realised it, felt it within his heart of hearts, then alone, declare the Vedas, would all doubts vanish, all darkness be scattered, and all crookedness be made straight. (CW 1.127-28)

HOW RESTLESS IS THE MIND!

How hard it is to control the mind! Well has it been compared to the maddened monkey. There was a monkey, restless by his own nature, as all monkeys are. As if that were not enough someone made him drink freely of wine, so that he became still more restless. Then a scorpion stung him. When a man is stung by a scorpion, he jumps about for a whole day; so the poor monkey found his condition worse than ever. To complete his misery a demon entered into him. What language can describe the uncontrollable restlessness of that monkey? The human mind is like that monkey, incessantly active by its own nature; then it becomes drunk with the wine of desire, thus increasing its turbulence. After desire takes possession comes the sting of the scorpion of jealousy at the success of others, and last of all the demon of pride enters the mind, making it think itself of all importance. How hard to control such a mind! (CW 1.174)

A TREMONDOUS TASK

According to the Yogis, there are three principal nerve currents; one they call the Idâ, the other the Pingalâ, and the middle one the Sushumnâ, and all these are inside the spinal column. The Ida and the Pingala, the left and the right, are clusters of nerves, while the middle one, the Sushumna, is hollow and is not a cluster of nerves. This Sushumna is closed, and for the ordinary man is of no use, for he works through the Ida and the Pingala only. Currents are continually

going down and coming up through these nerves, carrying orders all over the body through other nerves running to the different organs of the body.

The task before us is vast; and first and foremost, we must seek to control the vast mass of sunken thoughts which have become automatic with us. The evil deed is, no doubt, on the conscious plane; but the cause which produced the evil deed was far beyond in the realms of the unconscious, unseen, and therefore more potent.

This is the first part of the study, the control of the unconscious. The next is to go beyond the conscious. So, therefore, we see now that there must be a twofold work. First, by the proper working of the Ida and the Pingala, which are the two existing ordinary currents, to control the subconscious action; and secondly, to go beyond even consciousness.

He alone is the Yogi who, after long practice in self-concentration, has attained to this truth. The Sushumna now opens and a current which never before entered into this new passage will find its way into it, and gradually ascend to (what we call in figurative language) the different lotus centres, till at last it reaches the brain. Then the Yogi becomes conscious of what he really is, God Himself. (CW 2. 30, 34, 36)

ENVIRONMENT FOR MEDITATION

Those of you who can afford it will do better to have a room for this practice alone. Do not sleep in that room, it must be kept holy. You must not enter the room until you have bathed, and are perfectly clean in body and mind. Place flowers in that room always; they are the best surroundings for a Yogi; also pictures that are pleasing. Burn incense morning and evening. Have no

quarrelling, nor anger, nor unholy thought in that room. Only allow those persons to enter it who are of the same thought as you. Then gradually there will be an atmosphere of holiness in the room, so that when you are miserable, sorrowful, doubtful, or your mind is disturbed, the very fact of entering that room will make you calm. This was the idea of the temple and the church, and in some temples and churches you will find it even now, but in the majority of them the very idea has been lost. The idea is that by keeping holy vibrations there the place becomes and remains illumined. Those who cannot afford to have a room set apart can practise anywhere they like. (CW 1. 145)

REQUISITES FOR MEDITATION

Where there is fire, or in water or on ground which is strewn with dry leaves, where there are many ant-hills, where there are wild animals, or danger, where four streets meet, where there is too much noise, where there are many wicked persons, Yoga must not be practised. This applies more particularly to India. Do not practise when the body feels very lazy or ill, or when the mind is very miserable and sorrowful. Go to a place which is well hidden, and where people do not come to disturb you. Do not choose dirty places. Rather choose beautiful scenery, or a room in your own house which is beautiful. When you practise, first salute all the ancient Yogis, and your own Guru, and God, and then begin. (CW 1. 192)

TIME FOR MEDITATION

You must practise at least twice every day, and the best times are towards the morning and the evening. When night passes into day, and day into night, a state of relative calmness ensues. The early morning and the early evening are

the two periods of calmness. Your body will have a like tendency to become calm at those times. We should take advantage of that natural condition and begin then to practise. Make it a rule not to eat until you have practised; if you do this, the sheer force of hunger will break your laziness. In India they teach children never to eat until they have practised or worshipped, and it becomes natural to them after a time; a boy will not feel hungry until he has bathed and practised. (CW 1. 144-45)

NOW PRAY!

Mentally repeat:

Let all beings be happy;

let all beings be peaceful;

let all beings be blissful.

So do to the east, south, north and west. The more you do that the better you will feel yourself. You will find at last that the easiest way to make ourselves healthy is to see that others are healthy, and the easiest way to make ourselves happy is to see that others are happy. After doing that, those who believe in God should pray--not for money, not for health, nor for heaven; pray for knowledge and light; every other prayer is selfish. (CW 1. 145-46)

THE FIRST LESSON

Sit for some time and let the mind run on. The mind is bubbling up all the time. It is like that monkey jumping about. Let the monkey jump as much as he can; you simply wait and watch. Knowledge is power, says the proverb, and that is true. Until you know what the mind is doing you cannot control it. Give it the

rein; many hideous thoughts may come into it; you will be astonished that it was possible for you to think such thoughts. But you will find that each day the mind's vagaries are becoming less and less violent, that each day it is becoming calmer.

Give up all argumentation and other distractions. Is there anything in dry intellectual jargon? It only throws the mind off its balance and disturbs it. Things of subtler planes have to be realised. Will talking do that? So give up all vain talk. Read only those books which have been written by persons who have had realisation. (CW 1. 174, 176-77)

NOW THINK!

Think of your own body, and see that it is strong and healthy; it is the best instrument you have. Think of it as being as strong as adamant, and that with the help of this body you will cross the ocean of life. Freedom is never to be reached by the weak. Throw away all weakness. Tell your body that it is strong, tell your mind that it is strong, and have unbounded faith and hope in yourself. (CW 1. 146)

A FEW EXAMPLES OF MEDITATION

Imagine a lotus upon the top of the head, several inches up, with virtue as its centre, and knowledge as its stalk. The eight petals of the lotus are the eight powers of the Yogi. Inside, the stamens and pistils are renunciation. If the Yogi refuses the external powers he will come to salvation. So the eight petals of the lotus are the eight powers, but the internal stamens and pistils are extreme renunciation, the renunciation of all these powers. Inside of that lotus think of the Golden One, the Almighty, the Intangible, He whose name is Om, the Inexpressible, surrounded with effulgent light. Meditate on that.

Another meditation is given. Think of a space in your heart, and in the midst of that space think that a flame is burning. Think of that flame as your own soul and inside the flame is another effulgent light, and that is the Soul of your soul, God. Meditate upon that in the heart. (CW 1. 192-93)

HOW TO REACH THE GOAL

Whether you live or die does not matter. You have to plunge in and work, without thinking of the result. If you are brave enough, in six months you will be a perfect Yogi. But those who take up just a bit of it and a little of everything else make no progress. It is of no use simply to take a course of lessons.

To succeed, you must have tremendous perseverance, tremendous will. "I will drink the ocean," says the persevering soul, "at my will mountains will crumble up." Have that sort of energy, that sort of will, work hard, and you will reach the goal. (CW 1. 178)

BE CAREFUL!

Every motion is in a circle. If you can take up a stone, and project it into space, and then live long enough, that stone, if it meets with no obstruction, will come back exactly to your hand. A straight line, infinitely projected, must end in a circle. Therefore, this idea that the destiny of man is progressing ever forward and forward, and never stopping, is absurd. Although extraneous to the subject, I may remark that this idea explains the ethical theory that you must not hate, and must love. Because, just as in the case of electricity the modern theory is that the power leaves the dynamo and completes the circle back to the dynamo, so with hate and love; they must come back to the source. Therefore do not hate anybody, because that hatred which comes out from you, must, in the long run,

come back to you. If you love, that love will come back to you, completing the circle. (CW 1. 196)

THE MIND-LAKE

The bottom of a lake we cannot see, because its surface is covered with ripples. It is only possible for us to catch a glimpse of the bottom, when the ripples have subsided, and the water is calm. If the water is muddy or is agitated all the time, the bottom will not be seen. If it is clear, and there are no waves, we shall see the bottom. The bottom of the lake is our own true Self; the lake is the Chitta and the waves the Vrittis.

Again, the mind is in three states, one of which is darkness, called Tamas, found in brutes and idiots; it only acts to injure. No other idea comes into that state of mind. Then there is the active state of mind, Rajas, whose chief motives are power and enjoyment. "I will be powerful and rule others." Then there is the state called Sattva, serenity, calmness, in which the waves cease, and the water of the mind-lake becomes clear. (CW 2. 202)

MIND AND ITS CONTROL

Meditation is one of the great means of controlling the rising of these waves. By meditation you can make the mind subdue these waves, and if you go on practising meditation for days, and months, and years, until it has become a habit, until it will come in spite of yourself, anger and hatred will be controlled and checked. (CW 1. 242-43)

BE CHEERFUL!

The first sign that you are becoming religious is that you are becoming cheerful. When a man is gloomy, that may be dyspepsia, but it is not religion.

To the Yogi everything is bliss, every human face that he sees brings cheerfulness to him. That is the sign of a virtuous man. Misery is caused by sin, and by no other cause. What business have you with clouded faces? It is terrible. If you have a clouded face, do not go out that day, shut yourself up in your room. What right have you to carry this disease out into the world? (CW 1. 264-65)

THE SIGNS OF A YOGI

"He who hates none, who is the friend of all, who is merciful to all, who has nothing of his own, who is free from egoism, who is even-minded in pain and pleasure, who is forbearing, who is always satisfied, who works always in Yoga, whose self has become controlled, whose will is firm, whose mind and intellect are given up unto Me, such a one is My beloved Bhakta. From whom comes no disturbance, who cannot be disturbed by others, who is free from joy, anger, fear, and anxiety, such a one is My beloved. He who does not depend on anything, who is pure and active, who does not care whether good comes or evil, and never becomes miserable, who has given up all efforts for himself; who is the same in praise or in blame, with a silent, thoughtful mind, blessed with what little comes in his way, homeless, for the whole world is his home, and who is steady in his ideas, such a one is My beloved Bhakta." Such alone become Yogis. (CW 1. 193)

BE LIKE A PEARL OYSTER

There is a pretty Indian fable to the effect that if it rains when the star Svati is in the ascendant, and a drop of rain falls into an oyster, that drop becomes a pearl. The oysters know this, so they come to the surface when that star shines, and wait to catch the precious raindrop. When a drop falls into them, quickly the oysters close their shells and dive down to the bottom of the sea, there to

patiently develop the drop into the pearl. We should be like that. First hear, then understand, and then, leaving all distractions, shut your minds to outside influences, and devote yourselves to developing the truth within you. (CW 1. 177)

PATIENCE

There was a great god-sage called Narada. Just as there are sages among mankind, great Yogis, so there are great Yogis among the gods. Narada was a good Yogi, and very great. He travelled everywhere. One day he was passing through a forest, and saw a man who had been meditating until the white ants had built a huge mound round his body--so long had he been sitting in that position. He said to Narada, "Where are you going?" Narada replied, "I am going to heaven." "Then ask God when He will be merciful to me; when I shall attain freedom." Further on Narada saw another man. He was jumping about, singing, dancing, and said, "Oh, Narada, where are you going?" His voice and his gestures were wild. Narada said, "I am going to heaven." "Then, ask when I shall be free." Narada went on. In the course of time he came again by the same road, and there was the man who had been meditating with the ant-hill round him. He said, "Oh, Narada, did you ask the Lord about me?" "Oh, yes." "What did He say?" "The Lord told me that you would attain freedom in four more births." Then the man began to weep and wail, and said, "I have meditated until an ant-hill has grown around me, and I have four more births yet!" Narada went to the other man. "Did you ask my question?" "Oh, yes. Do you see this tamarind tree? I have to tell you that as many leaves as there are on that tree, so many times, you shall be born, and then you shall attain freedom." The man began to dance for joy, and said, "I shall have freedom after such a short time!" A voice came, "My child, you will

have freedom this minute." That was the reward for his perseverance. He was ready to work through all those births, nothing discouraged him. (CW 1. 193-94)

IN THE REALM OF TRANQUILITY

The greatest help to spiritual life is meditation (Dhyana). In meditation we divest ourselves of all material conditions and feel our divine nature. We do not depend upon any external help in meditation. The touch of the soul can paint the brightest colour even in the dingiest places; it can cast a fragrance over the vilest thing; it can make the wicked divine--and all enmity, all selfishness is effaced. The less the thought of the body, the better. For it is the body that drags us down. It is attachment, identification, which makes us miserable. That is the secret: To think that I am the spirit and not the body, and that the whole of this universe with all its relations, with all its good and all its evil, is but as a series of paintings--scenes on a canvas--of which I am the witness. (CW 2. 37)

TRANSFORMATION THROUGH MEDITATION

There was a young man that could not in any way support his family. He was strong and vigorous and, finally, became a highway robber; he attacked persons in the street and robbed them, and with that money he supported his father, mother, wife, and children. This went on continually, until one day a great saint called Narada was passing by, and the robber attacked him.

The sage asked the robber, "Why are you going to rob me? It is a great sin to rob human beings and kill them. What do you incur all this sin for?" The robber said, "Why, I want to support my family with this money." "Now", said the sage, "do you think that they take a share of your sin also?" "Certainly they do," replied the robber. "Very good," said the sage, "make me safe by tying me up