



## 64. Meditation – the Technique (379-383)

लक्ष्ये ब्रह्मणि मानसं दृढतरं संस्थाप्य बाह्येन्द्रियं  
स्वस्थाने विनिवेश्य निश्चलतनुश्चोपेक्ष्य देहस्थितिम् ।  
ब्रह्मात्मैक्यमुपेत्य तन्मयतया चाखण्डवृत्त्याऽनिशं  
ब्रह्मानन्दरसं पिबात्मनि मुदा शून्यैः किमन्यैर्भृशम् ॥ ३७९ ॥

*lakṣye brahmaṇi mānasaṁ dṛḍhataraṁ saṁsthāpya bāhyendriyaṁ  
svasthāne viniveśya niścalatanuścopekṣya dehasthitim,  
brahmātmaikyamupetya tanmayatayā cākhaṇḍavṛttyā'niśaṁ  
brahmānandarasaṁ pibātmani mudā śūnyaiḥ kimanyairbhṛśam. (379)*

379. Fixing the mind firmly on Brahman, the point of concentration, restraining the sense organs in their respective centres, holding the body steady and giving up all thought for its maintenance, attaining identity with Brahman and being one with It, continuously drink the bliss of Brahman in your own Self. Of what use are other things? They are entirely false, empty.

Establishing the mind firmly in Brahman, the point of contemplation, persuade the sense organs to stay quietly at their respective sense centres. Let not the sense centres in the intellect get excited and run after the sense objects.

Keeping the body firm in a steady posture, give up all anxieties for it. Sit in a comfortable posture in which you can easily sit for about an hour without worrying over the limbs of the body.<sup>1</sup> Then meditate upon the Self and realise the oneness of Its glory, within and without. Do not stand apart and try to understand It;

<sup>1</sup> *sthiraśukhamāsanam – Yogasūtra.*

a firm and comfortable posture of sitting.