



## 52. Aids to Meditation (254-266)

जातिनीतिकुलगोत्रदूरगं  
नामरूपगुणदोषवर्जितम् ।  
देशकालविषयातिवर्ति यद्  
ब्रह्म तत्त्वमसि भावयात्मनि ॥ २५४ ॥

*jātinītikulagotradūragam  
nāmarūpaguṇadoṣavarjitaṁ,  
deśakālaviṣayātivarti yad  
brahma tattvamasi bhāvayātmani.* (254)

254. *That which has no caste, creed, family or lineage, which is without name and form, merit and demerit, which is beyond space, time and sense objects – ‘That Brahman thou art’ – meditate on this in your mind.*

From this verse onwards for ten verses, there are ideas to help the meditator at his seat of contemplation. You would do well to learn them by heart and employ them continuously for reflection and daily contemplation.

‘That Brahman thou art’ – Keep this attitude constantly in your bosom. Understanding or knowing is the function of the intellect, while feeling is the function of the mind. Knowing Truth alone will never take you to Truth nor is feeling Truth sufficient to realise It. Knowing is developed through the study of the scriptures and feeling for God is increased by bhakti or devotion.

Thus, knowledge and devotion are the methods and techniques by which the understanding of the Lord’s nature and devotion for the Lord are enhanced. Neither of them, by itself, is capable of realising the Truth, because It is beyond the mind