

## MEDITATION

In the modern world, scientific and technological advancement have discovered and made many contributions to the satisfaction of man's physical senses to experience and to enjoy.

But advancement of modern science has also brought on the human race, restlessness, impatience, discontentment and a purposeless mad race to unknown goal. Man everywhere feels that there is something missing from life. Man has been deprived of a healthy mind, a free mind, a mind with illumination, and knowledge. Many of the sufferings that one experiences, are because of he has not developed his mind. To achieve the best of life, sensual, material and spiritual, an illuminated and enlightened mind is a necessity.

More and more men all over the world are more and more turning to the ancient system of Yoga as a means to escape from the worries of the modern way of life.

Man needs to find a way of bringing about external and internal change simultaneously. Man cannot neglect his inner life to seek only social, economic and material benefits. Similarly, man cannot isolate the inner from the outer benefits and run away from his daily life, responsibilities and social commitments. A balance and harmony between the inner and outer life of man is essential to avoid imbalance in society.

For this purpose, we must learn how to withdraw the mind and bring it closer to the inner self, to the deeper recesses of life.

Meditation (Dhyana) is a path to achieve this balance and harmony between the inner and outer life of man. Through meditation, we begin to realize that the cause of our disappointment and misery and problems is not in outside material world. The cause of our misery, restlessness and turmoil is within ourselves.

*"Meditation* is communion with the inner self. It is the means of expanding our consciousness, transcending the external being and becoming one with the infinite source and life and wisdom. Meditation is not a process of self-forgetfulness and escape, it is not entering into total darkness, total nothingness. Meditation is discovering oneself."

Patanjali defines meditation as that state when the mind becomes free from the awareness of subjective and objective experience.

When one is no longer distracted by external images appearing in the mind, when one can no longer hear external sounds, and sense objects do not disturb the mental state any more, then he is in a state of meditation. His mind is completely controlled, intensely but effortlessly concentrated on one point. He has transcended the moral limitations of the mind and senses, and has obtained complete oneness with the object of contact.

The Gita says:

"He who cannot meditate must not expect peace; and without peace, how can anyone expect happiness?"

The path of meditation is not easy. It involves a certain amount of discipline and will power.

In the early stages of practicing meditation, many subtle thought and visions which have been stored away in the sub-conscious mind appear.

All such psychic experiences and visions only indicate that your subconscious mind is undergoing a state of purging-tensions, suppressions and anxieties are being-released, as you become more and more relaxed and aware.

Meditation induces a true state of rest and aid in repair and improved health of the cells and tissues of the body, The most beneficial rest is gained when the mind is in peace and fully concentrated in the practice of meditation.

Meditation also brings great benefits to the physical body and functioning of the brain.

Normall only about one tenth of the human brain is utilized and the remaining nine-tenth remain dormant. Within the dormant portion, many psychic functions can be activated, and many functions of creativity, wisdom, genius and enlightened states of mind achieved. It is through meditation that the unmanifest potentials of the human brain can be discovered and brought into action, There is no limit to the power of the human mind when one has learned to merge it with the cosmic mind.

To achieve balance, equilibrium of the mind, one has to go above the three 'gunas'. 'Satva', 'Rajas' and 'Tamas' and completely balance then. One has to be subjected to, and at the same time be above them. Then only the 'self' or '*AT MAN*' merges into and becomes one with the '*PARAMATMAN*' or cosmic consciousness, free from the bondages of the lower manifestation, This is the eternal and endless chain reaction of the cosmic plan,

One who knows the secret of awakening the dormant power of the latent consciousness of the 'Kundalini' (dormant pranic energy). pierces the earth element which is in the 'Mooladhara' and merges with the water element, which is located in the 'Swadhisthana', With fuller awakening, one merges the water element with the fire element, which is in the 'Manipura Chakra', Then on further pierces the air element in the 'Anahata Chakra' and lastly the ether element in 'Vishuddhi Chakra' and rises into AJNA chakra, One rises above the desires and good and bad, and finally identifies himself in SAHASRARA with the cosmic consciousness or Lord Shiva. When one gains mastery of Sahsarara, he is free from all states, free from all bondage and acquires the psychic powers.

To awaken the serpentine power of '*Kundalini*' one has to merge his speech into his mind, and merge his mind into 'prana'. 'Apana' and 'Samana', the three principal 'prana Vayus' in the Body. This means taking the Prana Vayu which resides in the heart, and taking up the Apana which resides near the anus region, and join them with Samana which is at the navel region. Finally this is taken up in the Sushumna Nadi (Saraswati Nadi) passing through all the six Chakras, piercing the fine elements and reacting the AJNA Chakra. By this one goes above all desires and ultimately merges with cosmic consciousness, Lord Shiva. This union of the individual soul or gross self with Cosmic consciousness, the Divine Self, or primordial Source, is Samadhi, the goal of all Yoga.

Any science which leads towards this ultimate union of the individual self with the universal self, to realize god, or cosmic consciousness, is Yoga. This is also known as Kundalini Yoga. Kriya Yoga, Laya Yoga, Agni Yoga and Swara Yoga. ultimately the purpose of all is the same to go from the gross to subtle, and finally merge with the primordial source.

As the circumference of a circle consists of an infinite number of tiny points, every point leading to the centre with different radii, so also the mental tension of individual souls; from infinite points all leading towards the Supreme Soul (cosmic consciousness or Premordial sense of the circumference).

Meditation is a concentrated march towards the centre of the circle from whatever level and from whatever point on the circumference we may be.

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