Meditation

For God to make Love,
for the Divine Alchemy to work,
the Pitcher needs a still cup.
Why ask Hafiz to say anything more
about your most vital requirement?
(Hafiz)
All meditation systems either aim for One or Zero - union with God or emptiness. The path to the One is through concentration on Him, to the Zero is insight into the voidness of one’s mind. (Joseph Goldstein)

Meditation is most necessary, for only by meditation will all things come of their own accord. (Sant Kirpal Singh)

Sitting quietly, doing nothing, everything is achieved. (Zen saying)

Some Benefits of Meditation

Recent studies in the field of science are confirming that meditation can improve our physical and mental well-being. Besides having a positive effect on our body and mind, it also helps us develop spiritually. Thus, meditation can help us in the physical, mental, and spiritual spheres of our lives. (Sant Rajinder Singh)
“Were you aware that people who meditate each day are much happier than everyone else?

Meditators are much healthier with greatly extended life spans, too. As a matter of fact, there have been numerous studies showing that meditation dramatically reduces, and even reverses disease of all types (especially cancer).

Did you know that experienced meditators have awakened many dormant abilities that they never knew they had, abilities that exist within every person? And they have gotten much closer to answering life's mysterious questions?

They are much smarter, too. In fact, meditators’ brains have been proven to function at a superior level on every single test, measurement, and assessment that the scientific community has generated. It is easy to see why many of history's greatest inventors, philosophers, and scientists received their revolutionary, future-transforming ideas during their daily meditation sessions.

Were you aware that meditators produce immensely more euphoric brain chemicals, the same chemicals that flow through your system on the days when you have never felt better, and these euphoric brain chemicals are produced constantly?

Did you know that they also sleep much better? As a matter of fact, they need fewer hours of sleep every night because their minds and bodies are completely refreshed and rejuvenated during their highly pleasurable meditation sessions. Meditation is many times more powerful than sleep.

Also, meditators have far superior mental and emotional health. Meditation melts all the subconscious layers of anger, depression, anxiety, fear, phobias, and sadness built up over years and years leaving you in perfect mental and emotional balance. It is easy to see why they have more friends, healthier relationships, and feel a great deal more satisfied and content with their lives.” (meditation website)
Why do we meditate? We meditate precisely because this world of ours has disappointed us and because failure looms large in our day-to-day life. We want fulfillment. We want joy, peace, bliss and perfection within and without. Meditation is the answer, the only answer. (Sri Chinmoy)

The gift of learning to meditate is the greatest gift you can give yourself in this life. For it is only through meditation that you can undertake the journey to discover your true nature, and so find the stability and confidence you will need to live, and die, well. (Sogyal Rinpoche)

Controlled studies have found consistent reductions in anxiety in meditators …Several stress-related conditions have demonstrated improvement during clinical trials of meditation including: hypertension, insomnia, asthma, chronic pain, cardiac tachyarrhythmias, phobic anxiety. (Dr. John Craven)
This is the only way to explain existence, to overcome sadness and grievances, to banish death and misery, to find the right path, to realize Nirvana - it is correct meditation. (Buddha)

If we know the divine art of concentration, if we know the divine art of meditation, if we know the divine art of contemplation, easily and consciously we can unite the inner world and the outer world. (Sri Chinmoy)

Through meditation and by giving full attention to one thing at a time, we can learn to direct attention where we choose. (Eknath Easwaran)

Meditation increases your vitality and strengthens your intelligence; your beauty is enhanced; your mental clarity and health improve. You acquire the patience and fortitude to face any problem in life. So, meditate! Only through meditation will you find the treasure you are seeking. (Mata Amritanandamayi)
Meditation gives you an opportunity to come to know your invisible self. It allows you to empty yourself of the endless hyperactivity of your mind, and to attain calmness. It teaches you to be peaceful, to remove stress, to receive answers where confusion previously reigned. (Wayne Dwyer)

Through regular practice of concentration and meditation you attain clarity of mind, increased grasping power, retentive memory, increased intelligence, confidence, peace, optimism and control of the senses. (Swami Sivananda)

Health, a light body, freedom from cravings, a glowing skin, sonorous voice, fragrance of body: these signs indicate progress in the practice of meditation. (Shvetashvatara Upanishad)

Meditation practice is regarded as a good and in fact excellent way to overcome warfare in the world; our own warfare as well as greater warfare. (Chogyam Trungpa Rinpoche)

Mindful meditation has been discovered to foster the ability to inhibit those very quick emotional impulses. (Daniel Goleman)
As meditation deepens, compulsions, cravings and fits of emotion begin to lose their power to dictate our behavior. (Eknath Easwaran)

A racing mind that reacts sensitively to little things indicates thinking that has lost its spiritual strength. Meditation restores that power. (Innerspace)

We find that people have a host of problems dealing with their interpersonal relationships. They are troubled by anxiety, depression, anger, fear, lack of self-esteem, and a variety of other emotional conditions. A large segment of the population takes alcohol and a variety of drugs to alleviate their mental and emotional pain. Meditation provides a solution which is safe, effective, and lasting. (Sant Rajinder Singh)

When the time arrives for you to leave this life for another life, if you wish to go to a beautiful and soulful world, then you will need a valid passport, and that passport is your meditation here on earth. (Sri Chinmoy)

Meditation is the discovery that the point of life is always arrived at in the immediate moment. (Alan Watts)

Meditation is not to escape from society, but to come back to ourselves and see what is going on. Once there is seeing, there must be acting. With mindfulness, we know what to do and what not to do to help. (Thich Nhat Hanh)
Meditation brings wisdom; lack of mediation leaves ignorance. Know well what leads you forward and what hold you back, and choose the path that leads to wisdom. (Buddha)

Contemplation for an hour is better than formal worship for sixty years. (Mohammed)

Contemplation is for man the end of human life. (Saint Thomas)

The attainment of the one-pointedness of the mind and the senses is the best of austerities. It is superior to all religious duties. (Sankaracharya)

Eliminate Harmful Habits

If you really want to rid yourself of present bad habits you have no greater recourse than meditation. Every time you meditate deeply on God, beneficial changes take place in the patterns of your brain. (Yogananda)

When the fruit grows, the petals drop off themselves. So when divinity in you increases, the weakness of humanity will vanish. (Ramakrishna)
I know there is a gold mine in you, when you find it the wonderment of the earth’s gifts you will lay aside as naturally as does a child a doll. (Rumi)

Understand this if nothing else: spiritual freedom and oneness with the Tao are not randomly bestowed gifts, but the rewards of conscious self-transformation and self-evolution. (Lao-tzu)

When you come in contact with Light and Sound Power within, you have not to adopt any virtues, but everything, all virtues, will come within you of themselves. (Sant Kirpal Singh)

One's whole life can be changed with meditation and love for the Guru. The Guru will then appear within. (Sant Kirpal Singh)
Gateway to the Spiritual Realms

The Kingdom of Heaven is within.
(Jesus Christ)

Once we have a direct experience of the inner Light and Sound, we realize that we are not the body but soul. We realize a higher reality within. It is the beginning of our journey to our true Home. (Sant Rajinder Singh)

I went round the streets and squares of the cities of this world seeking Thee, and I found Thee not, because in vain I sought without for Him who was within myself. (Saint Augustine)

Meditation is the gateway, through which you arrive to the world of freedom. (Remez Sasson)
Turn your vision inward and the whole world will be full of Supreme Spirit. (Ramana Maharshi)

If the mind can get quiet enough, something sacred will be revealed. (Helen Tworkov)

If you want to find God, hang out in the space between your thoughts. (Alan Watts)

There is a current of Light and Sound that flows out from God through the various regions of creation. This divine stream also returns to God. If, through meditation, we connect our soul to this current, we can travel on it back to our Source. (Sant Rajinder Singh)

By meditation upon Light and upon Radiance, knowledge of the spirit can be reached and thus peace can be achieved. (Patanjali)

Each man has a private door opening on to the Eternal Brightness. If he will not press and push it open, his darkness is self-doomed. (Paul Brunton)
Regular meditation opens the avenues of intuitional knowledge, makes the mind calm and steady, awakens an ecstatic feeling, and brings the practitioner in contact with the source of his/her very being. (Swami Sivananda)

When you realize the unborn, uncreated, unconditioned, you are liberated from everything born, created, and conditioned. (Buddha)

Through meditation, the Higher Self is seen. (Bhagavad Gita)

True meditation gives us, as it were, wings for flight to a higher realm and thus detaches us from terrestrial fetters. (Paramananda)
When we raise ourselves through meditation to what unites us with the spirit, we quicken something within us that is eternal and unlimited by birth and death. Once we have experienced this eternal part in us, we can no longer doubt its existence. Meditation is thus the way to knowing and beholding the eternal, indestructible, essential center of our being. (Rudolf Steiner)

Contemplation places us in a purity and radiance which is far above our understanding. (Ruysbroeck)

When you meditate, the silence of the senses illumines the presence of God within. (Gurumayi Chidvilasananda)

The kingdom of God is just behind the darkness of closed eyes, and the first gate that opens to it is your peace. (Paramhansa Yogananda)

The Path is but one step. Taking one step out of one’s self to get to God. (Rumi)

There is nothing in this world human beings do not seek; they explore the mountains and the hills, aspire to know what is in the sea and beneath the sea, in the most remote deserts. However, there is one thing people neglect and do not seek: the divinity that is within them. (Rabbi Zadok ha-Kohen)
Elevate yourself above time and space: leave the world and be a world unto yourself. (Mahmud Shabistari)

Despite the materialism of our modern century and the infernal noise of its mechanical, industrial, nuclear, and military power, there still exist a few representatives of that superior type of humanity who in silence inquire, meditate, and pray. (Khaled Bentounes)

Like space, meditate without center or limit! Like the sun and the moon, meditate in brightness and clarity! Like the mountains, meditate, unmoving and unshakeable! Like the ocean, meditate, deep and unfathomable! (Milarepa)

When the human brain is calm, in a state of deep serenity, this human microcosm is the perfect and harmonious image of the macrocosm. (Taisen Deshimaru)

Man must let his true nature blossom, for there is inside him a light that asks only to shine. (Tseng-Tzu)

The physical world is a fulcrum by which to lift yourself up to the intelligible world. If there were no connection or correspondence between the two, the path to ascend would be closed. (Al-Ghazali)
Both a Means and an End

Meditation is not a means to an end. It is both the means and the end. 
(J. Krishnamurti)

We could say that meditation doesn't have a reason or doesn't have a purpose. In this respect it's unlike almost all other things we do except perhaps making music and dancing. When we make music we don't do it in order to reach a certain point, such as the end of the composition. If that were the purpose of music then obviously the fastest players would be the best. Also, when we are dancing we are not aiming to arrive at a particular place on the floor as in a journey. When we dance, the journey itself is the point, as when we play music the playing itself is the point. And exactly the same thing is true in meditation. Meditation is the discovery that the point of life is always arrived at in the immediate moment. (Alan Watts)
Longing

Thou hast made us for Thyself and our hearts can find no rest except in Thee. (Saint Augustine)

The longing to go back to the source is present in each being from the very time that it is separated from the source by the veil of ignorance. (Meher Baba)
How do you meditate? You meditate with an inner cry. There should be an inner cry here, in the heart. The outer cry is ego-centered; it wants name and fame. .. While you are feeling this inner cry, you try to make the mind absolutely calm and quiet. If a thought enters your mind, you try to reject it. Consider this thought as a fly. When a fly comes to land on your arm, you don't allow the fly to remain; you just wave your hand and it goes away. (Sri Chinmoy)

The heart is right to cry even when the smallest drop of Light, of love, is taken away. Perhaps you may kick, moan, scream in a dignified silence, but you are so right to do so in any fashion until God returns to you. (Hafiz)

In your longing for your giant self lies your goodness: and that longing is in all of you. But in some of you that longing is a torrent rushing with might to the sea, carrying the secrets of the hillsides and the songs of the forest. And in others it is a flat stream that loses itself in angles and bends and lingers before it reaches the shore.
(Kahlil Gibran)
What is Meditation?

Meditation is the expression of your true nature; it is the activity which appeases your inmost desire. (Suzuki Roshi)

The meaning of meditation is to concentrate or meditate upon one thing, so much so that all other things are forgotten. (Sant Kirpal Singh)

Meditation is the process by which we withdraw our attention from the world outside and our body and concentrate it at a point between and behind the two eyebrows. By focusing our attention there, we come in contact with a current of Light and Sound which will lead us from our physical consciousness into higher consciousness, into the Beyond. (Sant Rajinder Singh)

Meditation is the dissolution of thoughts in eternal awareness or pure consciousness without objectification, knowing without thinking, merging finitude in infinity. (Swami Sivananda)
Mystical prayer...is a supernatural intercourse between the soul and the divine, or some aspect of the divine, sometimes full of Light and joy, sometimes dark and bare. In some of its degrees it is a placid, trustful waiting upon messages from without. In others, it is an inarticulate communion, a wordless rapture, a silent gazing upon God. The mystics have exhausted all the resources of all tongues in their efforts to tell us of the rewards which await those who will undertake this most sublime and difficult of arts. (Evelyn Underhill)

Meditation is a mental/spiritual technique for relaxing the restlessness of the mind and freeing it from anxiety and stress. In its higher forms, it aims for the attaining of peace of mind, inner silence and spiritual awakening. (Remez Sasson)

When you meditate, what you actually do is to enter into a calm or still, silent mind. We have to be fully aware of the arrival and attack of thoughts. That is to say, we shall not allow any thought, divine or undivine, good or bad, to enter into our mind. Our mind should be absolutely silent. Then we have to go deep within; there we have to observe our real existence. (Sri Chinmoy)
When we meditate we expand, spreading our wings like a bird, trying to enter consciously into Infinity, Eternity and Immortality, welcoming them into our aspiring consciousness. We see, feel and grow into the entire universe of Light-Delight. (Sri Chinmoy)

We are sick with fascination for the useful tools of names and numbers, of symbols, signs, conceptions and ideas. Meditation is therefore the art of suspending verbal and symbolic thinking for a time, somewhat as a courteous audience will stop talking when a concert is about to begin. (Alan Watts)

The spirit of meditation is the combating of self-willed thinking. (Hakuin)

When meditation is mastered, the mind is unwavering like the flame of a lamp in a windless place. (Krishna)

All this talk and turmoil and noise and movement and desire is outside of the veil; within the veil is silence and calm and rest. (Bayazid al-Bistami)

This humble receptiveness, this still and steady gazing, in which emotion, will, and thought are lost and fused, is the secret of the great contemplatives on fire with love of that which he has been allowed to see. (Evelyn Underhill)
Meditation is to be aware of every thought and of every feeling, never to say it is right or wrong, but just to watch it and move with it. In that watching you begin to understand the whole movement of thought and feeling. And out of this awareness comes silence. (J. Krishnamurti)

Silence is a great benediction, it cleanses the brain, gives vitality to it, and this silence builds up great energy, not the energy of thought or the energy of machines, but unpolluted energy, untouched by thought. It is the energy that has incalculable capacity, skills. And this is a place where the brain, being very active, can be silent. That very intense activity of the brain has the quality and the depth and the beauty of silence. (J. Krishnamurti)

The Third Eye

This “Single” or “Third Eye” provides an ingress into the spiritual worlds - the Kingdom of God - now a lost realm to most of us…Of this inlet or ingress little is known by the people at large. (Sant Kirpal Singh)

In the center behind and above the eyes there is an aperture; on this side of it is the material world, in which we are living now; and on the other side is the astral world. (Baba Sawan Singh)

Ask, and it shall be given to you; seek, and you shall find; knock, and it shall be opened to you. (Jesus Christ)
It is here at the eye-center that one has to tap within, and to “knock” and knock hard with fully concentrated and single-minded attention, as an undivided individual, in order to find the way-in and gain entry into the astral world. (Sant Kirpal Singh)

Just behind the darkness of closed eyes shines the Light of God. When you behold that Light in meditation, hold onto it with devotional zeal. Feel yourself inside it: That is where God dwells. If, on the other hand, you behold no Light in meditation, then concentrate at the point between the eyebrows, and gaze deeply into the darkness that you see with closed eyes. Try, by your devotion, to penetrate that thick veil. In time you will surely behold the Inner Light, for it is ever there, shining in your forehead. Just as all human beings have eyes, so does everyone have this spiritual eye within his forehead. It awaits only his discovery in deep concentration within. (Yogananda)
When you first begin, you find only darkness, and as it were a cloud of unknowing. You don't know what this means except that in your will you feel a simple steadfast intention reaching out towards God. Do what you will, this darkness and this cloud remain between you and God, and stop you both from seeing Him in the clear light of rational understanding, and from experiencing His loving sweetness in your affection. Reconcile yourself to wait in this darkness as long as is necessary, but still go on longing after Him whom you love. For if you are to feel Him or to see Him in this life, it must always be in this darkness. And if you will work hard at what I tell you, I believe that through God's mercy you will achieve this very thing. (from The Cloud of Unknowing)

In my travels I spent time with a great yogi. Once he said to me, “Become so still you hear the blood flowing through your veins.” One night as I sat in quiet, I seemed on the verge of entering a world inside so vast I know it is the source of all of us. (Mirabai)
So when Masters come, the first message they bring is, "There is God." They say, "We have seen God." With what eyes? - The eye which sees God exists in everybody, and is different from the eyes of flesh and blood; it is called Third Eye, Single Eye, Latent Eye. (Sant Kirpal Singh)

If one can concentrate his attention in the third eye, then he has done all the pilgrimages, devotions, kindnesses, and charities. (Guru Nanak)

**When God came into expression, there was Light and Sound.**
(Sant Kirpal Singh)

**Inner Light**

If, therefore, thine eye be “single” thy whole body shall be full of Light. (Jesus Christ)

The middle region of the sky, where-in the spirit dwelleth, is radiant with the Music of Light. (Kabir)
The point is that you are seeing something beyond nature, beyond the existential, beyond the psychic, beyond even cosmic identity. You are starting to see the hidden or esoteric dimension, the dimension that transcends nature. You see the Light, and sometimes this Light literally shines like the light of a thousand suns. It overwhelms you, empowers you, energizes you, remakes you, drenches you. This is what scholars have called the "numinous" nature of subtle spirit. Numinous and luminous. That is, no doubt, why saints are universally depicted with halos of light around their heads. That is actually what they see - Divine Light.

(Ken Wilber)

And I entered and beheld with the eye of my soul the Light Unchangeable… He that knows the Truth knows what that Light is, and he that knows It, knows eternity. (Saint Augustine)
My mind withdrew its thoughts from experience, extracting itself from the contradictory throng of sensuous images, that it might find out what that Light was wherein it was bathed... And thus, with the flash of one hurried glance, it attained to the vision of That Which Is. (Saint Augustine)

I wish I could give a description of at least the smallest part of what I learned, but, when I try to discover a way of doing so, I find it impossible; for, while the light we see here and that other Light are both light, there is no comparison between the two and the brightness of the sun seems quite dull if compared with the other. In short, however skillful the imagination may be, it will not succeed in picturing or describing what that Light is like. (Saint Teresa of Avila)
Exalted, drawn, and absorbed into the uncreated Light, I beheld that which cannot be related. (Angela of Foligno)

Absolutely unutterable and indescribable are the lightning like splendors of Divine Beauty; neither can speech express nor hearing apprehend. Shall we name the brilliance of the morning star, the brightness of the moon, the radiance of the sun - the glory of all these is unworthy of being compared with the true Light, standing farther from it than does the gloomiest night and the most terrible darkness from midday brightness. (Saint Basil the Great)

Cease inwardly from thought and word, be motionless within you, look upward into the Light and outward into the vast cosmic consciousness that is around you. Be more and more one with the brightness and the vastness. Then will Truth dawn on you from above and flow in you from all around you. (Sri Aurobindo)

Our mind is pure and simple. When it is emptied of thought, it enters the pure and simple Light of God, and finds nothing but the Light. (Symeon)

Once you discover this Light and learn to live by it, your whole existence will be changed. Love will permeate your very being and it will burst forth from the very pores of your body. (Sant Kirpal Singh)
True love, wisdom and power are the greatest gifts that one gets by basking in the sunshine of Heaven’s Light. (Sant Kirpal Singh)

When the Light is seen shining within your heart and the Music of the Spheres becomes audible, you behold the Light in all that is outside, you see the one Light in all. This is the Universal Vision that the One is in all and all are in One. (Sant Kirpal Singh)

Your task? To work with all the passion of your being to acquire an Inner Light, so you escape and are safe from the fires of madness, illusion, and confusion that are, and always will be, the world. (Rumi)
Ground yourself, strip yourself down, to blind loving silence. Stay there until you see you are gazing at the Light with its own ageless eyes. (Rumi)

Looking up gives Light, though at first it makes you dizzy. Get used to this Light, unless you’re a bat! The sign of your having this Light is your vision of the end. The lust of the moment is in truth your dark grave. (Rumi)

Music of the Spheres

The Music of the Spheres is so intense and swift that It pulls me up in an instant. (Plato)
Music without words means leaving behind the mind. And leaving behind the mind is meditation. Meditation returns you to the Source. And the Source of all is Sound. (Kabir)

From the life of Lord Krishna we learn how he once jumped into the River Jamuna, where lived a thousand-headed poisonous snake. Lord Krishna won over this monster with the music from his flute; that is, the Music of the Spheres. It again indicates that to control the serpent-mind there is no other means than the Sound Principle. (Sant Kirpal Singh)

Reverse the outward perception of hearing and listen inwardly to the perfectly unified and intrinsic Sound of the mind-essence. (Buddha)
When thine ear is closed to the noises of the world, thou will hear the Music of the Spheres - the Flute of the Lord. (Sant Kirpal Singh)

Through the practice of listening to this Music, all sins, impurities and afflictions are removed…One enjoys heavenly bliss and dwells in his Original Home. (Sant Kirpal Singh)

There is a sound of truth vibrating within - a song which is sung in every being. There is a great attraction in hearing this Sound, through which all other attractions will fade away - one becomes free of them. (Sant Kirpal Singh)
A Sound is coming from the eternal abode to call you back. (Tulsi Sahib)

Out of this temple of the body I am hearing a Sound calling me, “Come up”. Bell is ringing wildly: “Come back, my children, come back”. (Shamas Tabrez)

All the seven regions are resounding with this Sound. But the worldly-minded do not hear It, for the Sound is subtle. (Hafiz)
The sweet melody of the Music of the Spheres is endlessly playing within us. (Sawan Singh)

If you should in this world bring many thousand sorts of musical instruments together, and all should be tuned in the best manner, and the most skillful masters of music should play on them in concert together, all would be no more than the howlings and barkings of dogs in comparison of the Divine Music, which rises through the Divine Sound and tunes from eternity to eternity. (Jacob Boehme)

Fortunate I am to have the Lord as my friend and companion, for endless symphonies keep playing at His door. (Guru Arjan)
I have awakened to find violin and cello, flute, harp and trumpet, cymbal, bell and drum - all within me! From head to toe, every part of my body is chanting and clapping! For with constant remembrance of God, one’s whole body will become a wonderful and wild Holy Band! (Hafiz)

The divine music is incessantly going on within ourselves, but the loud senses drown the delicate music, which is unlike and infinitely superior to anything we can perceive with our senses. (Mahatma Gandhi)
The Higher Planes are Ineffable

Your wildest dreams or imaginings cannot picture the grandeur of what lies within. (Baba Sawan Singh)

No eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love Him. (Corinthians)

Every region and everything is utterly beyond words. What beauty and glory! How can I describe them? There is nothing here on earth to convey the idea. I am helpless. (Swami Ji)
Meditation is the process of withdrawing the attention from the world outside, and focusing it at the seat of the soul in the body, behind and between the eyebrows. This point is known as the inner eye, third eye, the single eye... In order to withdraw our attention and focus it on this point, mind must be controlled and stilled.

Sit in one pose, and move not your head, limbs or eyes. Sit straight but relaxed with no tension in the body below. Sit still, please.

Close your eyes as in sleep, and look sweetly, lovingly, intently into the middle of the darkness lying in front of you. You will see a dark veil. That which sees the dark veil within, without the help of your physical eyes, is the inner eye. Do not put any strain on your physical eyes, nor turn them upwards, for that will result in headache or heat. Pay no attention to the breathing process... let it go on naturally.

Master Kirpal Singh
There are two currents working in the body; one of motor-currents or prana or the vital-airs, and the other of surat, or attention, which gives us the sense of feeling. The Saints do not touch the prana currents which govern breathing, circulation of blood, growing of hair and nails. The pranic system of breath-control is the way of yogis and not that of the Saints. The Saints' way is to concentrate surat or attention at the single or third eye while mentally repeating the mantra of five charged names which act as an "open sesame" to the higher planes.

Those who are initiated, repeat the five charged words, one by one, very slowly, mentally, internally, at intervals, so that your inner eye is not disturbed. Those who have not been initiated, just sit in sweet remembrance of God... repeating with the tongue of thought any name of God or Saint which you hold dear.

As you look within, you will see a sky, or blue sky: If you look minutely into it, you will find it studded with stars, or you may see pinpoints of Light. If so, try to locate the big star out of them, and fix your whole attention on that. Then you may see the inner sun or moon. If so, focus all your attention into the middle; it will break into pieces, and you will cross it. Beyond you will see the radiant form of the Master or his Master.

Become the eye itself. Go on looking constantly without a break. Any effort on your part stands in the way; let yours be an effortless effort, and you will find that your soul will be withdrawn from the body.
Tips for Meditation by Sant Rajinder Singh

Just as in any new activity we are learning, it takes time to develop the habits and strength needed to grow in our new endeavor. The same is true with the art of meditation. With meditation, we are learning to still our body, shut out the world, and still the mind. These are new exercises, and it takes time to develop new habits.

Here are some tips for your meditation practice.

- Try to meditate at the same time each day. Early in the morning after you have rested is best before you begin the day.
- Find a spot and sit in the same place every time you meditate. Make this a sacred place, a place of prayer.
- Meditate when you are wide-awake and do not meditate on a full stomach as this may cause you to be sleepy.
- Set a spiritual atmosphere before meditation by reading from the scriptures, singing a spiritual song, saying a prayer or poem. Try to put yourself in the mood of devotion and longing for God.
- Sit with all humility knowing that it is God's will to bless you with divine experiences.
- Start with shorter sittings and build to a half hour, an hour, and eventually two or more hours.
- Leading an ethical life creates the conditions conducive to meditation.
- The number one helping factor in developing one's spiritual practices is the guidance of a living, spiritual Master, one who has completed the course of meditation and who is competent to give direction along the way.
Meditation Advice

Not all spiritual paths lead to the harmonious Oneness. Indeed, most are detours and distractions, nothing more. (Lao-Tzu)

Those who seek the easy way do not seek the True Way. (Dogen)

Such is the world, it is easily led away by nonsense; but when it hears of the Path of Truth, it rejects it as false. (Kabir)

If, during lifetime, entry has been made into the eye center and the sound current has been grasped, life has been usefully spent. If this has not been done, even though all else has been done - and most successfully - then life has been wasted. (Baba Sawan Singh)

Without a connection with the All Sustainer, our life is wasted; nothing remains but preparation for the return to the field of action. (Sant Kirpal Singh)
We can say either that we make progress little by little, or that we do not even expect to make progress. Just to be sincere and make our full effort in each moment is enough. (Suzuki Roshi)

While meditating, don't concentrate on the results of meditation. Meditate, rather to please God. If you seek results, you will be disappointed if they don't come. Meditate without attachment to the fruits of meditation. (Yogananda)

Do not get excited or impatient in your efforts to find God. Be wholehearted, but not anxious about getting results. Be patient. Move toward your Divine Goal ever calmly, with tranquility. (Yogananda)

If the heart wanders or is distracted, bring it back to the point quite gently and replace it tenderly in its master’s presence. And even if you did nothing during the whole of your hour but bring your heart back and place it again in our Lord’s presence, though it went away every time you brought it back, your hour would be very well employed. (Saint Francis de Sales)

When you are practicing zazen (meditation), do not try to stop your thinking. Let it stop by itself. If something comes into your mind, let it come in, and let it go out. It will not stay long. When you try to stop your thinking, it means you are bothered by it. Do not be bothered by anything. (Suzuki Roshi)

To meditate a short time with depth is better than to meditate for long hours with the mind running wild. In the beginning, therefore, don’t force yourself to sit for a long time. Strive for shorter, but deeper, meditations. Then gradually, as you become accustomed to going deep, lengthen the time you sit in meditation. (Yogananda)
Don’t feel badly if you find yourself too restless to meditate deeply. Calmness will come in time, if you practice regularly. Just never accept the thought that meditation is not for you. Remember, calmness is your eternal, true nature. (Yogananda)

The morning time just before daybreak, and evening time immediately after sunset - are particularly beneficial (for meditation), because these times unite night and day, and spiritual currents are particularly strong and powerful at such a time. (Sant Kirpal Singh)

O my heart, if you wish to bathe in the light of your Beloved’s face, awake at early dawn, leave the comforts of your bed, sit in meditation in a corner, and you will behold Him. (Kutubdin)
There is only one failure in meditation: the failure to meditate faithfully. (Eknath Easwaran)

The soul loves to meditate, for in contact with the Spirit lies its greatest joy. If, then, you experience mental resistance during meditation, remember that reluctance to meditate comes from the ego; it doesn’t belong to the soul. (Yogananda)

Repetition, for no special purpose and without end, is the way to follow the cosmic order. The point is not to look for something, but to practice. Continue until you reach your coffin. If you practice every day, after a while you no longer have to think about practicing or decide or want to practice. So repetition is very important. (Suzuki Roshi)

The Masters say that two things are essential for success on the spiritual path: first a genuine urge, a passion for it; and second, regular practice. If either one of these is lacking, our efforts will not be fruitful. (Sant Kirpal Singh)
Whatever forms of meditation you practice, the most important point is to apply mindfulness continuously, and make a sustained effort. It is unrealistic to expect results from meditation within a short period of time. What is required is continuous sustained effort. (Dalai Lama)

The affairs of the world will go on forever. Do not delay the practice of meditation. (Milarepa)

All the instances known to history show that no one has ever progressed to the highest conscious self-awareness without the help of a Master. It is rather a fundamental law that no one can snap or pierce through the inner veil without the active help and guidance of a Master Soul. (Sant Kirpal Singh)
Real meditation we get from within or from a spiritual Master. We can never get it from books. From books we can get inspiration or an inner approach to the fulfillment of our outer life. But in order to have true meditation we have to go deep within or follow the guidance of a spiritual Master. (Sri Chinmoy)

Those who eat too much or eat too little, who sleep too much or sleep too little, will not succeed in meditation. But those who are temperate in eating and sleeping, work and recreation, will come to the end of sorrow through meditation. (Bhagavad Gita)

In the Buddha's life story we see the three stages of practice: Morality comes first, then concentrated meditation, and then wisdom. And we see that the path takes time. (Dalai Lama)

Greed for enlightenment and immortality is no different than greed for material wealth. It is self-centered and dualistic, and thus an obstacle to true attainment. Therefore, these states are never achieved by those who covet them; rather, they are the reward of the virtuous. (Lao-tzu)

It is not reasonable to expect to attain to the higher planes without perfecting yourself to a great degree. (Sant Kirpal Singh)

Without virtue, God is only a word. (Plotinus)

Devoting hours to meditation without eliminating bad habits and cultivating good ones in their place, will not get one anywhere. Purity of life is essential for fruitful meditations. (Sant Kirpal Singh)
Unless and until you become the master of all the five senses, appreciable inner progress cannot be made. (Sant Kirpal Singh)

Meditation is painful in the beginning but it bestows immortal bliss and supreme joy in the end. (Swami Sivananda)

Meditation is an effort in the beginning. Later on it becomes habitual and gives bliss, joy and peace. (Swami Sivananda)

The stage of the inward journey that you are crossing now takes rather a long time. This is the transitional stage. Spirit is accustomed to stay out and you are forcing it within. The spirit permeates every part of the body. It takes time to collect it. When this stage is crossed, the path beyond is easy. (Baba Sawan Singh)

The first stage is a bit difficult, for it is crossed with struggle. The journey beyond is pleasant. The karma and the struggle are interdependent. When the karmic debt becomes light, the progress will be rapid. (Baba Sawan Singh)

The rise up (in meditation) is bound with the past record of karmas. (Baba Sawan Singh)
Learn to penetrate within yourself, your deeper, almost unknown self.

It will need patience to return day after day; not stopping until the truth is reached, the peace is felt, the blessing descends.

It will need perseverance until the source of the strength is found.

Thereafter it will take you over: this is grace.

But remember - with each return from the day's efforts you will be confronted by the world again, by its harsh reality yet glorious beauty, its stark conflicts yet benign interludes.

So know this world in which you have to live, its petty minds and noble souls.

Learn from both. And when you have seen enough of the world's surface, ask for its tremendous secret.

(Paul Brunton)
The Procrastinating Householder

It is said that whenever the great spiritual master Kabir walked by a certain place in Banaras, he would always find a certain man sitting in his garden. One day Kabir stopped and suggested to him:

“Sir, instead of sitting idly in your garden, you could better spend the time in spiritual meditation, and thus improve yourself.”

“I have very young children, and will be able to afford the time for spiritual practices only after they have grown up,” the man replied.

After the children had grown up, Kabir met the man again, and asked him: “Do you now find time for spiritual meditation?”

“Ah, Sir, now I must wait for the children to be married, so they can look after themselves independently. Then I will have the time to devote myself to meditation.”

Later, when Kabir again met the man, he asked him: “And now, fortunate man, all your children are married, so you are no doubt devoting yourself to spiritual practice.”

“Ah, now,” the man replied, “I am eager to see my grandchildren grow up and get married.”

After this had taken place, Kabir again asked the man: “What is your position now, my friend?”

“O, Sir,” the man replied, “I find that my grandchildren are very careless. As a result of this, it is quite necessary that I look after the house, even during the night. For if I were also careless, thieves would come and steal what little we have.”

Some years later Kabir again visited the man’s house and inquired where the old man was. The sons and grandsons said that he had died.

“Ah, that is indeed a great pity,” Kabir said. “Poor man, his life was wasted following the orders and desires of his worldly mind, which led him into such deep attachment to his family and his beasts. And even a few moments only of love for the Lord would have started to end his imprisonment here.”
Fine-Tune Yourself

Once the Indian monk Sorona was struggling to master meditation. Striving diligently, day after day, he seemed to make little progress.

Agitated, Sorona imagined that his efforts to relax only served to increase his tension. And the more he tried to concentrate and control his distracted thoughts, the more thoughts he seemed to have. He brought his problem to Lord Buddha, and confessed his frustration.

“Do you remember how you used to tune the sitar strings as a young layperson?” the Buddha asked. Like any great leader, he was intimately familiar with the case history of each of his disciples, and the monk before him was, indeed, from the musician caste.

“Was the music sweetest when the strings were taut or slack?” the Buddha quietly inquired.

“Neither too tight nor too loose, Lord; the middle way of moderation and balance always proved best,” said Sorona.

“Thus it is with meditation, young monk,” spoke the Buddha. “In the same way you must moderate the tightness and looseness of your mind and gradually discover what naturally suits you best. Don’t worry too much about progress. Continuity is the secret of success. Practice, practice, practice!