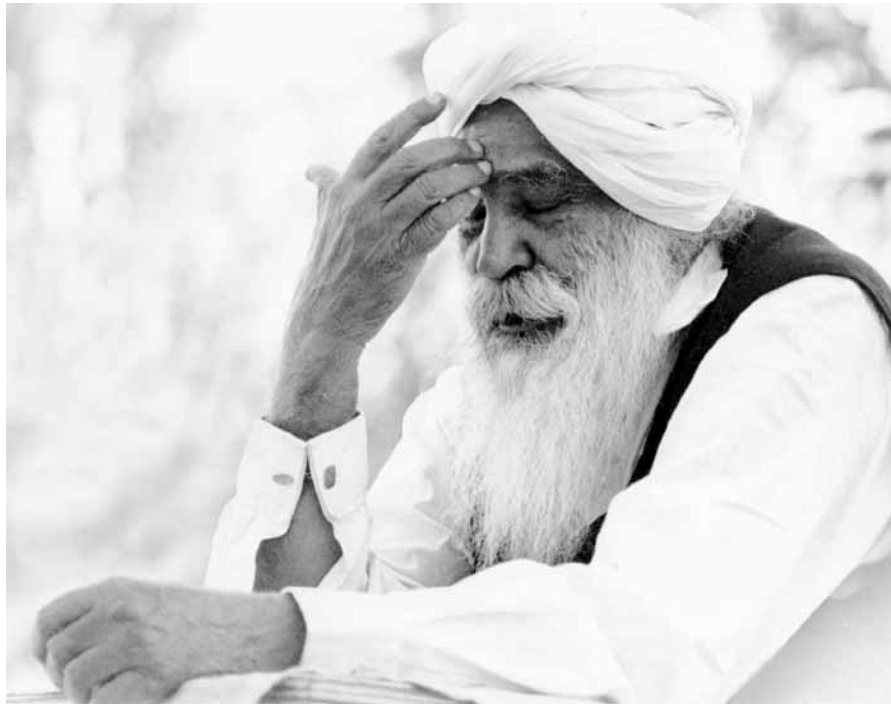


Four Tips For a Life-Long Meditation Practice



Param Sant Kirpal Singh Ji

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



Four Tips For a Life-Long Meditation Practice

1. Develop Right Understanding as to the Importance of Meditation:

Meditation is most necessary, for only by meditation will all things come of their own accord. (Sant Kirpal Singh, [ruhanisatsangusa.org/thief of.htm](http://ruhanisatsangusa.org/thief_of.htm))



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)



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



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



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)



It is by the alert watch-and-wait method that the mind becomes blank and still. It is to such a mind that nature yields her secret. (Lao-Tzu)



Wherever you are, you can at best serve the Master and the best service which earns His pleasure is sincere meditations. (Sant Kirpal Singh, [The Teachings of Kirpal Singh](#), v. 2, 107)



Naam is the panacea for all ills – physical, mental and spiritual. (Sant Kirpal Singh, The Teachings of Kirpal Singh, Book Two, Meditation, 100)



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, Spiritual Gems, 143)



It is as if a king had sent you to a country to carry out one special, specific task. You go to the country and you perform a hundred other tasks, but if you have not performed the task you were sent for, it is as if you have performed nothing at all. So man has come into the world for a particular task, and that is his purpose. If he doesn't perform it, he will have done nothing. (Rumi)



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, The Night is a Jungle, 356)



The greatest purpose of human life is that one should know one's Self and know God, and all the rest is mere dissipation. (Sant Kirpal Singh, ruhanisatsangusa.org/vegdiet.htm)



You may do it today, or tomorrow, or next year, in ten years' time or later on in life, or you can take millions of births to do it, but this very work will have to be done sooner or later. (Sant Kirpal Singh, ruhanisatsangusa.org/gemsq.htm)



The mind poisons us in innumerable ways. By attuning to the Celestial Sound Current within, mind can be subdued. There is no other remedy. (Sant Kirpal Singh, ruhanisatsangusa.org/purpose.htm)

The Word forms a connecting link between man and God. Thus each body is the abode of the Almighty. This is Holy Naam--the Word permeating through all the pores of our bodies. With the help of it, we have to trace back our steps to the Source from which we emanated. This is truly the only way back to God. There is no other way. (Sant Kirpal Singh, ruhanisatsangusa.org/jj/jj-intro1.htm)



Fortunate you are to have the man body! What you can do here in a short time, cannot be done in the other world, higher planes, in ten times as long. (Sant Kirpal Singh, ruhanisatsangusa.org/lok/god-enter.htm)



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, ruhanisatsangusa.org/lok/occupied.htm)



The more you absorb yourself into that Light and Sound, the more love will overflow from you. (Sant Kirpal Singh, ruhanisatsangusa.org/lok/prayer.htm)



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)



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)



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



True meditation gives us, as it were, wings for flight to a higher realm and thus detaches us from terrestrial fetters. (Paramananda)



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)



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)



Sant Kirpal Singh Ji

Benefits of Meditation: Evolution On-Demand (Steven and Michael Meloan)

The driving force behind evolution is adaptation toward survival. That organizing principle has enabled life from bacteria to Homo Sapiens to thrive. But we have reached a new phase in human development. To a great degree, threats from the natural environment no longer define our existence. Night-roaming carnivores are generally not the nemesis. The most virulent threat we face today is rooted in our own Darwinian heritage. It springs from tribal and xenophobic impulses buried deep within primitive brain structures. These impulses create conflicts between countries, races, religions, and even neighborhoods.

But we can jumpstart evolution and leverage it on our own terms. We can literally rewire our brains toward greater compassion and cooperation. As always--it begins with the individual.

A recent study led by Massachusetts General Hospital found that half hour per day of meditative practice over only eight weeks led to increased feelings of compassion, self-awareness, introspection, and reduced stress. The study also reported that changes in brain structure appear to underlie these perceptions. Increases in gray matter density have been observed in structures associated with these compassionate states, as well as areas linked to memory and cognition. Researchers sometimes refer to such measurable changes from meditative practice as “self-directed neuroplasticity.”

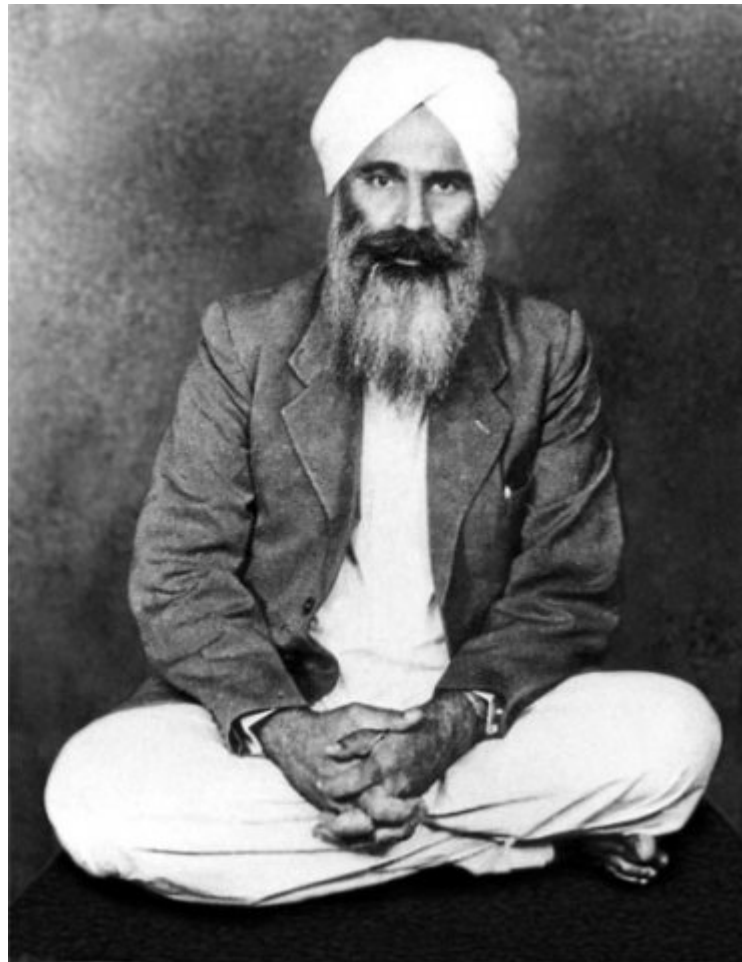
We spend a lifetime learning the details of our culture and the tools of intellectual inquiry. But we invest virtually no energy in mastering our own consciousness. Taking control of mental states positively impacts both personal and societal well-being.

Prayer and meditative practices are part of every major religion; they take us out of ourselves. The primary goal of meditation is to minimize internal chaos and noise -- a calming and centering activity. In an era of multitasking, jump-cut media overload, and the demands of 24/7 technology connectivity, these practices become even more important and beneficial.

Recent developments in the biological sciences indicate that environmental influences can alter a newly recognized layer of genomic control called the epigenome. And some epigenetic changes have even been shown to persist

across generational boundaries. Until recently, this was thought to be impossible. Extrapolating this notion, we might speculate that the benefits resulting from meditative practices could conceivably be passed on to future generations.

Evolution on-demand springs from the human ability to self-determine. Xenophobic instincts, while inarguably part of our biological hard wiring, do not have to dictate our interactions. The capacity for choice is one of our greatest gifts as a species. We can positively affect our personal behavior through meditative practice. And we can all participate in that process -- starting now. (http://www.huffingtonpost.com/steven-and-michael-meloan/meditation-epigenetics_b_877010.html)



2. Meditate with “No Gaining Idea”:

Do your duty and expect nothing – leave the results to the Master. (Baba Sawan Singh, The Dawn of Light, 117)



Do not worry, but sit in the spiritual exercises with great calmness. Even the desire to see scatters the mind. (Baba Sawan Singh, The Dawn of Light, 180)



Yes, you should give your full attention in meditation so much so that you become one with the gaze: there should be no effort on your part. Leave all and everything in the Master's hands. All desires should be stilled, even the desire for transcension. (Sant Kirpal Singh, letters to initiates in the New York City area)



You should not have any clutching tendency to have one thing or the other. Simply sit at the door and wait. This sublime silence is best and easily achieved by lovingly and humbly reposing in the gracious Master-Power, to grant and bless you with whatever it deems fit. (Sant Kirpal Singh, Spiritual Elixir, 195)



Each satsangi should always be determined to do the meditation; he should not go after getting experiences, he should only be determined to do his meditations regularly and wholeheartedly. (Sant Ajaib Singh, The Ambrosial Hour, 67)



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)



Pure Meditation Practice (Shunryu Suzuki)

There are several poor ways of practice which you should understand. Usually when you practice zazen (meditation), you become very idealistic, and you set up an ideal or goal which you strive to attain and fulfill. But as I have often said, this is absurd.

When you are idealistic, you have some gaining idea within yourself; by the time you attain your ideal or goal, your gaining idea will create another ideal. So as long as your practice is based on a gaining idea, and you practice zazen in an idealistic way, you will have no time actually to attain your ideal. Moreover, you will be sacrificing the meat of your practice. Because your attainment is always ahead, you will always be sacrificing yourself now for some ideal in the future. You end up with nothing. This is absurd; it is not adequate practice at all.

...when we practice zazen we just practice it, and whether we find joy in our practice or not, we just do it. Even though we are sleepy, and we are tired of practicing zazen, of repeating the same thing day after day; even so, we continue our practice. Whether or not someone encourages our practice, we just do it.

When you are tired of sitting, or when you are disgusted with your practice, you should recognize this as a warning signal. You become discouraged with your practice when your practice has been idealistic. You have some gaining idea in your practice, and it is not pure enough. It is when your practice is rather greedy that you become discouraged with it. So you should be grateful that you have a sign or warning signal to show you the weak point in your practice.

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.



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)

3. Meditate Every Day – No Excuses:

At the cost of meditation, don't do other work. (Sant Kirpal Singh, ruhanisatsangusa.org/lok/hunger.htm)



The first thing the negative power does when he wants to keep control over a soul is to stop them doing bhajan and simran. The individual finds that there is always something to lure him away from his meditation. (Sant Kirpal Singh, The Night is a Jungle, 175)



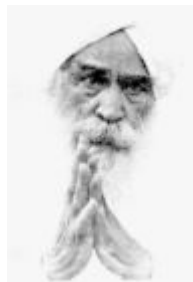
No matter in what circumstances one finds himself and what new problems one is facing, a devotee should not miss his Bhajan. He may give only fifteen minutes or even five minutes to it daily, but he should be on it without a break. (Baba Sawan Singh, Spiritual Gems, 289)



We are adrift. Sometimes we want God, sometimes the world... Sometimes you are running like a hare, then sleeping, then again turning your head some other way. It's better to go regularly like a tortoise, step by step, step by step, every day, not turning but going ahead. (Sant Kirpal Singh, The Light of Kirpal, 217)



It is not your karma that holds you back, nor is it responsible when you miss your meditations, but rather the treacherous misleading of your mind, which can be subdued and controlled by careful planning and execution. (Sant Kirpal Singh, Spiritual Elixir, 261)



Mind has helpful quality of running into the grooves of habit, and to relish acts of repetitive nature. We can benefit from this by inducing it towards good acts leading to spiritual discipline and progress. A saint has beautifully said: *My feet proceed farther and father; the mind follows quite meekly and cheerfully*. If by careful and steady striving we could induce our mind to sit silently for meditations at the fixed time for a certain number of days, a good habit will be formed. It is a proven fact that when that hour of meditation will arrive, our attention will be drawn towards it, and by degrees we shall begin to relish to meditate. (Sant Kirpal Singh, Spiritual Elixir 73, 74)



Spiritual meditations are the food for the soul and should not be missed. A day put off backs your progress considerably. These practices should please therefore be performed faithfully, regularly and sweetly. (Sant Kirpal Singh, The Teachings of Kirpal Singh, Book Two, Regularity, 112)



Bhajan and simran are food for the soul--do not give food to the body without first giving food to the soul. Make it a point! (Sant Kirpal Singh, ruhanisatsangusa.org/gemsq.htm)



Satsangis should not miss the regularity because in regularity is the prosperity. If we miss meditation even for one day it takes us three days or more to meditate and fill up that gap. Because even if we meditate for four or five hours daily, still because we think about the world a lot, the worldly portion is much more. That is why the Satsangis should make a habit of regularity in their meditation. Even if it is only a little, it doesn't matter, but they should be regular in meditation. (Sant Ajaib Singh, The Ambrosial Hour, 200)



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)

There is only one failure in meditation: the failure to meditate faithfully.
(Eknath Easwaran)



Miss one morning, and you need seven to make it up. (Hindu proverb)



He who interrupts the course of his spiritual exercises and prayer is like a man who allows a bird to escape from his hand; he can hardly catch it again.
(Saint John of the Cross)



4. Depart this World with No Regrets:

Get the full benefit of meditation, and increase it day by day. The more you increase it, the nearer will you advance toward your goal. If you refuse, the day will come when you will be filled with regret for the lost opportunity.

(Sant Kirpal Singh, The Teachings of Kirpal Singh, Book Two, Meditation, 115)



Meditate now, lest you regret it later. (Buddha)



Regret for the things we did can be tempered by time; it is regret for the things we did not do that is inconsolable. (Sydney Harris)



For of all sad words of tongue or pen, the saddest are these: "It might have been." (John Greenleaf Whittier)



The worst thing one can do is not to try, to be aware of what one wants and not give in to it, to spend years in silent hurt wondering if something could have materialized – and never knowing. (David Viscott)



We must all suffer from one of two pains: the pain of discipline or the pain of regret. The difference is discipline weighs ounces while regret weighs tons. (Jim Rohn)



Hell begins on the day when God grants us a clear vision of all that we might have achieved, of all the gifts which we have wasted, of all that we might have done which we did not do. (Carlo Menotti)



A wrong-doer is often a man that has left something undone, not always he that has done something wrong. (Marcus Aurelius)



We forget that every good that is worth possessing must be paid for in strokes of daily effort. We postpone and postpone, until those smiling possibilities are dead. (William James)



All I can do is engage with complete sincerity. Then, whatever happens, there is no regret. (The Dalai Lama)



Hazur Baba Sawan Singh Ji
Sant Kirpal Singh's Guru
1858-1948

Related Quotes

Ordinarily, one should devote one tenth of one's daily time (to meditation), that is, 2.4 hours at least, and then he can increase the time to four hours gradually. It requires patience and perseverance. (Baba Sawan Singh, [Spiritual Gems](#), letter 94)



...out of 24 hours, put in two, three, four hours for meditation.
(Sant Kirpal Singh, ruhanisatsangusa.org/whole-system.htm)



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)



Lord, remind me how brief my time on earth will be. Remind me that my days are numbered, and that my life is fleeing away. (Psalm)



Few are the wise ones who turn the heart away from worldly objects, and spend their time in gathering riches for the life beyond, before departure from this lonely earth. (Ansari of Herat)



The spiritually enlightened choose freely to devote themselves to the work of the next world; the foolish choose freely the work of this. (Rumi)



So put in more time, please to your practices. Develop love for God within you. You will be blessed. You will have made the best use of your life. (Sant Kirpal Singh, ruhanisatsangusa.org/mt/truelove2.htm)



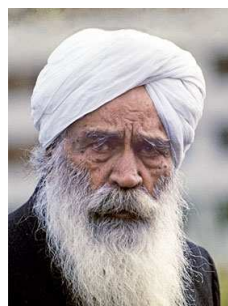
Learn to penetrate within yourself, your deeper, almost unknown self. It will need patience to return day after day; not stopping until the truth is reached, the peace is felt, the blessing descends. It will need perseverance until the source of the strength is found. Thereafter it will take you over: 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)



You are one of the luckiest sons of Sat Purush, and He has chosen you to get Naam and go with the Master to Sach Khand. You must reach there. Nothing can prevent you. But you can hasten the progress or retard it, as you like. (Baba Sawan Singh, [The Ambrosial Hour](#), 98)



You must persevere. Habits form habit-forms. By doing something regularly, after some days, trend of the mind may form a habit. Out of twenty-four hours, you must devote some time; you are required to. There are no hard and fast rules for sitting while doing it. You may sit in any pose you like, that suits you most. But don't go to sleep. Be conscious of it. Keep wide awake. If you feel that way, who will do it? Nobody else can do this work for you. It is your work to die, not anyone else's. You must learn how to leave the body. Some concession can be there; you have done your best, leave the rest to God. Some concession can be there, but all hundred percent concessions cannot be given. There is one way out. If you've got full devotion to the Master, you have surrendered yourself to the Master, the love in the Master is most in your heart, then you may be saved from coming back, you need not come back. You'll have to continue this further, but it will take longer time there as compared with here. (Sant Kirpal Singh, ruhanisatsangusa.org/lok/hunger.htm)



Rest assured He who will direct your soul will never leave you.
He is always with you
(Sant Kirpal Singh)



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