



## Meditation

The ingathering of the totality of your being and the centralising of this ingathered power in one specific self-chosen direction is the object of meditation. When the ingathered and in-directed, continued, unbroken movement succeeds, you are in a state of meditation. It is the successful, continuous movement in a self-chosen direction of the totality of your being. In the condition of perfect sense-control and self-restraint, and conquest of desires and mastery of one's passions – in that condition of enlightenment, inner stability and equipoise, one begins to gather oneself and move towards the Reality.

Meditation requires the person to be firmly and perfectly grounded in virtue, Meditation is the upper point of the pyramid, which is grounded in virtue, Meditation is an interior process. The senses always keep your entire psyche in an exteriorised condition. Unless you control your senses, the psyche can never be ingathered. Next comes the calming of the mind – its desires, passions, ambitions, attachments and the constant cravings that keep the mind always flux and ferment. This process of attaining a certain amount of absolute quiescence of mind takes many years. There should be unified aspirations for that ultimate Goal. There will be no other ambitions, no other desires, no other attachment, no other passions and cravings. The mind will be in a state of total ingatheredness and unity. This mind which has now been rendered subtle by giving up gross sensual desires, and by renunciation, attains a state of purity.

Mind is very subtle matter. When it is filled with earthly tendencies, passions and greeds. It is full of *tamas* and *rajas*, and it becomes more gross due to restlessness, selfish desires and activities. When these have been transcended and mastered to a certain extent then mind attains a state of purity and subtleness. In that state of subtle purity, mind assumes an upward direction. Only such a mind, which is rendered subtle by absolute purity and virtue, sense-control and elimination of desires and passions, becomes the instrument of Atman, the Reality. Such total transformation in your interior by bringing the mind into that state of subtleness and purity is absolutely necessary to initiate the process of meditation. A subtle pure mind, completely still and calm, and totally inward, is the instrument for meditation. With that mind alone one can meditate.

God Bless You!

■ Swami Chidananda