



Samadhi

The yogi attains a state in which through the intensity of concentration, he acquires the ability to hold the mind perfectly still. That state is called 'Samadhi'. It is a state of *samyak dharana*, deep inward absorption, when the mind is perfectly collected and calm. This state of holding the mind perfectly is *samadhi*. Through constant practice and through perfect establishment in *vairagya*, we reach *samadhi*. *Samadhi* is the either stage in Raja Yoga. *Samadhi* itself is not Realisation. It does not mean that a person who has attained *samadhi* is a realised sage. He has to proceed further. As you go on persisting on this practice of Samadhi, it takes you to the highest state of superconsciousness and transcendental illumination where you get the final Liberation. Where you rise higher, even the consciousness of your being lapses into the experience of Cosmic Consciousness. That is perfection of spiritual realisation.

Samadhi is not peculiar to Raja Yoga alone, *Jnanis* speak of *Advaita nirvikalpa samadhi*. Hatha-yogis have got their *samadhi* through the union of *prana* and *apana*, and forcing it through *sushumna*. Devotees refer to it as going through *bhava-samadhi*. The *jnanis* meditate upon the nameless and formless, transcendental Atman. And it is totally impersonal *samadhi* that is attained by him. There is not the least of the meditator's personality. It is completely wiped out. In the process, the knower, the object of knowledge and the process of knowing, this triad is eliminated. When there is no knower, there is no question of knowing. There only one thing is left: Whatever it is, That alone exist. The highest transcendental: Experience is Existence-Absolute. It cannot be described. Because who is there to describe It? When you break a pot filled with water, the reflection of the sun in the water of the pot gets absorbed in the sun. Similarly, when there is perfection of divine life, the personality of the devotee is completely absorbed in the Lord.

In Bhakti Yoga this *nirvikalpa samadhi* comes as a result of *darshan* (glimpse) of the Lord. The devotee when comes to face to face with his Ideal, the process of dissolution of his personality starts. Gradually, his personality becomes thinned out and ultimately the Ideal alone remains. They call it 'Sayujya'.

When one reaches the ultimate Realisation in the depth of *samadhi*, he is free once and for all. This is no pain or suffering, and no craving. He reaches a state of plentitude where there is no more desire.