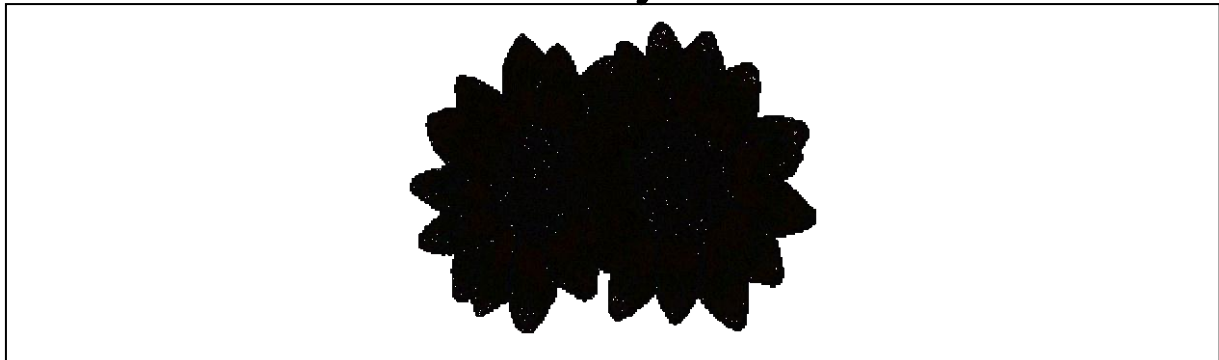




Focus of the month

July



Dhyaana (Meditation)

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Real Meditation is ....

Getting absorbed

in God as the only thought,

the only Goal

## WHAT is Meditation:

- Directing love on to the name and form of the Lord without interruption is real Dhyaana
- constant thinking of the Lord in whatever we do is Dhyaana
- constant awareness that He is the indweller of all is Dhyaana

## WHY:

- to avoid lower desires and to develop higher values
- Cultivating love for the Lord has great potentialities

## WHEN & WHERE:

- No fixed time or place for mediation on God
- When and where the mind desires, then and there is the time and place
- Performing your duty is Dhyaana
- A general, whole time effort of the mind

For those who wish to set aside time here are the e different ways you can do Mediation:

## HOW:

**1) Japa/Chant**  
(felt, seen, heard)

Chanting your favourite name of the Lord  
in front of the Image of the Lord

**2) Jyoti/light**  
(felt and seen)

Light denoting that Divinity never diminishes

**3) Natural breath**  
(felt not seen)

The inward path

## Collective Reflections

### Points from the study of quotes on meditation

1. Immediately, the word most associated with *dhyana* was *contemplation*. Another popular assertion was that *dhyana* (meditation) was a spiritual discipline leading to self-realization.
2. Having faith and belief that God is present in all beings and in all things and regarding the entire creation as the form of God and in doing whatever bit of work you do with the awareness is *dhyana*.
3. Meditation is a discipline in which the mind is focused on an object of thought or awareness. It usually involves turning attention to a single point of reference (form of God, light, etc). The practice may engender a higher state of consciousness.
4. Meditative disciplines encompass a wide range of spiritual and/or psychophysical practices, which can emphasize development of either a high degree of mental concentration or the apparent converse, mental quiescence.
5. Another member talked of meditation as a form of constant relentless enquiry within. As Swami says, meditation is constant inquiry as to: Who am I? What is true? What is ego action? What is loving? What is harsh?
6. One devotee drew reference to another statement by Sai who directs that the meditation on the Form be accompanied by an unbroken absorption of the sweetness of the name by which that form is identified. When the form slips from attention, the name will soon bring it back; when the name drops from awareness, the form will restore it to the mind.
7. Meditation or silent sitting is a process or a stage transcending the senses
8. It is a rigorous discipline of the senses, the nervous current, and the wings of imagination. It is exercising control over thoughts, thereby deeds, and words. It is watching the mind and its play. It is intense introspection by drawing yourself out of the mind-body-ego complex.

### Spiritual Pointers as undertaken by members for application in daily life

- Meditation is merging with God.
- Meditation has to be done 24 x 7.
- Important proper things for meditation: Proper posture, proper time, proper place.
- Practice meditating on the Lord with full attention and love, for just 11 seconds, as explained by Swami. He said you will have God's *darshan* wherever you are.
- Elevate every act performed to the level of meditation.
- Discharge our day-to-day duty with most care and humility — He is the doer.
- Be aware of God constantly, in every form, all day long.
- CIA: constant integrated awareness.
- Remembering the process is what is important, not the end result.
- Remind that we have a rare opportunity to be contemporaries of the *Avatar*.