

Sit comfortably, feel your body and let your body relax. Slowly the inner working of the body adjusts and a smooth and balanced breathing follows. Then of course comes the mind, the most mobile of all. When it is no longer encouraged by bodily movements or vital currents, it picks up anything it can play with and starts rocketing. It rushes to any minute source of sound or other sensations and engages in unnecessary duels with any thought or idea it can provoke. At this stage one needs to create a feeling of expansion of body so that the body covers the whole of the universe. Once this is established, everything would seem to happen in your own body and the true Self emerges as the Observer. Now the true Self takes command and observes that certain things are happening here or there and the Observer lets them happen without bothering about them. The Observer only watches whatever is happening. This deprives the mind of its impetus and it loses its hold and its speed and ultimately quietens down. In this quiet state of body, vital currents and mind, the true Self dives down to recharge the source of energy and bliss. This is what we earn.

Meditation

On one or two recent occasions, I have felt a presence that has drawn me to meditate, a great willingness, which took any sense of chore or duty out of meditating, and it felt like much more personal, like meeting mySelf, instead of assiduously accumulating Sattva for a rainy day. This recalled something HH said about monks treating the Buddhi like a wife. In fact it was Dr Roles talking about the way of the monk. There was a touch of humour in it. But the main point was an emotional atmosphere in meeting mySelf.

By meditation you are connected to the true and permanent Self. This connection charges the seat of power and gives you more energy and clarity of mind.

After a few minutes the mind finds a way to relegate the mantra sound to the back of the mind, so to speak, (a sort of background noise) suggesting that the meditation is going on alright really, while it gets on with the fascinating thoughts and stories that come crowding in.

In the early stage of meditation it is quite possible that you may not enter the silence and even if you do, you may be out very soon. This stage is creating a level, so every minute of it is of value, although you may not be able to recognise what is happening inside. All that is happening is in the dark. But if you find that staying in silence is broken, then you can reassure yourself with emotion and intelligence that this only is the way to happiness and you should try again. Even if with these gentle efforts you can't reach silence, you are spared the violent vibrations and tensions of the day and also the speed of the heartbeat is slowed, which saves energy for the body. Even 10 minutes of meditation will give us enough energy to cope with 20 to 30 hours of work.

HH says that the meditation will burn up impurities but that is not my experience – perhaps in three or four periods of meditation in all those years has there been anything like that.

Activities go on even during meditation. Nothing stops in the world. It is only a question of scale. During meditation the mind cannot perceive the activity; it is not capable of doing so. The nature of this activity is very subtle, too subtle to be perceived.....Ordinary man cannot perceive the subtle changes. Perhaps a very high powered and very subtle instrument would some day show that it is so. For example when a battery is being charged one can't see what is happening. Only another superior type of instrument can register the charge. Realised men have experience of what goes on. Ordinary men know by result. One neither needs to know the activity nor to look for the result.

Ideally one should meditate from a feeling of love? For me this is very rare. Remembering *why* one is meditating seems very important. Occasionally one can start from a feeling of despair and if one tries to offer this up 'to be burnt' and just continues with the mantra, eventually everything can change and the meditation does indeed turn one's thoughts to gold, as Doctor Roles once told me. Although this sounds like something for oneself it does at least make one able to act usefully.

Unless one has rest in love and happiness, one cannot survive, just as the body cannot survive without sleep. Meditation is to provide rest. To take people to bliss is simply to give them rest – rest with the Self – so that they may have fresh mornings of life.

The Absolute is complete peace, consciousness and truth. When we establish the connection with the Absolute through meditation we get to the source of all serenity, consciousness and truth. Then we realise our wholeness. Meditation is to disperse that feeling of incompleteness. Completeness includes everything.

Sometimes I go through a phase of being unable to meditate. Strangely, at these times I am aware of the mantra as I fall asleep, as I wake up and sometimes throughout the day. This can be very pleasant but is it meditation? I often feel very still because the mantra is in evidence but I realise this is NOT the 2 half hours of meditation that are prescribed. I need reassurance and advice.

The time between the end of an action and the beginning of the next action is free time. This is your time which activities don't need. This is in fact a time for rest. Give your mind rest if you can do it easily. Usually it so happens that the mind at such a time goes to the subject which is most dear to one. If meditation is more dear, then one can use this in remembering the mantra or meditation. This much should be restful.

I used to think that the meditation brought a gradual deepening of silence until the mantra seemed to disappear. I now find that there can be the experience of great depth and peace, but only very short lived. Then circling thoughts will return very quickly. But if no attention is paid to them there will come again another dive to the depths and so on at short intervals. Everything much shorter than I had imagined but nevertheless powerful. What do you think?

If any thoughts intrude in the mind during meditation one should drop the thought and start the mantra again. The interference is like a line drawn in the water – as it is being created so does it disappear. There is no need to chase the line and increase it.

In the depths of our hopes and desires
lies our silent knowledge of the beyond,
like seeds beneath the snow dreaming of spring
and in these dreams the gateway to eternity is to be found.

Meditation