





Concentration Meditation 🧘

The Bhagavad Gita
“The Song of the Lord”

6:10 A yoga practitioner should continue to concentrate his mind

until he masters his mind and body,

and thus experiences a state of solitude

wherever he may be;

then desire and possessiveness drop away.

Commentary

- This sloka suggests that a yogi should always be in solitude,

and it is easily misinterpreted.

- *In the mind is God.*
- *In the hand is the job.*
- God and job should go together.

- But if you insist,

 “I want to be a yogi,

 I must always be in solitude,”
- then you won’t even come to the kitchen for something to eat;
- you won’t leave your solitude.

- If you're interested in coming to the dining room,
then you should also be interested in going to
the workshop.
- The idea here is to perform one's duty with the
hand.
- Yet in the midst of performing the duty, keep the
mind in solitude.
- Head in solitude, hands in multitude.

- The sloka says
always try to concentrate your mind,
feeling yourself in solitude.
- That means you don't associate yourself with everything.

- It doesn't mean you don't move along with everything,

because the rest of the sloka says

you achieve solitude

only after subduing the mind and body.

- Doing so, you rise above all desires
and the possessions that you accumulated
fulfilling previous desires.
- You may still be in the midst of many people and
many things,
but in fact you are in solitude.

- You are not affected by anything,
like a boat on the water or a lotus in the mud.
- The lotus is in the mud, but it's unaffected.
- When you go to the lake,
you see the lotus leaves floating in the water.
- But the moment you take the leaf out of the
water,
you won't find even a trace of moisture there.

- Swim like a duck in the water.
- But the minute you come out,
shake everything off.
- All the water drops away, you come out free.
- That's true meditation.

- Now Sri Krishna gives some meditation information.
- It's general, useful information that will be very helpful.
- First, what sort of setting should one have?

6:11 To practice meditation,
fix up a clean meditation place
with seat neither too high not too low.
Insulate the seat with a grass mat,
then a deer skin,
and over those, a clean cloth.

- But don't kill a deer just for the sake of meditation.
- The idea here is simply to have some good insulation between the body and the ground.
- During meditation you are trying to develop a new form of energy,

which shouldn't be drawn down by the pull of the earth.

- It's like an electrician
who stands on a piece of wood
before touching the electric line.
- These recommendation are given
to help you insulate yourself
when you sit for regular meditation.

- Bring a clean towel if you like, it's easy to do.
- If you want, you can even use a small rubber mat.
- Lay it first over the carpet,
then put a clean towel on top.

(The towel should be used only for your meditation.

After you finish the meditation,
don't even stand on it.

Immediately roll it up
and keep it in a clean place.)

- The purpose is to let the meditation seat become charged with the meditative vibrations.
- Have you noticed that the minute you go to bed, you feel sleepy?
- In the same way, the minute you sit on the meditation seat, you'll feel like meditating.

- Even the way you choose to dress
can help your meditation.
- Have clean, comfortable meditation clothes
nearby.
- Before you sit to meditate,
bathe or take a quick shower,
put on your meditation clothes,
then sit at your seat.

- All these things help a lot.
- As your practice continues,
you'll be charging these things
with meditative vibration.
- That's the idea behind these suggestions.

- Some might wonder,

“Why all these things?

Why not a more comfortable seat with a back.”

- If you used such a seat,
soon after sitting there,
you would slowly begin to lean back
until very soon you'd fall asleep.
- Something too soft is not good
because it won't give you steadiness.
- Don't sit on soft cushions.

6:12 Then sit and calm the mind and senses
by concentrating on one thing;
thus you practice Yoga (meditation)
for self-purification.

- The first practice is to purify.
- That's why we also do *pranayama*,
the breathing exercises that cleanse your body,
alert the mind,
and drive away dullness.

- The main purpose of meditation is
this purification.
- You get rid of all the wild thoughts
by filling the mind with one chosen,
beautiful thought.
- That's why it's called self-purification. ...



Om, Shanti