





Concentration Meditation 🧘

The Bhagavad Gita
“The Song of the Lord”

6:12 Then sit and calm the mind and senses
by concentrating on one thing;

thus you practice Yoga (meditation) for self-
purification.

6:13 Keep the body, head and neck erect
without looking about;
gaze instead toward the tip of your nose.

Commentary

- The neck, head and body should be in a straight line.
- This means the spine is on one line.
- A crooked spine may hinder the process when the consciousness rises up.
- Consciousness should flow easily through the spine passing through all the *chakras*.

- There's another advantage in keeping the spine straight.
- The entire weight of the body falls right on the base.
- Thus you find your center of gravity
- Then your seated position becomes quite steady.

- If you sit leaning forward, more of your weight is on the legs.
- That's why when you sit, ask,
 “Where is my weight falling?”
- Your weight should fall right in the center.
- The feeling itself will tell you whether you are sitting straight or not.
- Once you find that center of gravity, then the whole body very easily becomes still.

- It's the same with trees.
- Wherever the branches go, the trees maintain their center of gravity.
- They stand on that one trunk.
- If trees can find their center of gravity, so can we.

- To meditate effectively, you must prepare first.
- It's not that the minute you sit, you just close your eyes and start repeating your *mantram*.
- Preparation for meditation is even more important than meditation itself.
- Sit comfortably.
- Find your center of gravity.
- Then make a firm assertion. Tell you body, ...

- *I've been obeying you all these days.*
- *Now the moment has come, and you must listen to me at least for half an hour until the end of my meditation.*
- *I'm not going to budge an inch, even if you complain.*
- *I know you're not going to break.*
- *Know for certain that I am your master.*

- *You're going to listen to me.*
- *If you obey me for the entire half hour
or even one hour,
maybe I'll give you some free time.*
- *You can run and jump for a while.*
- *But first, obey me and then I'll give you your freedom.*
- *Yes, it's a transaction.*

- This is all necessary for good meditation.
- If you prepare well, nothing is difficult.
- The proper preparation itself makes it very easy.

- When Lord Krishna says to prepare by gazing at the tip of the nose,

he doesn't mean for you to take this literally.

- It might create tension in the optic nerves.

- Let the eyes be half closed,

with your *mental* concentration

at first at the tip of your nose.

- But your concentration should be above and between the eyebrows
- or in the center of the head.
- The best location is the center of the head.

- Touch your two ears.
- Mentally draw a line between them.
- Now touch the center of your forehead
and the back of your head.
- Mentally draw another line.
- Where the two lines cross is the place.

- It is more or less the location of the king and queen glands:

the pituitary

and the pineal.

- They are very psychic glands.

- This is actually the location of the seat of consciousness,

the brow *chakra*,

is not on the forehead between the eyebrows,

although sometimes people think that's the place.

- No, let your awareness
be right in the middle of the head.
- Now, let the eyes be half-closed;
and keep the awareness there in the center.

- If you close your eyes completely
there's the danger of falling asleep.
- If the eyes are wide open,
everything is visible to distract you.
- As your mind turns inward,
automatically the eyes turn up halfway.

- If you watch a cow chewing its cud,
you will see the eyes are half-closed.
- For meditation — neither asleep nor awake,
but halfway between.
- Keep the head, neck and body erect,
mentally gaze at the tip of the nose,
don't look around.

What is the meaning of *brahmacharya*?

- *Brahma-charya* literally means
constantly thinking of the Absolute,
which is easy if you control the senses.
- This is why controlling the senses
came to be called *brahmacharya*.

- Actually, the true meaning of *brahmacharya* is to put your attention entirely on *Brahman*, the Absolute one.
- That's not possible if you allow the senses to go astray.

6:14 Sit thus in yoga meditation,
serene and fearless.

Firm in the vow of *brahmacharya*
and with the mind calm,
think of me and only me.

- If we could do that,
there would be no need to meditate.
- Erase all fear from the heart,
means don't even be afraid of God
- Just be serene.
- Think that you are the child of God.
- And you will experience fearlessness.

- When Lord Krishna says,
“Think only of me,” he means the oneness.
- Please know for certain that
it’s not his form or his name he’s talking about.
- When he says *“me,”* he means
that cosmic essence, that spirit.

- It's exactly the same when Christ said,
“Only through me can you reach the Father.”
- He didn't mean his body.
- That body didn't attain anything.
- It was just a composition of elements.
- He meant the spirit.

- Put your mind completely on that Self.
- Think of it,
and you will be “serene and fearless.”

6:15 By steadily and continuously practicing
Yoga in this way,

the yogi wins over his mind

and realizes the peace that is my nature.

This in turn naturally leads to *nirvana*.

- *Nirvana* is a term very often used by Lord Buddha.
- *Nirvana* is “mind nakedness” — absolute serenity and peace.
- Your mind isn’t clothed;
your Self isn’t covered or colored with anything.
- You’re completely free.
- A totally liberated person is naked.

- The Self is naked, uncovered.
- That's the meaning of *nirvana*.
- In order to experience this, says Lord Krishna, “Just think of me and only me.”
- That means think of the Absolute.
- Try to eliminate all other thoughts.

For Next Time

- It's all a beautiful teaching,
but how can you even think of the Absolute?
- It's very hard. ...



Om, Shanti