





Concentration Meditation 🧘

The Bhagavad Gita
“The Song of the Lord”

Brahmacharya

Brahmacharya

- What is the meaning of *brahmacharya*?
- *Brah-ma-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*.

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

- *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.

The Absolute

- It's all a beautiful teaching,
but how can you even think of the Absolute?
- It's very hard.
- But at least you can feel
that the Absolute is something vast.

- Actually, that's the idea behind
the personification of *Vishnu*,
a name that means:

- the Absolute,
- unlimited,
- omnipresent,
- omniscient,
- omnipotent.

- Omni-this, omni-that.
- Repeat “Om” — think of Omni.
- Nothing can limit you.
- Don’t just think of little or fractional things.

- Pantanjali says in his *Yoga Sutras*,
“If you keep thinking of the infinite
you feel bigger.
You feel yourself expanding.”
- Why?

- What you think, you become.
- You feel unlimited.
- Don't think that

“I'm just this body.

I belong only to this, or that.”

- Don't always keep the mind in petty,
limited things.
- All of them are simply aids that just come and go.

Food

- Saint Ramalingam once said,
“If a seeker constantly thinks of food,
all the merit attained by his practices
will melt away
like a bundle of salt thrown in the river.”

- How much time we spend
thinking what to eat in the morning,
what to eat at noon,
what to eat in the afternoon:

- menus,
- diets,
- balanced diets,
- macrobiotic diets,
- organic diets.

- Too much time is spent thinking of food,
making food,
eating food.
- Another saint, Thayumanavar, said,
“I just want to be in solitude, Lord.

“I know I have a body.

Occasionally, it might need some food.

So when I feel hungry I should be able
to just grab anything that’s available:

a ripe fruit,

a dry leaf

or a root.”

- That means take anything simple
just to satisfy the hunger.
- Gandhiji would say,
“Eat to live,
but please do not live to eat.”

- How often people live to eat.
- They forget the goal
and let petty things take priority
and fill up their lives.

A true Yogi

- A true yogi shouldn't get tangled up
in these things.
- Yes, you need a little food,
a little clothing,
a shelter.

- If you're really sleepy,
you can sleep anywhere.
- You don't even need a cozy bed.
- If you don't feel sleepy,
then sit and meditate.

- So don't waste your time
with all these daily petty things.
Keep them very simple,

then you'll have more time
to spend in spiritual pursuits,
which is what the Lord is saying,
“Think on me, intent on me alone.”

Life as a Meditation

Next week ...



Om, Shanti