





Concentration Meditation 🧘

The Bhagavad Gita
“The Song of the Lord”

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.

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*.

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

- This means that everything you do is all for good;
it's all for God.
- Do everything as an offering.

- Let this constantly be in your mind,
when you sit and type,
when you're outside digging,
cooking
or eating,
everything.

- Then it becomes a continuous meditation.
- In your regular, seated meditation practice,
be thinking,
“How can I make my entire life a meditation?”
- To make the whole day a meditation,
you plan here.

- Like winding a clock early in the morning
so it goes the whole day,
sit and meditate early
so you'll unwind in meditation the whole day.

- Ultimately put more time in meditation.
- If you use up your only time to meditation
doing yoga postures and breathing practices,
the next day cut those short;
increase the meditation.
- You can even do those separately
in the afternoon or evening.

- In the mornings, if your practice time is limited,
you can spend all the time for meditation,
but do a little *pranayama* first.
- *Pranayama* also is part of meditation.

- It's not the length,
but the quality of the meditation
that's important.
- Some try to meditate for an hour and can't.
- But if you prepare properly,
even ten minutes
will be a very good meditation.

- A person should know how deep
he or she is going in meditation.
- If it's not so deep,
then better do more preparation.

- That's why you shouldn't think,
“Meditation is the most important thing,
so I don't need to do any of the other practices.”

- If you sit half-sleeping or thinking of many things,
you might say you meditated for one hour,
but you didn't.
- See the quality is more important.

- And that's the very reason why we suggest
a little of all the different yoga practices.
- Slowly,
we prepare the body with *asanas* (yoga poses),
and prepare the mind with *pranayama*.
- This leads to deep meditation.



Om, Shanti