

Path to Siva

A Catechism for Youth

Satguru Bodhinatha Veylanswami

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Lesson 46

What Is Meditation?

Meditation?



Meditation is the yoga practice we use to quiet the mind, the body and the emotions and go deep within ourselves.

More than just sitting with eyes closed

It is more than sitting down and thinking about things in an ordinary way.

And it is not just closing the eyes and doing nothing.



A powerful state...

Meditation occurs when concentration is sustained.

It is a quiet, alert, powerful state wherein new knowledge is awakened from within as you focus fully on an external object or an internal line of thought.



Remaining perfectly still

The first goal is to sit still for a few minutes.

Then sit longer, until you can remain perfectly still for ten or fifteen minutes.

When you are able to sit for twenty minutes without moving even one finger, your divine mind can begin to express itself.

It can even reprogram your subconscious and change bad habits. .



Breathe regularly

The second method is to breathe regularly, nine counts in and nine counts out, slowly.

Our emotions and thinking are tied to our breathing.

If we control breathing, we automatically quiet our emotions and thoughts.



Body still, mind and emotions quieted...

When our body is still and our mind and emotions are quiet, we can find peace and discover new knowledge inside ourself.

We become aware of the spiritual power within us.

We can use that power to understand our religion, to solve problems in our life and to be a better person.



Experiencing higher states of consciousness

Meditation is the study of awareness, which is therefore a study of yourself and the universe.

With practice, meditation becomes a door to contemplation, where you experience the highest states of consciousness and see the clear white light of your soul.



Life will be more interesting

If you learn to meditate, your life will be more interesting and less stressful.

You will be more alive and alert, more present and able to live in the eternal now.

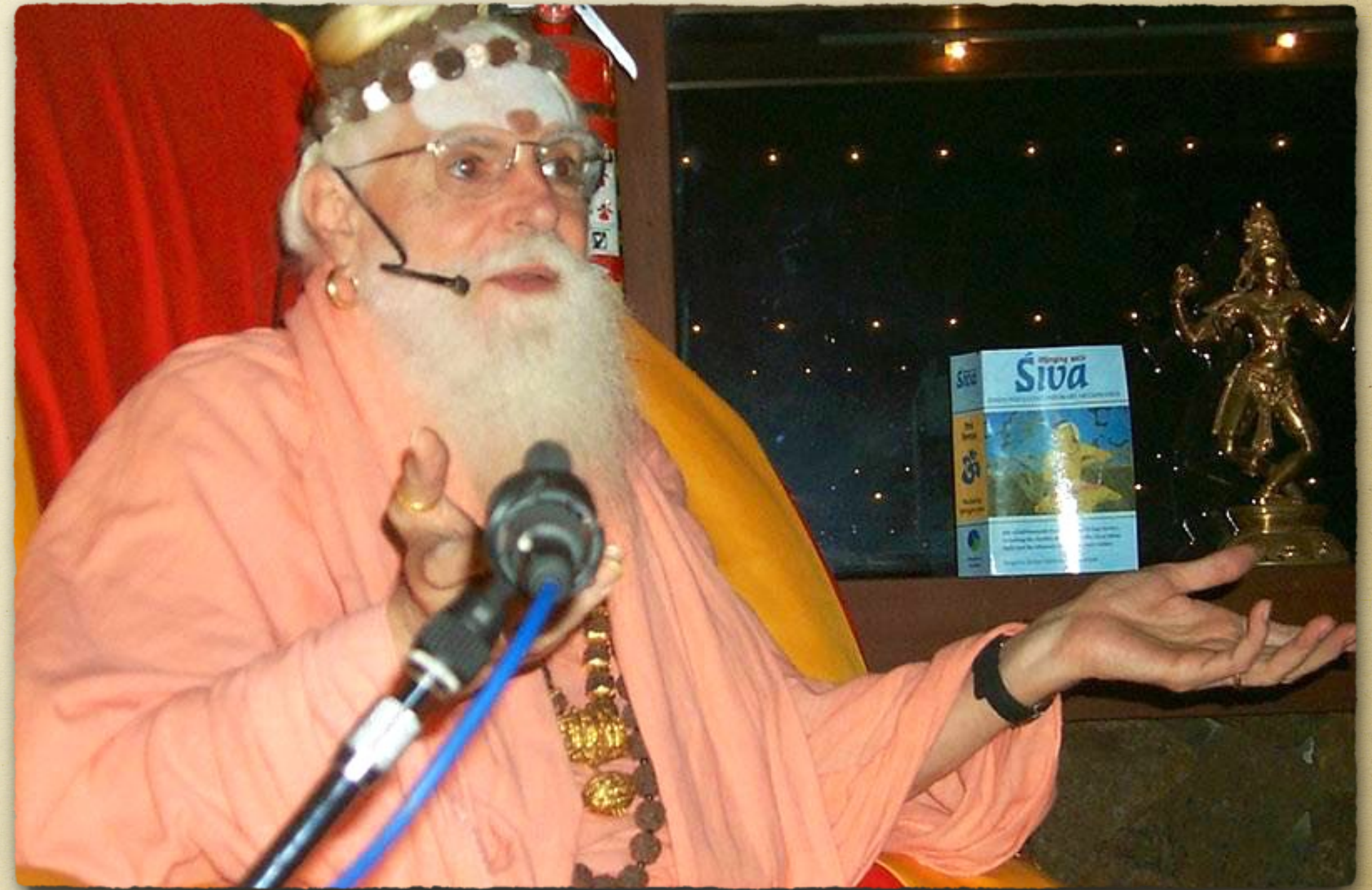
Your thinking will be clearer and your emotions more joyful.



Gurudeva says...

Seeing the mind in its totality convinces the seeker that he is something else, he is the witness who observes the mind and cannot, therefore, be the mind itself.

Then we realize that the mind in its superconsciousness is pure.



QUESTIONS for Lesson 46



46.1 Meditation is just closing the eyes and doing nothing.

- True
- False

46.2 The first goal in meditation is
(Check the correct answer)

- A. To sit without moving for an hour
- B. To sit still for a few minutes
- C. To control our breathing

46.3 The second goal in meditation is
(Check the correct answer)

- A. To sit without moving for an hour
- B. To sit still for a few minutes
- C. To control our breathing

46.4 We can use the spiritual power within us
(Check the incorrect answer)

- A. To understand our religion
- B. To be a better person
- C. But not to solve problems in our life

46.5 If you learn to meditate your life will be more interesting but more stressful.

- True
- False