

THE MEDITATION BOOK

self-discovery, inner peace and fulfilment

SRI CHINMOY

SRI CHINMOY STUDIES



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PREFACE

Countless people around the world have benefited from the simple and effective meditation techniques and clear guidance for inner peace and joy offered by spiritual Master Sri Chinmoy. The text selection in this book is drawn from the hundreds of talks and answers to questions given by Sri Chinmoy between 1965 and 2007, and presents a comprehensive step-by-step meditation guide for both beginners and those wishing to deepen their practice. Interspersed throughout these pages are some of Sri Chinmoy's inspirational poems and aphorisms.

In order to experience real fulfilment, it is necessary that you choose from the variety of spiritual practices presented those that bring immediate and continuous joy or inner peace.

Please keep in mind that Sri Chinmoy would sometimes answer the same question in different ways depending on the person asking the question and the particular circumstances. To find out which answer may apply in your specific case, the best way is to listen to your heart.

To retain the clarity, inspirational power and beauty of Sri Chinmoy's complete explanations, editing of the original text was only undertaken in the explanatory notes. In a few cases, excerpts were used to avoid repetition and to keep the text relevant to the chapter. To make the book more user-friendly, we have arranged the text by theme and have included an index and a list of techniques. The depicted "soul-bird" drawings were also created by Sri Chinmoy.

— *The Editors*

CHAPTER 1



INNER PEACE AND JOY

The benefits of meditation



*Soulfully and powerfully invoke
Pristine peace and poise
During your daily meditation.
Once you have their tremendous
Inner strength,
The life of worry and hurry
Will be totally unknown to you.*

– SRI CHINMOY –

Question: Why do we meditate?

Sri Chinmoy: Meditation is absolutely necessary for those who want to have a better and more fulfilling life. If you feel that you are satisfied with what you have and what you are, then you need not enter into the field of meditation. But if you feel that there is a barren desert deep inside your heart, then I wish to say that meditation is the answer. Meditation will give you inner joy and peace of mind. Meditation will never take you away from your parents, from your children, from your family. Far from it. Only it will strengthen your connection with your dear ones, because inside them you will see the very existence of God.

If you wish to develop your talents or increase your capacity in any field, then I wish to say that it is obligatory to follow some inner discipline. If you are a singer but you wish to sing infinitely better, if you aspire, I tell you, your voice will become far better. There is nothing on earth that cannot be improved through spirituality and meditation.

If you want to simplify your life, meditation is the answer. If you want to fulfil your life, meditation is the answer. If you want to have joy and offer joy to the world at large, then meditation is the only answer.

If you meditate to forget your suffering or to forget your difficulties, then you are not meditating for the right reason. But if you are meditating only to please God and fulfil God in His own Way, then your meditation is correct. When God is pleased, and God is fulfilled in your meditation, then it is God's business to take away your sufferings and difficulties. But if you meditate to escape from the world or to challenge the world and stand against the world, then you are doing the wrong thing.

Meditation is your conscious capacity that you have to utilise every day and every second to enter into your highest divinity, where the finite is completely lost in the Infinite. The finite existence which you have and which you are, can easily be lost in the

Infinite and become totally one with the Infinite if you meditate. This is what meditation is and what meditation can do for you.¹



*The joy you receive
From your early morning meditation
Can accompany you the whole day.*

– SRI CHINMOY –

What benefit can we get from meditation?

Sri Chinmoy: Everybody has to fulfil himself either today or tomorrow. Why? If we are not fulfilled, we are not satisfied. Everybody wants to be fulfilled, everybody wants happiness. Without happiness we cannot stay on earth. In spite of being a multimillionaire, a rich man is unhappy because his money is not giving him satisfaction or happiness. Without happiness he remains miserable. Why do we want to be happy? Because we want fulfilment.

How can one be eternally happy? By making thousands of dollars a person may become happy for five minutes or for a day or for a few months. Then he becomes an ordinary beggar because his inner life is a barren desert. Eternal happiness is what he wants and needs. This eternal happiness he can get only from meditation.

Meditation is the real soul of God and, at the same time, the real heart of man. The heart here is not the physical organ. It is that part of us which identifies itself with others. The heart means identification, identification with Truth and Light. During meditation, an aspiring heart can identify itself with Truth, Light and Beauty, with Infinity, Eternity and Immortality. But this identification is not complete; our inseparable oneness with Divinity is not complete. Identification is one thing and fulfilment is something else. This identification has to be manifested here on

earth and that is the purpose of the soul. Meditation is the soul of God, meditation is the heart of man. Aspiring man becomes the heart; realised man is the soul.

When we meditate, what do we actually do? First we enter into our highest Self. Then the highest Self meets the lowest self for transformation. The highest Self has to be realised; the lowest self has to be transformed. When we meditate we enter into the Highest for the realisation of the Brahman [* the Indian term for God]. We then enter into the lowest for the transformation of our nature.

Meditation has two things to offer us: self-mastery and self-transformation. These two go together. When we meditate, immediately we have the beginnings of self-mastery, and when we have self-mastery, we see that we cannot cherish ugly or undivine thoughts; we cannot remain inside ignorance any more. At that time we see that our transformation is taking place. Meditation is constantly giving us the message of self-transformation. Many years ago we were in plant life, then we were in animal life. Now we are in human life and we are bound to be in divine life. This self-transformation has to be done through inner meditation. When we meditate unconsciously, it takes a long, long time to reach the Goal. Only when we are at the human stage do we begin meditating consciously. When we meditate consciously, we make the fastest progress.

Without meditation no human being can have inseparable oneness with God. If we want any real peace, real joy, real love, then we have to meditate. The so-called peace we feel in our day-to-day lives is five minutes of peace after ten hours of anxiety, worry and frustration. But that is no peace at all. We are at the mercy of the monkeys around us — jealousy, fear, doubt, worries, anxiety and despair. The monkeys take rest for a few minutes, and then we say that we are enjoying peace. But no, it is only that monkeys are tired of biting us. The next moment all the negative monkey-forces will attack us again.

We get divine peace through meditation. Even if we meditate for fifteen minutes and get peace for only one minute, that one minute of peace, if it is solid peace, will be able to permeate our whole day. If in the morning we have meditated at six o'clock, in the evening we will still feel inner peace, inner joy, inner light. It is all solid power from our meditation that we are getting, and these things last for some time. When we have a meditation of the highest order, then we get really abiding peace, light and delight. We need meditation because we want to grow in light and we want to fulfil ourselves in light and through light. If this is our choice, if this is our aspiration, if this is our thirst, then meditation is the only way.²



*If we have inner poise,
Then in each and every field
We can achieve tremendous success.*

– SRI CHINMOY –

Question: Can meditation be used to increase a person's I.Q.?

Sri Chinmoy: Certainly. Anything that is progressive, anything that is illumining, anything that is fulfilling is the result of conscious or unconscious meditation. If the meditation is conscious, then the progress is noticeable sooner than at once. If the meditation is unconscious, then the progress cannot be quick and it may not be noted outwardly.³

Question: Can we use meditation to increase our creativity?

Sri Chinmoy: Certainly! Prayer and meditation are the only way. Many people are not born poets or born artists. But by practising meditation, they bring into their system literary capacities, painting capacities, musical capacities, because meditation means new life. When new life enters into you, you become a new man. Before, you were not an artist, let us say. God gave you a particular type of life, with particular capacities. But when a new life enters into you, that means a new opportunity, a new avenue, a new light enters. At that time you can easily acquire the capacity of art.⁴



SELF-CONFIDENCE

Self-confidence comes into existence when we feel that there is some higher force that is constantly looking after us and guiding us. If we do not have that kind of feeling or belief, then we can have no abiding self-confidence. We have to cultivate faith in our Inner Pilot [* God]. Right now He is unknowable. If we pray and meditate, He becomes knowable. And if we continue along the spiritual path, He eventually becomes totally known.

Self-confidence comes into existence when we offer our very existence to the feet of a higher force. If that higher force is right now only imaginary, no harm. If we have faith and if we surrender our existence to this higher force, then self-confidence is automatically achieved in our life of aspiration.⁵

★ ★ ★



EXPLANATORY NOTES

Aspire | *Aspiration* | How do we aspire? Through proper concentration, proper meditation and proper contemplation. Aspiration covers both meditation and prayer.

★ ★ ★

Ignorance | From the philosophical point of view, what some people call evil or sin, we think of as ignorance — the constant play of *maya* or illusion. He who is caught in this play is different from the liberated soul who is freed from this illusion of reality. It is by meditation that we can free ourselves from ignorance, from illusion, and transform our human nature into the divine nature.

★ ★ ★

Inner Pilot | The Inner Pilot is the God who is within us. When we pray and meditate, we get inner guidance. He who guides us is our Inner Pilot.

★ ★ ★

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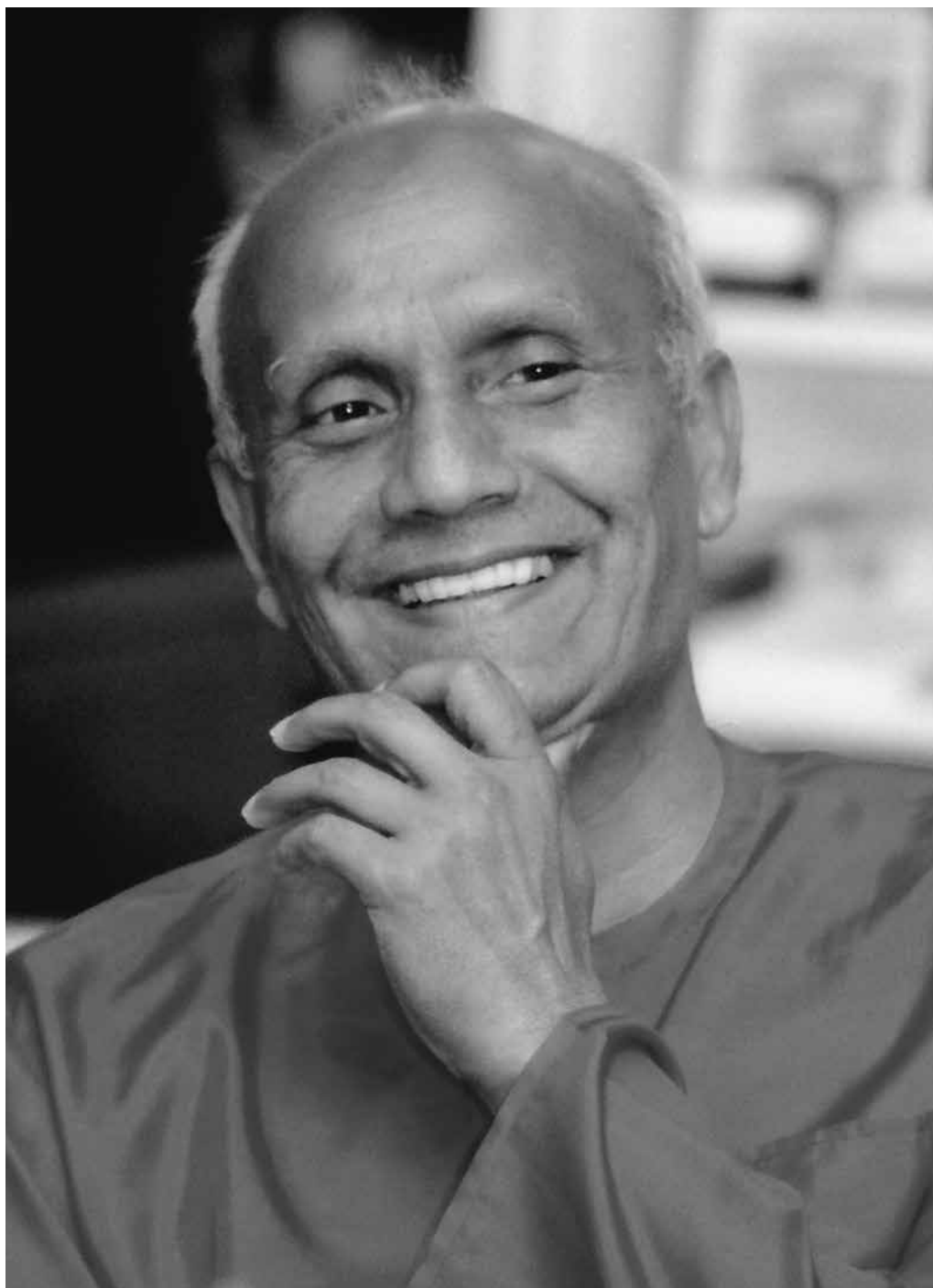
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ABOUT THE AUTHOR

Over millennia, Earth has brought forth individuals who, through prayer and meditation, attained life's true purpose: enlightenment or God-realisation. These individuals experienced infinite peace, bliss, love and light. Sri Chinmoy was one such person.

Born in Shakpura, East Bengal (currently Bangladesh) in 1931, Sri Chinmoy was the youngest of seven siblings. After losing both parents, he joined the Sri Aurobindo Ashram in South India in 1944 at age 12. There, Sri Chinmoy spent 20 years immersed in deep meditation, writing, poetry, spirituality and athletics. At 23, he reported entering Sahaja Samadhi, a state of permanent, effortless God-consciousness.

In 1964 at the age of 32, he moved to New York City to share this inner wealth in the West. Guided by love and compassion, Sri Chinmoy dedicated his life to helping sincere seekers achieve fulfilment and enlightenment. He gave free peace concerts, lectures or public meditations in 62 countries. Thousands joined his path, inspired by the uplifting inner experiences they had when coming into contact with him or his spiritual teachings.

At the invitation of UN Secretary-General U Thant, in 1970 Sri Chinmoy began conducting twice-weekly non-denominational peace meditations for delegates and staff at the United Nations, which continue today. In 1987, he founded the Sri Chinmoy Oneness-Home Peace Run, a global torch relay inspiring peace with its message, "Peace begins with me". He believed that individual inner peace is essential for world peace.

Sri Chinmoy's creativity spanned spiritual songs, poetry, writings, art and global initiatives. Many have found inspiration for their own practices through his contributions. His legacy remains a source for spiritual growth. He departed this life in

2007. His teachings and initiatives are carried on by his students worldwide.

Sri Chinmoy's work earned the respect of figures such as Mother Teresa, Nelson Mandela, Mikhail Gorbachev and Archbishop Desmond Tutu. Today, there are over 300 Sri Chinmoy Centres in 60 countries, offering free meditation courses in alignment with true spiritual tradition.

More about Sri Chinmoy, the worldwide activities of Sri Chinmoy's students and free meditation courses can be found at:

www.themeditationbook.org

Sri Chinmoy's books are available in libraries, book stores and at online booksellers worldwide.

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"The deep sense of peace and tranquillity I perceived in Sri Chinmoy and his delegation was contagious, and we all felt inspired and challenged by an extraordinary man."

– President and Nobel Peace Laureate Nelson Mandela

Those who seek lasting inner peace and joy through meditation find in this book a comprehensive step-by-step guide comprised of discourses, talks and answers by Sri Chinmoy, one of the foremost spiritual Masters of the modern era. Only someone who has reached the ultimate aim of meditation, which various traditions call God-realisation or enlightenment, can share his treasure of experience with such simplicity, clarity and inspirational power.

Topics include:

- *How to find the best meditation technique for yourself*
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- *Developing lasting inner peace and joy in your daily life*
- *Practical advice for challenging life situations*
- *How to make the fastest and safest progress on the path of meditation*

Sri Chinmoy (1931 – 2007) shared his inner wealth through striking creativity in the realms of music, poetry, painting, literature and sports. He travelled throughout the world to offer free concerts, lectures and meditations. From 1970 until the end of his life Sri Chinmoy held twice-weekly non-denominational peace meditations for delegates and staff at the United Nations headquarters in New York. In 1987 he initiated the Sri Chinmoy Oneness-Home Peace Run, a global torch relay promoting goodwill among people of all nations. Sri Chinmoy saw the inner peace of the individual as a precondition to spreading peace within the world.

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