

Never Give up!

If we know how to sincerely meditate for even five minutes early in the morning before the hustle and bustle of life begins, then we enter into a world of serenity, clarity, purity and peace – a world which is flooded with peace. Each individual seeker has the potentiality, the capacity to meditate soulfully. Some may not be able to meditate immediately. It may take a few weeks or a few months of practice. But no individual will forever remain unknowledgeable in the art of meditation. The art of meditation is something inherent in each individual.

Keep trying! It so often happens that the last key opens the door.

Question: *When I sit down to meditate, I have to concentrate so hard on keeping my mind still that I cannot contact my inner self.*

Sri Chinmoy: You may not know it, but you are doing the right thing. When you are trying to make your mind calm and quiet, you are concentrating. In concentration you try to control your thoughts and emotions. Concentration has to pave the way for meditation. When you are successful in chasing away all the thoughts that disturb your mind, sooner or later your inner self will come to the fore, like the blazing sun clearing away the veil of clouds. Right now, the inner sun is overcast with clouds: thought, ideas, doubts, fears and so forth. When you can chase them away, you will see that your inner self is shining, bright and radiant, right in front of you.

Class 3 Goals

- 1) Try to extend your daily meditation by including some reading. If you do not have the Meditation book you can read the class handouts or aphorism cards handed out in the class. You can also read Sri Chinmoy's books on www.srichinmoylibrary.com. By reading, chanting and singing you should now be able to extend your practice to around 20 minutes.
- 2) Read chapters 6, 11 of the Meditation book.
- 3) Try the exercise in this handout and also some of the exercises in chapter 6 of the meditation book, in particular the "heart-rose".

meditation

Class 3 – The Soul

If you do not know the capacity of your mind
You have not missed much.
If you do not know the capacity of your heart.
You have missed much.
If you do not know the capacity of your soul
You have missed all.

Sri Chinmoy

The Soul

The highest Truth is within our hearts but unfortunately we have not yet discovered it. So I ask my disciples to go deep within and meditate on the heart, which houses the soul. Eventually they learn how to contact the soul and start listening to its dictates. At that time they have begun to make real progress towards discovering their highest and deepest selves.

God is not something to be obtained from the outside. God is that very thing which can be unfolded from within. In the physical world, the mother tells the child who his father is. In the spiritual world, our aspiration tells us who our God is. Who is God? God is an infinite consciousness. He is also the self-illuminating Light. There is no human being who does not own within himself this infinite Consciousness and this self-illuminating Light.

*Only when you listen
To the dictates of your soul,
The path ahead of you
Becomes absolutely clear.*

Exercise

In order to purify your mind, the best thing to do is to feel every day for a few minutes during your meditation that you have no mind. Say to yourself, "I have no mind, I have no mind. What I have is the heart." Then after some time feel, "I don't have a heart. What I have is the soul." When you say "I have the soul" at that time you will be flooded with purity. But again you have to go deeper and further by saying not only, "I have the soul," but also "I am the soul." At that time, imagine the most beautiful child you have ever seen, and feel your soul is infinitely more beautiful than that child.

The moment you can say and feel "I *am* the soul," and meditate on this truth, your soul's infinite purity will enter into your heart. Then, from the heart, the infinite purity will enter into your mind. When you can truly feel that you are only the soul, the soul will purify your mind.

Your Purpose

Has your soul a special mission? Yes. Your mission is in the inmost recesses of your heart, and you have to find and fulfil it there. Forgetfulness makes you feel that you are finite, weak and helpless. This is not true. You are not the body. You are not the senses. You are not the mind. These are all limited. You are the soul which is unlimited. Your soul is infinitely powerful. Your soul defies all time and space. Your special mission - which is the fulfilment of your divinity - is not outside you, but within. Search within. Meditate within. You will discover your mission.

Consciousness

Man, in his outer life or his outer achievements, is very limited. But the same man, when he enters into the inmost recesses of his heart, feels that there is something constantly trying to expand itself. This is consciousness. This consciousness links him with the Highest Absolute. Consciousness always welcomes us. It is in consciousness that we invoke, receive and offer boundless peace, light and bliss. An ordinary man does not have control of his consciousness. But a spiritual man is able to control his. He tries to lead a better life, a higher life, and in so doing, he brings down the light of the Beyond into the darkness of the present-day world.

When you pray,
Think of a lost child within you
Crying helplessly.
When you meditate,
Think of a morning flower
Smiling and smiling,
Radiating its beauty
And offering its fragrance.
This is how you can make friends
With your soul
And fly with it infinitely higher
Than the confines of the mind.

Do you need happiness?
Then just do three things:
Meditate regularly.
Smile soulfully.
Love untiringly.