

Course Instructor's Meditation Tips

1) *I wanted to meditate but...*

Our minds can be very clever and think up all kinds of excuses why we shouldn't do something:

Oh, I am very tired today, let me sleep a bit more instead of meditating.

I am very busy today, I will meditate tomorrow instead - one day cannot make a difference!

Many times our thoughts can be our own worst enemies. One way to combat this is to concentrate on more powerful positive thoughts:

If I do meditate I will be able to clear my mind - I will get more done during the day because I will be spending less time thinking unnecessary things. This will also give me greater energy – as all those extra thoughts are making me tired!

Another way to combat these thoughts is to develop a real love of your meditation practice. Look forward to your next meditation session - think about what technique you could try next time or how to make your meditation space more beautiful. Cultivate the quality of enthusiasm.

2) You are busy and are worried that you will over-shoot your meditation time and be late for work.

In that case set an alarm for 10 or 15 minutes from when you start your meditation. You do not want to spend the whole meditation time looking at the clock! You also do not want to spend your meditation time thinking about things you need to do during the day. When you start your meditation try to clear your mind. Feel that these 15 minutes are sacred and are there for you to focus on your inner self.

Class 2 Goals

1) Continue your goal of meditating every day. Don't get disappointed if you are finding it difficult – the very act of trying is an achievement in itself!

2) Before you start your daily meditation try chanting your favourite mantra for a few minutes. After the meditation you can listen to some spiritual music (you can download it free from www.radiosrichinmoy.org)

3) Read chapters 5,8,9 of the Meditation book.

meditation

Class 2 – The Spiritual Heart, Mantras & Spiritual Music

My heart longs to be dissolved
In wings of air
And fly in the unhorizoned sky.
I long to open up
All my heart-doors
In the delight of my liberation-life.
May my life begin
With the breath of a new hope.

Sri Chinmoy

The Spiritual Heart

When you see a flower with your mind, you appreciate and admire it. But when you see it with your heart, immediately you feel that your heart is inside the flower or that the flower is inside your heart. So, when you have an experience, if you are one with the experience itself, then you will know it is from the heart. But if you feel that the experience is something that you are achieving outside yourself, then it is from the mind.

To reach the spiritual heart you have to feel that you do not have a mind, you do not have arms, you do not have legs, you have only the heart. Then you have to feel that you do not *have* the heart, but that you *are* the heart. When you feel that you are the heart and nothing else, then easily you will be able to reach your spiritual heart during your meditation.

The way to achieve inner peace is to meditate on the heart, where there is constant joy and constant love. At that time you will not cry for appreciation from others. You will all the time depend on your inner source, which can offer you infinite Joy, infinite Love, infinite Peace. The best thing is to meditate on the heart; this way is most effective.

A beginner has to feel that he is a child, no matter how old he is in earthly age. A child's mind is not developed. When he is twelve or thirteen his mind starts functioning on an intellectual level, but before that he is all heart. Whatever he sees he feels is his own. He identifies spontaneously. This is what the heart does.

Exercise

When you feel that you are a child, immediately feel that you are standing in a flower garden. This flower garden is your heart. A child can play in a garden for hours. He will go from this flower to that flower, but he will not leave the garden, because he will get joy from the beauty and fragrance of each flower. Inside you is the garden, and you can stay within it for as long as you want. In this way you can meditate on the heart.

"Meditation means conscious self-expansion. Meditation means the recognition or discovery of one's true higher self."

Chanting Aum

Aum is a syllable that has a special significance and a creative power. When we chant Aum, what actually happens is that we bring down peace and light from above and create a universal harmony within and without us.

It is best to chant Aum out loud, so its sound can vibrate even in your physical ears and permeate your entire body. This will convince your outer mind and give you a greater sense of joy and achievement. When chanting out loud, the "M" sound should last at least three times as long as the "AU" sound. The sound should not come from the throat; it should come directly from the heart.

Spiritual Music

In the spiritual world, next to meditation is music, the breath of music. Meditation is silence, energising and fulfilling. Silence is the eloquent expression of the inexpressible. Silence is the source of everything. It is the source of music and it is music itself. Silence is the nest and music is the bird.

Meditation and music cannot be separated. When we cry from the inmost recesses of our heart for peace, light and bliss, then that is the best form of meditation. Next to meditation is music, soulful music, the music that stirs and elevates our aspiring consciousness. It carries us into the Universal Consciousness and makes us feel that we are in tune with the highest, with the deepest, with the furthest.

Not the music of the mind,
Not even the music of the heart,
But the music of the soul only
Can liberate our earth-bound life.

If we can feel that
It is not our voice,
Not our fingers,
But some reality deep inside our heart
Which is expressing itself,
Then we will know that it is
The soul's music.

Sri Chinmoy