



RAMĀ ŚAKTI MISSION

DIVINE MOTHER SAYS

NO: 5

SD NO: 1 / PG 42

MEDITATION IS DEVOUT QUEST

Sitting in fixed posture with closed eyes and concentrating on the space between the eye-brows alone does not constitute meditation. It is only an aspect, a preliminary discipline in mental concentration. Meditation is a rapturous flow of mind to the divine Self, a devout contemplation on the Supreme, a lifting of consciousness into a sublime awareness of the Reality.

In meditation, buddhi or consciousness is steadily poised in the awareness of the spiritual reality, the mind flows as it were to the Self like the flow of oil from one vessel to the other, and the heart is uplifted into a blissful experience of life and longing for the Supreme Being. It is not an hour's or a few hours occupation with sadhana that determines your success in meditation. If the entire life is dedicated to the quest, if the heart has learnt to expunge baser desires and replace them by a love for God, if every action of yours is done with the backing of meditative calm, if the mind is convinced of the truth that this shadow called the world will not provide happiness, then alone will you be able to plunge into the blissful depth of meditative absorption.

Only a God-lover knows what meditation is. Only one who has enjoyed the bliss of dispassion can take his mind to meditation. But there is no need for any despair. Practise with determination. Cultivate love of God. Discriminate between the real and the unreal. Observe nishta in sadhana. Keep the mind in a state of tranquility. Allow not the affairs of life and events of the world to disturb the peace begotten of meditation.