

## Meditation Tips

To maintain your aspiration, each time you sit down to meditate in the morning you have to feel that you are continuing the journey that you have already begun. You should not feel that you are beginning your journey anew. No, you should feel that you have already made considerable progress and that today you will make more progress. And each time you make progress you have to feel that you have touched a tiny portion of the goal. In this way you will feel that you are really advancing.

## Class 4 Goals

1) Try the exercise in this handout. Try to cultivate the feeling of aspiration inside your spiritual heart which is symbolised by the candle flame.

The "heart-rose" exercise (previous handout) also helps you to feel the heart centre. In this exercise the flower represents purity.

It is very beneficial to cultivate the qualities of purity and aspiration when practising meditation.

2) Continue your daily meditation if possible including reading, chanting and singing for around 20 minutes.

3) Read chapters 7,13,14 of the Meditation book.

During your meditation  
Challenge Yourself  
To reach your highest  
Even for a fleeting moment

# *meditation*

## Class 4 – Aspiration: The Inner Cry

As long as your heart remains  
An ever-mounting aspiration-flame  
It makes no difference  
What your weaknesses are.

Sri Chinmoy

## Aspiration

Aspiration is a cry within our heart. As a child cries, so also in the heart you will feel a cry. A child is within you, shedding tears. He is weeping because he wants to transcend himself. This mounting cry, this climbing cry inside our heart we call aspiration. When we aspire with our heart's tears, we see that God is coming down to us from above. The heart is crying and yearning like a mounting flame burning upward. This flame of the heart wants to go up beyond the mind, so it is always rising. And God is constantly descending with His Grace, like a river flowing downward. It is like two persons meeting; one is on the first floor and the other is on the second floor. There we meet and fulfil each other.

Aspiration is a growing fire that secretly and sacredly uplifts our consciousness and finally liberates us.

What we need is aspiration, the search for the truth, and nothing else. When we have that inner cry for truth, we do not need anything else.

Each time you aspire, I wish to tell you that your perfection is increasing. Inside your aspiration, perfection is growing and glowing. Sincere aspiration means the opening of the perfection-lotus. A lotus has many petals. Each time you aspire most soulfully, one petal of the lotus blossoms. And when one petal blossoms, it means perfection is increasing in the entire lotus.

You can discover your divine qualities by digging deep within. As a miner digs and gets something, you also can dig. Digging here means your inner cry. When you cry, you dive deep within. In order to discover your divine qualities, you have to cry constantly. Each time you cry, you dig deep within; and when you dig deep within, you develop your qualities. So, at every moment, please think of the instrument that digs inside you. It is your aspiration. Just as a miner uses an implement to dig in the ground, you also need a constant inner cry to dig in your heart.

No, it is not possible  
For any inner cry  
To remain unheard.

If we feel satisfied with what we have and what we are, then there is no need for us to enter into the field of meditation. The reason we enter into meditation is because we have an inner hunger. We feel that within us there is something luminous, something vast, something divine. We feel that we need this thing very badly; only right now we do not have access to it. So, our hunger comes from our spiritual need.

Once a seeker has discovered aspiration in the inmost recesses of his heart, all his problems are solved. All past, present and future problems put together are helpless in the face of aspiration, for aspiration is the burning, glowing flame within. It is a birthless and endless flame that mounts high, higher, highest and purifies the things that have to be purified in our unlit, obscure, impure nature.

## Exercise

Imagine a flame inside your spiritual heart. It is bright and steady. Feel that this flame is purifying and illumining your being. After a few moments bring the flame up to your mind and feel that it is illumining your mind.

Now imagine a small ball of light inside your heart. After some time feel that this ball is expanding until it covers your whole being. Then feel it continuing to expand larger and larger until it is as large as the sun itself. Feel that you are this illumining sun. Then feel that the sun is contracting smaller and smaller until, once again, it is inside your heart.

## Who is God?

God is all Love. God is all Light. God is all Beauty. God is everything: Truth, Peace, Light, Bliss in infinite measure. He is with form, He is without form. If you experience God as Peace, then you will say God is Peace. If you experience God as Light, then you will say God is Light. If you experience God as Love, then you will say God is love.

Since we are human beings, according to our limited understanding we say God is this or God is that. But God is really everything. If we want to experience Him as an infinite expanse without any form, we can do so. Again, if we want to experience Him intimately as a most illumined being right in front of us, then He becomes that.