

## Meditation Tips

Your spiritual life is not just about your morning meditation but your whole life. Try to spend more time based in your heart centre, rather than in your mind.

If you find yourself getting angry, anxious or jealous or having any negative thoughts or emotions then try to catch yourself and remove those thoughts from your mind. Try one of the exercises we have covered - even if you only do it for a very short time it will help.

In the spiritual life you need constant forward movement. If you stop practicing or give up trying then you start moving backwards.

Many people find Sri Chinmoy's book "The Wings of Joy" very helpful when trying to lead a more spiritual life.

"Today you may be a beginner in the spiritual life, but do not feel that you will always be a beginner. At one time everybody was a beginner. If you practise concentration and meditation regularly, if you are really sincere in your spiritual search, then you are bound to make progress."

Sri Chinmoy

You do not have to  
Give up anything.  
Just value your spiritual life  
And automatically you will feel  
That this new life of yours  
Comes first.

## Class 5 Goals

- 1) Continue your daily meditation if possible including reading, chanting and singing for around 20 minutes.
- 2) Try to feel your spiritual heart more during the day.
- 3) Read chapters 15, 18 of the Meditation book.

# *meditation*

## Class 5 – The Spiritual Life

Yesterday I was clever.  
That is why I wanted to change the world.  
Today I am wise.  
That is why I am changing myself.

Sri Chinmoy

**Question:** Is meditation practical?

**Sri Chinmoy:** We say that somebody is practical when he does the right thing at the right moment in his outer life. But no matter how clever, how sincere or how conscious we are, at times we are at a loss in the outer life. We do not know what to do. Or, despite our saying and doing the right thing, everything goes wrong. We do not know how to cope with our outer existence; we cannot manage our lives.

Why does this happen? It happens because our outer capacity is always limited by our limited inner awareness. But if we are practical in the inner life - that is to say, if we pray and meditate - then we will have boundless inner awareness. One who has inner awareness has free access to infinite truth and everlasting joy, and he can easily control his life.

No matter what we do or what we say in our outer life, we are not nearing the truth-light. But if we meditate first, and afterwards act and speak, then we first are doing and becoming the right thing. The inner life and inner reality must guide the outer life - not the other way around. The life-breath of the outer life has to come from the inner life. The inner reality must enter into the outer life; only then can we be really practical in the outer life.

There is only one way  
To arrive at the destination:  
Begin.

True happiness  
Is not mental hallucination.  
True happiness  
Is not a complacent feeling.  
True happiness  
Is the spontaneous feeling of joy  
That comes from knowing  
You are doing the right thing  
And leading a divine life.

In the spiritual life when you want to discipline your life, you have to mix with spiritual people who have disciplined their lives. You are trying to discipline your life and they are also in the same boat. So when two persons are aiming at the same goal, it makes the task very easy. Early in the morning it is very difficult to run because of lethargy and inertia. But if you see that a friend of yours is running, you will go together. At that time, you will energise him and he will energise you. Your strength enters into his strength and his strength enters into your strength.

You can easily know whether you are ready for the spiritual path or not. When you are hungry you know that you have to eat. Your hunger compels you to eat something. In the inner life also when you are hungry for Peace, Light and Bliss, at that time you are ready. When you have that inner cry, that inner need for something, then you are ready for a spiritual path. So when you have the need, you have to realise that you are ready. If you don't have the need, then you are not ready.

## Exercise

For the seeker wishing to enter the spiritual life, simplicity, sincerity, purity and surety are of utmost importance.

In silence kindly repeat the word "simplicity" inside your mind seven times and concentrate on the crown of your head. Then repeat the word "sincerity" seven times silently and soulfully inside your heart, and concentrate on your heart. Then kindly repeat the word "purity" seven times inside or around your navel centre. Please do all this silently and most soulfully. Then focus your attention on the third eye, which is in-between and slightly above the eyebrows, and silently repeat "surety" seven times.

Next, place your hand on top of your head and say three times, "I am simple, I am simple, I am simple". Then place your hand on your heart and say three times, "I am sincere, I am sincere, I am sincere". Then place your hand on the navel centre, repeating "I am pure", and on the third eye, repeating "I am sure."