



**MEDITATION**  
**Meditation techniques**  
Extract from 6/2/07 Satsang

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*Om Shri Paramatmane Namaha*

There are many methods to quieten the mind and realise the Truth, and all methods have some value in them. It depends upon the seeker which particular method or technique is suitable. What is the ultimate aim of all these methods? Where are we trying to reach? Ultimately we reach to our own Self and meditation is really just a means and not the final objective.

For example, one method requires us to focus on the process of breathing in and out. The followers of this method focus their minds on the breath and thus are able to calm down their thoughts. Another method is to focus the mind on a Saint in whom one has faith. Some people have a mantra like 'OM'.

In the same way there is the famous method of Ramana Maharishi who used to say that you should go on asking yourself the question: 'Who am I?' This was his particular method. Various methods help people in different ways. Not everyone is helped in the same manner, but by methods which suit their various individual personalities.

Regarding thoughts which may arise in one's mind, whatever method one may use, one should be a sort of spectator or unbiased observer of the thoughts, and not struggle with them. One very nice method, which helps many people, is the one I would like to describe you.

One should say to one's own self: "God's light is in my heart." One should also try to feel it. I know that this is a good method – to feel that God's light is in one's heart. In fact, God's light is always in one's heart. Then one should stop repeating it and just let things happen as they happen without doing anything. So let us try out this method today – first suggesting to oneself: "God's light is in my heart", and then submitting oneself to whatever comes or happens while observing everything. Let God do anything He likes with it, because God is in one's heart always whether one knows it or not.

Let me tell you one or two things more. Sometimes inner experiences happen to seekers who come here. This is very common because everybody feels a sort of peace and harmony here. This is perfectly all right, but sometimes other inner experiences happen. If any such experiences happen it would be better not to disclose them, but to try to digest them and let them happen. If we tell important and private experiences to others, the energy gets diluted. The energy is very elusive, and by discussing it, it stops working. We should not make good things cheap and such talk is cheap: "Oh a certain inner experience has happened to me..." It unnecessarily makes the other person worried and think: "Oh, it is happening to that person, so why is it not happening to me?"

However, if nothing happens you should not think that you are not progressing. No! Your attitude should be – if nothing happens, it is good and if something happens, it is also good. If inner experience happens, you should not imagine that you are going to heaven or becoming a yogi, it is nothing like that. Experiences happen. They come and go. Everything passes. Everything comes and goes, except you. You remain the same.

Try to understand the meaning of 'you' and what you are. You are not the body, not the mind, not the senses and not the intellect. You are none of these. Actually, you do not even die because you were never born. The body came into existence, but not you. So the main question is: "Who am I?" Find it out!

Incidentally, it has occurred to me to tell you about something else that might be helpful. Nobody can be sure what will benefit them. When starting one's meditation one should inwardly bow to the one in whom one has reverence and faith - the Guru, God, deity or saint. After that one should say: "God's light is in my heart." Then one should let go completely and do nothing. Whatever happens in you, you should let it happen.

The theory of this method is sound because it is true. God's light is already there in the heart. Who else's light would be there? It is God's light, or gyan (wisdom). This is written in the Bhagavad Gita also: 'Oh Arjuna, God lives in the heart of all human beings.' Remembering this and saying it to yourself means that what you are saying is not imagination but the Truth. So this is one of the methods.

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