

# Satsang with Swami Chinmayananda

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**Swamiji, why is it important that we meditate?**

Man is mind – meditation works on the mind itself. Realisation is the long-term goal of meditation. You will wake up from the dream of the ego into the Infinite.

**My mind never seems to be quiet enough to meditate.**

Meditation is for making it quiet. When you meditate, look

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Reproduced from the souvenir 'Krishna' published by Chinmaya Mission, Kanpur, in October 1994.

at the depth of silence between your thoughts, just as if they were two waves of the ocean. When you are repeating your *mantra*, you are constantly looking for that depth between each repetition. Even in our daily life, we jump from one thought to another, never noticing the silence between the thoughts. Use any two thoughts; even any two ordinary thoughts will do. The substratum of silence remains the same.

**But we are still the observer, that is, we are observing silence.**

You've been reading too many books. How can there be

an observer when there is nothing to observe? Dive into that gap; it is your gateway.

**What about the *vasanas* (innate tendencies)?**

What *vasanas*? Who's got the *vasanas*? You have to go beyond these intellectual concepts. Intellectual study is only for the purpose of finding out that there is a Truth beyond the intellect. In satisfying the question of the intellect you get thrown beyond it. As the pole vaulter goes over the top, he does not keep the pole. He lets it go.

Just sitting with the body motionless will calm the mind, there will at least be a relative quiet. Drop all worries; they will be there waiting for you. It's just like after you have slept, you wake up to the same old problems.

**Some days it's so difficult even to sit still!**

You must watch your mind during the day; meditation is difficult if someone has hurt you or criticised you. Your mind will go back to that situation when you sit down to meditate. With intellectual discrimination, you must let the mental bruise go at the moment it happens. Tell yourself that the insult is not true of your real Self; it is only true of the material that hangs around you. Why bother to defend it? Let it go.

**If I know the Higher, I don't really need to meditate. But if I don't know it, how can I meditate on something I don't know?**

All scriptures say God cannot be described, so all

scriptures are an attempt to explain the inexplicable. Even though all use the same words to describe this higher Reality, they are not exact descriptions; they are indicators. You hold your mind in the indicated direction, that is meditation; then the mind ends.

### **When should I start meditating twice a day?**

If my child were to ask me, "When should I eat my supper?" my answer would be, "Not now, my son." The very question clearly indicates that my child is not hungry. If my son runs to the dining room and demands supper, threatening to stuff himself with cookies if the food is not served, then I will say, "Son, it is now time to eat." When I hear from you that you have already started an inspiring session of meditation in the evening, I shall send you

permission to meditate twice a day.

### **Is meditation for beginners?**

No, meditation is not meant for beginners. They will be sitting to sleep, that is all. Of course, the resulting rest may be of some physical benefit, but not spiritual.

Beginners must strive to make their mind and intellect quiet, calm, serene, single-pointed and sincere. This can be achieved in your daily activities, by performing them with care and attention.

Be a mirror! Reflect everything; keep nothing. No matter what passes in front of the mirror, no image remains. Keep nothing!

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