Meditation

When you sit in meditation you must be as candid and simple as a child, not interfering by your external mind, expecting nothing, insisting on nothing. Once this condition is there, all the rest depends upon the aspiration deep within you. And if you call upon Divinity, then too you will have the answer.

26 January 1935

Each meditation ought to be a new revelation, for in each meditation something new happens.

Even if you are not apparently successful in your meditation, it is better to persist and to be more obstinate than the opposition of your lower nature.

Mother,

I would like to know from you if it is good for me to devote more time to meditation than I am doing at present. I spend about two hours, morning and evening together. I am as yet not quite successful in meditation. My physical mind disturbs me a lot. I pray to you that it may become quiet and my psychic being may come out. It is so painful to find the mind working like a mad machine and the heart sleeping like a stone. Mother, let me feel your presence within my heart always.

The increase of time given to meditation is not very useful unless the urge for meditation comes spontaneously from inside and not from any arbitrary decision of the mind.
Meditation

My help, love and blessings are always with you.

17 October 1939

To keep constantly a concentrated and in-gathered attitude is more important than having fixed hours of meditation.

*When you give us a subject for meditation, what should we do about it? Keep thinking of it?*

Keep your thought focussed upon it in a concentrated way.

*And when no subject is given, is it enough to concentrate on your Presence in the heart-centre? Should we avoid a formulated prayer?*

Yes, concentration on the Presence is enough.

*(Examples of subjects for meditation)*


5 July 1957

How to awaken in the body the aspiration for the Divine.

26 July 1957

Turning one’s gaze inward. Looking within oneself.

2 August 1957

The ill-effects of uncontrolled speech.

9 August 1957

53