

# LIFE—REALIZATION™

at Yoga Center of California  
445 East 17th Street, Costa Mesa, Calif. 92627

**Subject:     Samyama—The Three Great Steps Of Meditation**

## **Points to remember:**

Paramahansa Muktananda, the yoga master from Ganesh Puri in India, used to say: "He who has samyama has everything."

**Samyama is the Sanskrit word for the three limbs of classical meditation.**

Most yogis define the three steps of meditation as: concentration, contemplation, continuation (or *samadhi*).

And, other yoga masters turn the first two steps around: contemplation, concentration, continuation.

You know how to contemplate.

Concentration means "with centeredness." When you concentrate on something you can more easily and profoundly understand it.

But mind drift makes concentration difficult. For most people today, concentration is very difficult without first gathering the mind through contemplation. The mind gathered and focused through contemplation is poised in a powerful, clear concentration.

The techniques of Recall and Natural Setting also facilitate concentration—centering your mind on an outer or inner object. Patience and practice work wonders.

Samadhi, or continuation, means "the thing itself." In this sublime state you can know what you are meditating upon very deeply.

The object of meditation for most yogis is a concept of God—such as Divine Father, Divine Mother, Light, Infinite Love, Compassion, Strength, Peace—or an Incarnation or Saint—such as Jesus Christ, Buddha, Saint Francis—or the Soul, the Inner Self—or a beautiful sight or sound which inspires the mind—like a beautiful mountain, lake, or work of art.

In the lofty state of Samadhi: the meditator, the meditation object, and the act of meditation become one. There is continuous awareness. You are not aware you are meditating, and you do not feel separate from the object of your meditation. For example, if you were meditating on peace, your being becomes filled with peace.

Wonderful transformation and fulfillment become yours when you experience Samadhi. Hard hearts become filled with compassion.

Love is directly realized and beams from you. Sorrow is changed into joy or wisdom. Abstract spiritual realities become personal and intimate. Your Soul is revealed.