

## Lake — Formless

A lake and the sky are considered formless meditation objects. You may find these are wonderful types of meditation.

A suicidal Mahendranath Gupta, the author of *The Gospel of Sri Ramakrishna*, was told by his Guru, Sri Ramakrishna, to sit and meditate on ponds, lakes, and other calm bodies of water whenever he could. In this manner, the quality of calmness which resided in the still water became part of Mahendranath Gupta's state of mind, enabling him to become a very great man.

### How to Practice

Sit with a straight, comfortable spine. Relax your legs, your arms. Do some nice deep breathing. Simply meditate on a beautiful calm clear lake. You can sit in front of a lake, a picture of a lake, or visualize the lake in your mind's eye. Allow the calmness and the serenity of the lake to fill your awareness.

### Benefits

Over time the qualities of calmness and serenity will become part of your state of mind as was the case with Mahendranath Gupta. Enjoy.