



Swami Ramdev

Query – What is the form of contemplation?

देशबन्धश्चित्तस्य धारणा ॥1॥

Word meaning: Deshbandha chittasya – focusing the mind on a particular place; dharna – is known as contemplation.

Meaning: Focusing the mind on any thing internal or external to the body is known as contemplation. Contemplation is focusing (stopping) the mind on a particular place. The place could be either internal or external to the body. The places inside the body could be navel area, Agya chakra, heart, tip of the tongue, tip of the nose etc. and the places outside the body could be a flower, a picture, sky, moon, star, the sound of a flowing river etc.

All the devotees should remember that the eight branches of Yog have a sequence, wherein the first branches prove helpful for the other branches. If the first branches are not completed properly then the other branches are not carried on properly. This point is very valid with respect to contemplation because it is the preliminary stage of the internal Yog. Till such time that the stage of restraining sense organs is not achieved contemplation cannot be achieved. Therefore the practitioners should restrain the sense organs before practicing contemplation.

As far as the procedure of practice of contemplation is concerned, there is no special secret. After achieving the stage of restraining sense organs, the practitioner should be free from any feeling or imagination and try to focus his or her attention on the desired object. Regular practice will show that the mind is focused on that particular place or thing and is totally free of blockages. This is the stage of contemplation. In this stage, the practitioner experiences difference between himself, subject of contemplation and procedure of contemplation.

Query – What is the form of meditation?

तत्र प्रत्ययैकतानता ध्यानम् ॥2॥

Word meaning: Tatra – In it or the place where the mind is focused, in that particular place; Pratyekatanata – continuity of senses; Dhyanam – is known as meditation.

Meaning: The continuity of senses in the place where the mind has been focused is known as meditation. Once the mind gets focused on the place of meditation and when a sort of stability is achieved in that position then it is known as meditation. We can understand this position in another way – as has been mentioned at the end of the previous verse that the contemplator experiences the difference between himself, the subject of contemplation and the procedure of contemplation. When this stage matures then the contemplator does not have the experience of the procedure of contemplation. He or she only has the experience of himself and the subject of contemplation. This stage is known as meditation. In literal sense the person contemplating is known as contemplator and the subject of contemplation is known as the objective.

Query – What is the form of deep meditation?

तदेवार्थमात्रनिर्भासं स्वरूपशून्यमिव समाधिः ॥3॥

Word meaning: Tad Eva – When that meditation only; Ardhamatranirbhasam – remains up to the subject of the contemplation and the contemplator; Swaroopshunyameva - loses the experience of himself; Samadhi – is known as deep meditation.

Meaning: We can understand the meaning of deep meditation in simple and easy manner like this – it is the matured form of meditation. In other words the stage of deep contemplation on a particular thing is known as deep meditation. In other words we can also say that it is the highest stage of meditation. In this stage, the contemplator experiences only the subject or object of contemplation and forgets his own existence.

त्रयमेकत्र संयमः ॥4॥

Word meaning: Trayam Ekatra – contemplation on a single subject, contemplation and deep meditation are together known as control.

Meaning – Contemplation on a single subject – contemplation and deep meditation are jointly known as control.

The contemplation on a particular object or subject along with deep meditation is collectively known as control in philosophical language. The narrator will use the word ‘control’ henceforth.

To be continued....