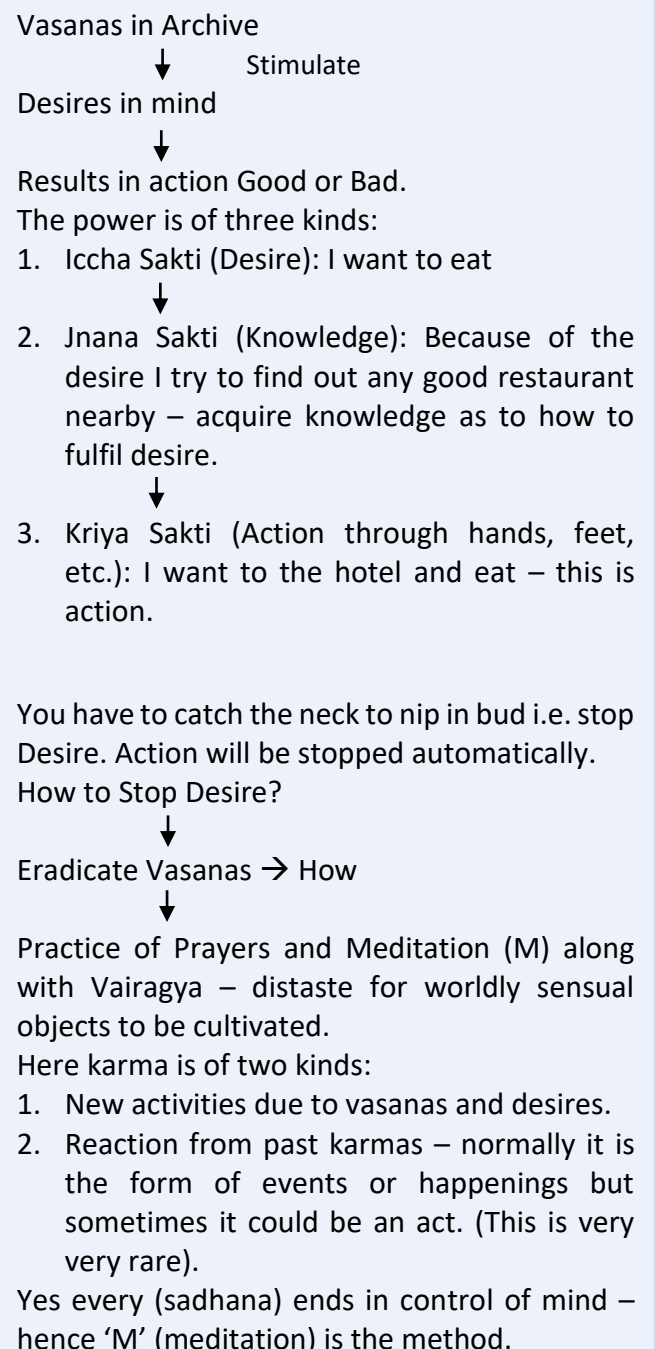
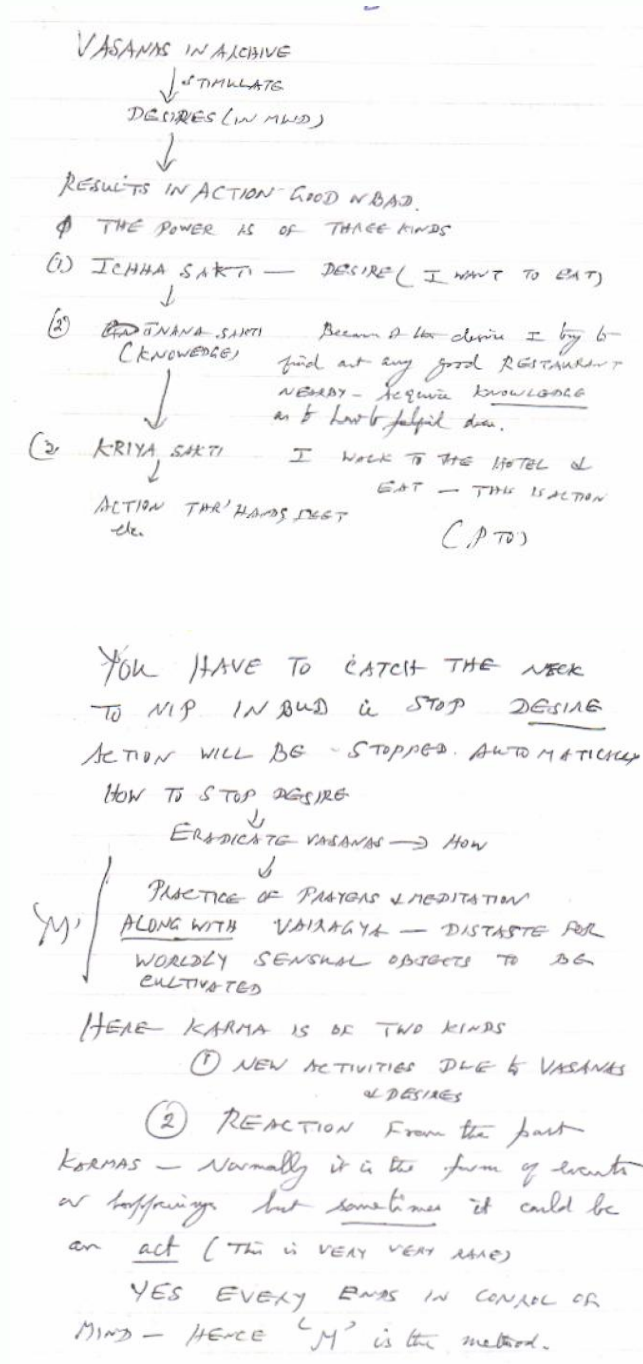




Meditation – elimination of vasanas



Can you clearly define
the "method and _____" of

urge, or desire to
maintain and prolong or persist?

THIS COMES THROUGH GURU, LORD'S GRACE
& SATSANG – THE THREE PRONGS.

VIVEKA CHUDAMANI SAYS BY DOING
GOOD DEEDS CHARITY etc. in the PAST
We are awakened. ~~By~~ Because of heavy
meritorious deeds the Vasana or desire to
reach God arises – accordingly he is born
in such places where his HANKERING for
God alone makes him meet saints & a GURU.

YOU CAN'T IGNORE VASANA
WHICH CAUSES DESIRE. One way is to
slowly teach the mind & illustrate to it
how desire leads to disaster. If only all
desires dissolve in the heart, that moment
you get God – An upanishad says
"ATRA BRAHMA SAMASNUTE".

YOU CANNOT SUPPRESS –

INVOKER GRACE THRU' PRAYERS –
THE MOTIVELESS COMPASSION OF THE
GURU FALLS ON US – DO VICHARA HOW
THE ENJOYMENT OF OBJECTS ARE TEMPORARY
– ALL THESE TOGETHER TRY TO WARD OFF
DESIRES. BY MEDITATION YOU CAN'T UPROOT
DESIRE WHICH WILL NOT ALLOW YOU TO
MEDITATE AT ALL. SO JAPA, PRAYERS,
SATSANG & GURU – ONLY WAY – IN MY OPINION.

Can you clearly define the method (and
urge, or desire to maintain and prolong of
persist) of 'M' (meditation)?

Swamiji: This comes through Guru, Lord's
Grace and Satsang – the three prongs.

Viveka Chudamani says by doing good
deeds, charity, etc. in the past – we are
awakened. Because of heavy meritorious
deeds the vasana or desire to reach God
arises – accordingly he is born in such places
where his hankering for God alone makes
him meet saints and a Guru.

You cannot ignore vasana which causes
desire. One way is to slowly teach the mind
and illustrate to it how desire leads to
disaster. If only all desires dissolve into the
heart, that moment you get God – an
Upanishad says,

"Atra Brahma Samasnute"

You cannot suppress –

Invoke Grace through prayers –

The motiveless compassion of the Guru falls
on us – Do vichara how the enjoyment of
objects are temporary – all these together
try to ward off desires. By meditation you
can't uproot desire which will not allow you
to meditate at all. So Japa, prayers, satsang
and Guru – only way – in my opinion.