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Meditation played a

very important role in

the life and teachings of

Vivekananda. He was

interested in meditation

from his childhood. His

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Vivekananda

Meditation played a
very important role in
the life and teachings of
Swami Vivekananda.

He was interested in
meditation from his
childhood. His master
Ramakrishna found him
a dhyana-siddha. On 24
December 1892,

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Vivekananda reached Kanyakumari and meditated for three days on a large rock and took the resolution to dedicate his life to serve humanity. The event is known as the Kanyakumari resolve of 1892. He reportedly also meditated for a long time on the day of his death. Vivekananda is consider

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quotes on meditation.
First, meditation should
be of a negative nature.
Think away everything.
Analyse everything that
comes in the mind by
the sheer action of the
will. Holy meditation
helps to burn out all

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mental impurities.

[Source] “I do not want to get material life, do not ...

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was the disciple of the
great saint Sri

Ramakrishna who

imparted spiritual power
and knowledge

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asanas ...

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practice of meditation
has to proceed with
some one object before
the mind. I used to
concentrate my mind on
some black point.

Ultimately ... • You
must keep the mind
fixed on one object, like
an unbroken stream of
oil. The ordinary man's
mind is scattered on ...

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by Blind Hypnosis. Free

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Osho, Taoist and

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transcendental
techniques. The book

consists of 112

meditation scripts which

will guide you through

entire meditation

process.

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Power Of Meditation

Vivekananda's teachings
on meditation

Vivekananda is
considered as the
introducer of meditation
to the Western

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Vivekananda realized

"concentration is the
essence of all
knowledge" and

meditation plays an
important role in
strengthening one's
concentration.

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I did not have many

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expectations before
picking this book except
that I wanted to explore
what other techniques of
meditation are possible
other than the one I've
practiced for the past 3
years. However, this
book is not more about
the technique but about
the teachings of Swami
Vivekananda who was
an entirely different
class to have lived and

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spent time on earth.

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Vivekananda ...

I did not have many expectations before picking this book except that I wanted to explore what other techniques of meditation are possible other than the one I've practiced for the past 3

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years. However, this book is not more about the technique but about the teachings of Swami Vivekananda who was an entirely different class to have lived and spent time on earth.

Meditation and its
Methods: According to
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Guide to Techniques
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Adiswarananda. The
complete sourcebook of
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time-honored traditions
of meditation. By
exploring the
transformative powers
of meditation, this
inspiring volume shows
us time-tested ways to

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refresh our souls and ...

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Jangama dhyana is a meditation technique which has been practiced by various sages over the centuries. In recent times, this technique was widely taught in India and around the world by

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Shri Shivabalayogi

Maharaj, who experienced a spiritual vision in which the

manifestation of a

Jangama sage instructed him in this technique of meditation to achieve self-realization.

Jangama means 'eternal existence' and dhyana means 'meditation.'

Hence Jangama dhyana is 'Meditation on the

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Eternal Existence.' To

Jangama dhyana -

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real meditation you

forget the body. you

may be cut to pieces and

not feel it at all. you feel

such pleasure in it. you

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become so light. this
perfect rest we will get
in meditation.

meditation means the
mind is turned back
upon itself. the mind
stops all the thought-
waves and the world
stops. your
consciousness expands.
every time you meditate
you will keep your
growth. self-realization
is to be attained by

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renunciation, by meditation—renunciation ...

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