

Meditation Reveals Light of Love

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Meditation is a magnificent power. With meditation, you gain the desire to serve and the ability to achieve spiritual and worldly goals; you develop compassion, fearlessness, divine wisdom, renunciation, love, and freedom from the cycle of birth and death.

Meditation allows us to meet with our spirit. To meditate is to become deeply silent, to keep listening to God. To listen is to become lost in God, perceiving Him in all of creation. Then one is merged with the Great Reality.

No worldly pleasure can compare with the sweetness of this communion. There are many yogic postures and methods of meditation, but even by practising them you cannot attain God unless you feel the longing of love.

God is Love, and God is too great for any method. It is God who pulls us to meditate, and it is God who teaches us how to love Him. The only method of meditation that works is to offer God constant love.

At first, continually focus all your scattered attention on whatever form of God you worship, such as Jesus, Krishna, Shiva, Durga, or the Gurus. We can concentrate on God by repeating God's Name.

The energy which has been scattered among all our weaknesses will become focused on the positive; negative thoughts will disappear and truth will be revealed.

The more we meditate, bringing our attention back again and again, the sooner it will return to its Home. Once it comes back Home, it will listen and it will rest. Then there will be only peace.

Start this way, and then God will show you the path. Make no demands, except for One: "Oh God, make me as You want me to be". On waking up in the morning, thank God and do a bit of meditation.

Go deep inside, concentrating all your awareness on God. Then the whole day your mind will be focused on God; nothing will bother you.

The more you love God and practise meditation, your weaknesses and bad habits will be driven out, and love and truth will be revealed, as if dust were being cleaned from a mirror.

In deep meditation, awareness of yourself ceases. You are unaware of the passing time, and you do not become tired. Your breathing becomes fainter.

People may beat drums or shout around you, but you will not hear anything. Your soul maintains just enough connection to keep you alive.

Over time, very gradually, the inner light will awaken in you. Your Isht will enter your heart and start loving and talking to you.

As the Sikh Gurus say, "Sometimes you laugh, sometimes you cry, and sometimes you become silent, but you care for no one except God".

You will become detached from worldly things, for you are always connected with the Truth. You will not care if people are looking at you or laughing at you for you are looking only at God, absorbed in the bliss of God's Love.

Then you will not need to sit in meditation with your eyes closed in order to be aware of God. You will be joined with God at all times.

Whether you are walking, eating, or talking to someone. You will truly feel, "Tohi mohi, mohi Tohi" (You are me, and I am You). You will remain in the world, doing your worldly duties, and you will be always happy.

Excerpted from Loving God, the Practical Teachings of Baba Virsa Singh.

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