

MAHAAATMANUBHUTI (The Great Self Realization)

Concentration - Meditation - Liberation (Dharana - Dhyana-Samadhi)

Concentration - (Dharana)

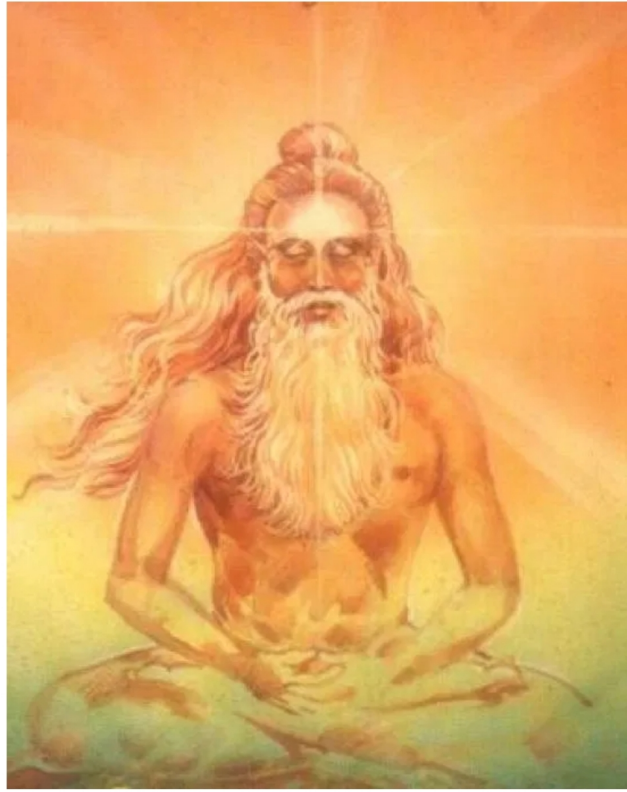
Concentration means the ability to give all your attention or effort to something. The ability to think carefully about something you are doing and nothing else. Direction of attention to a single object. Focus all your attention on your task. Attention control refers to an individual's capacity to choose what they pay attention to and what they ignore. Primarily mediated by the frontal areas of the brain, anterior cortex and functions of working memory. The objective of concentration in meditational Practices is to develop a single-minded powerful attention directed at some object: an image, a breath, a word or phrase. Continually returning one's attention to this object develops one's ability to remain calm, focused, and grounded. Deep concentration, focusing your mind is an art, your body must be relaxed, releasing all tensions, worries and your breathing is balanced. You must be enthusiastic and interested in the Act of concentration. It is a dedicated devotional Practice. Be focused in the moment. Can you think of any task that can be performed perfectly without your giving it your full attention? Many activities, playing sports, music, art, dancing, reading etc. and mainly Meditation require high levels of concentration. When you are mindful at will, your ability to concentrate naturally increases. Mindfulness picks the objects of attention. Concentration does the actual work of holding the attention steady on that chosen object, both are simultaneously important for meditation; concentration is a wholesome one-pointedness of mind. True concentration is free from contaminations; it is when the mind is calm, quiet, clear, pure, serene and divine. It is a state in which the mind is gathered together and thus gains power & intensity. Mindfulness is the Intellectual, understanding faculty which brings great wisdom, concentration is the tool, laser like focus to bring wisdom to practice. If your body and mind is pure and you practice concentration devotedly and faithfully, your mind can be made a searchlight of infinite power. There is no limit to its scope. "If, therefore, thine eye be single, thy whole body shall be full of light." - said Jesus Christ.

The faculty of concentration is innate in every living creature. Among animals, we see a tiger or lion gathering his strength by a moment of absolute stillness before he springs upon his prey. That automatic, instinctive power we all possess, but with the majority of the people it is not cultivated, and we never shall have the full use of it until we gain conscious command over our mental and spiritual forces.

When our scattered mental forces are gathered up and focused the mind becomes like a bright searchlight, by means of which we are able to investigate the latent powers of our innermost being. As we grow more awareness of these hidden forces and learn to use them well, we become more proficient in life. One must set higher goals and aims in life and use body-mind and spirit in co-ordination to achieve one pointed purpose.

Mindful Concentration is the greatest tool to make Impossible to I Am Possible; to make everything possible. Concentration means wholeness, unity, equilibrium. "Shri Krishna" declares in the Gita! "O Arjuna, the practice of Yoga is not for him who eats too much or who does not eat at all, nor for him who sleeps too much or who keeps awake in excess. He who is moderate in eating and recreation, moderate in his efforts in work, moderate in sleep and wakefulness, his practice of Yoga destroys all misery."

Concentration is a definite cure for all manner of mental disturbances. As we focus our mind on a constructive principle, uneasiness, restlessness, worry, the attitude of self-depreciation, - all these ailments are crowded out of our system. Concentration is an art which we have to learn by



Dhyana (Meditation)