

COSMIC MEDITATIONS

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Because of long concentration on the little body and its necessities, the soul has forgotten its omnipresent nature. God is omnipresent. The cosmos is His body. Man's soul, made in His image, has in it the seed experience of Omnipresence. This consciousness of omnipresence is hidden in the little soul as a tree is secreted in a small seed.

Just as from a seed grown in the proper soil there springs forth a tree, so also, proper meditation, instilled in the soul will manifest the omnipresent consciousness.

A mundane soul is busy with its own little body and its cramped relations, so its consciousness does not extend beyond the gates of its own home. The spiritual man, through the spreading light of sympathy and meditation, learns to feel the woes and pain of other souls. He feels that the world, or cosmos, is his home.

A man, aspiring to expand himself into the all-pervading God consciousness, must learn to meditate upon the cosmos. Meditation means constant thinking of the vastness within and without, so that the soul may forget its attachment to the little body and may remember its vast body as God. The ocean is the wave, the wave is the ocean; the ocean must know it is the wave and the wave must know that it is the ocean. So, the Spirit ocean knows it has become the soul waves, but the soul waves, by meditation, need to recall that they are the Spirit ocean. The little soul wave has to forget its mental smallness, born of concentrating upon the body, and must concentrate upon the Cosmic Spirit as its own big body, in which the little body is just a part.

Looking at the body constantly causes the mind to think of itself as confined in the flesh. Meditation upon the Infinite, as it grows deeper, making the meditator, meditation, and the object of meditation one, convinces the mind that it is not only encased in the little body, but is in everything. The mind, meditating upon the body, becomes limited by it. The mind, meditating upon the Infinite, become unlimited. Meditation is the art of transferring the attention from finite things (the little body and the little portions of space in which mortals live) to the Infinite.

That is why the meditating aspirant must do away with little body attachments. He must learn to be proof against warm or cold climates. He must learn to overcome hunger and pain. He must learn to conquer all the appetites and attachments which govern the little body, for as long as the mind is focused on the body and its relations, the soul cannot remember its omnipresent nature.

The following Cosmic Meditation will help the spiritual aspirant to release his soul from the confinement in finitude to its eternal freedom in Infinity.

Every morning or evening, or any time, in a quiet place, meditate in the following manner: (The best results will be found by using the "Portable Temple of Silence.")



1. As soon as you wake up, sit upright, look out of the open window into the limitlessness of the sky, or mentally visualize it if you cannot see the sky from your window. Mentally picture your mind watching your body, the room, and the sky simultaneously as its encasing body. Keep on meditating for a few minutes until you feel that you are the body, the room, and the sky. This same meditation can be very fruitfully practiced in the daytime or in the moonlight, on a mountain top, or at the ocean, or before beautiful scenery.
2. Meditate in the following way: Sit upright on a chair or on your bed. Close your eyes. Think that you are sitting on the center of the floor of your world-home, of which the sky is the roof, then picture in your mind that this world-home is decorated with snow on the north and south poles, and inlaid with mountains, rivers and pools of oceans filled with frothy, pure-white lilies of wavelets. Behold the ferns of forests which bedeck your earthly house; now behold in your mind's eye all your relative nations, races, families, your loved ones, friends, and so forth, gathered around you playing the drama of life on the stage of time. Then say mentally: "Hello, everybody; my dark, white-, brown-, and yellow-colored fathers, mothers, brothers, sisters, and friends. "Try to feel all races as your very own family and loved ones. Mentally say again: "Let us all bow to our One Father, God, Who made us all in His image. Let us bow to our same grandparents, Adam and Eve, whose one blood runs in all our veins. Let us thank God for putting us in our one big home of the earth; let us live happily and harmoniously and do His will, that our home may become as He wants it to be.

3. Meditate with closed eyes. Mentally say: "I dissolve my body in darkness." Watch the limitless dark space of Eternity spread above, beneath, in front, behind, ahead, within and without--everywhere. Then, all at once, visualize a sealed rainbow balloon of light surrounding your body. Remember this rubber balloon of light can never burst, no matter how you blow your luminous breath into it. Throw the breath out very slowly and visualize this balloon of light as expanding with your luminous breath until it becomes big enough to contain the star clusters, universes and planetary and solar systems, including your earth and body, and everything.
4. Close your eyes. Look up mentally and keep on travelling mentally as far as you can go into the sky. Look to the right mentally as far as you can, and then look to the left as far as you can. Look down as far as you can; then bring your eyes to a focus between the eyebrows and concentrate at the central space in the heart and mentally say: "I am a tiny speck of space in the heart, and I am all space, alive with everlasting, ever-new Bliss at every point of space, spreading from within my body to the limitless beyond. My body, mind, brain, intelligence, body cells, stomach, and so forth, all constitute the living intelligent space in which I swallow and absorb everything, and out of which I disgorge the glittering universe according to the will of my spirit."

☞ Advanced Super Cosmic Science Course, Lesson 6 ☞