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CONCENTRATION TECHNIQUE

Excerpts from: *Meditation* by Sri Chinmoy

The inner flower

For this exercise you will need a flower. With your eyes half closed and half open, look at the entire flower for a few seconds. While you are concentrating, try to feel that you yourself are this flower. At the same time, try to feel that this flower is growing in the inmost recesses of your heart. Feel that you are the flower and you are growing inside your heart.

Then, gradually try to concentrate on one particular petal of the flower. Feel that this petal, which you have selected, is the seed-form of your reality-existence. After a few minutes, concentrate on the entire flower again, and feel that it is the Universal Reality. In this way go back and forth, concentrating first on the petal—the seed form of your reality—and then on the entire flower—the Universal Reality. While you are doing this, please try not to allow any thought to enter into your mind. Try to make your mind absolutely calm, quiet and tranquil.

After some time, please close your eyes and try to see the flower that you have been concentrating on inside your heart. Then, in the same way that you concentrated on the physical flower, kindly concentrate on the flower inside your heart, with your eyes closed.