

Balavikas Youth Competition 2023 Recitation

Intermediate

The Importance of Meditation

There is something much higher than life even. This life is inferior, material.

You get something, and no man can teach another. It is through experience that we learn. A young man cannot be persuaded that there are any difficulties in life. You cannot persuade the *old* man that life is all smooth. He has had many experiences. That is the difference.

By the power of meditation we have got to control, step by step, all these things. We have seen philosophically that all these differentiations — spirit, mind, matter, etc. — have no real existences. ... Whatever exists is one. There cannot be many. That is what is meant by science and knowledge. Ignorance sees manifold. Knowledge realizes one. ... Reducing the many into one is science. ... The whole of the universe has been demonstrated into one. That science is called the science of Vedanta. The whole universe is one.

We have all these variations now and we see them — what we call the five elements: solid, liquid, gaseous, luminous, ethereal. After that the state of existence is mental and beyond that spiritual. Not that spirit is one and mind is another, ether another, and so on. It is the one existence appearing in all these variations. To go back, the solid must become liquid. The way the elements evolved, they must go back. The solids will become liquid, etherised. This is the idea of the macrocosm — and universal. There is the external universe and universal spirit, mind, ether, gas, luminosity, liquid, solid.

The same with the mind. I am just exactly the same in the microcosm. I am the spirit; I am mind; I am the ether, solid, liquid, gas. What I want to do is to go back to my spiritual state. It is for the individual to live the life of the universe in one short life. Thus man can be free in this life. He in his own short lifetime shall have the power to live the whole extent of life...

We all struggle. . . . If we cannot reach the Absolute, we will get somewhere, and it will be better than we are now.

Meditation consists in this practice, of dissolving everything into the ultimate Reality — spirit. The solid melts into liquid, that into gas, gas into ether, then mind, and mind will melt away. All is spirit.

Swami Vivekananda

April 3, 1900