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Meditation played a very important
role in the life and teachings of Swami

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Vivekananda. He was interested in meditation from his childhood. His master Ramakrishna found him a dhyana-siddha. On 24 December 1892, Vivekananda reached Kanyakumari and meditated for three days on a large rock and took the resolution to dedicate his life to serve

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humanity. The event is known as the Kanyakumari resolve of 1892. He reportedly also meditated for a long time on the day of his death. Vivekananda is consider

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In Chapter 6, “ A Program for Progress in Meditation ” of Meditation and Its Practice, Swami Rama succinctly describes the inward journey, along with some approximate time frames. For the first month (or two):

- Sit at the same time every day, allowing this to become a habit.

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For thousands of years the science of meditation has been studied and practiced by aspirants seeking to make their lives more serene, creative, and fulfilling. In this practical guide to the inner life, Swami Rama teaches us

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how to slip away from the mental turbulence of our ordinary thought processes into an infinite reservoir of consciousness.

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Swami Rama, from Meditation and Its

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Practice . Typical Daily Schedule. 6:00 a.m., Hot lemon water, chai. 6:45, Joints & glands exercises/systematic relaxation/meditation. 8-9:00, Breakfast. 9:30-10:00, Walking & breathing (weather permitting) 10-12 noon, Half-hour video, followed by practicum and guided meditation.

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1:00 pm, Lunch

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Clear, concise and easy-to-follow instructions cover all the basics of sitting postures, breathing, relaxation and using a mantra..

'This book is a collection of the

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writings of Swami Vivekananda on the theory and practice of meditation. It is more of an introductory book with plenty of inspiration passages to motivate a reader to adopt meditation for a better and peaceful life.

Based on the lectures delivered by the

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author in Singapore during 1991 and
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Swami Rama's description of the totality of the mind, the functions of

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the mind, and the emotions goes far beyond the concepts of modern psychology.

Swami Muktananda belongs to the rare and ancient lineage of Siddhas, self realized masters who are known for their ability to awaken the spiritual

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