

## Tips for Deepening Meditation

### How to use these resources:

1. Identify the reading studies you would like to use.
2. Read the DVD talk summaries and select the ones which you think would work best with your chosen reading studies. You may want to select only one 15-minute section depending on the length of time you have allotted for watching the talk. Preview the entire talk to decide which 15-minute section to use.

### Reading study options:

These reading selections have been chosen from several books and they address several topics about deepening meditation, such as:

- A thorough review of the basic meditation instructions and a reminder that we need to follow them carefully
- The Buddha's five obstacles to going deeper in meditation
- Three aids to deepening meditation: determination, detachment, and discrimination.

### Passage Meditation

41–61 "Pace..." – "no need to force them into line." (15 paragraphs)

### The Bhagavad Gita for Daily Living, Volume 2

14–15 "Meditation." – "and even what you think." (7 paragraphs)

140–144 "Meditation is often presented" – "the Introduction to this volume."  
(11 paragraphs)

164–167 "This verse and those that follow" – "the mantram will run smoothly."  
(10 paragraphs)

360–363 "Then I began to realize" – "is such a crashing bore." (10 paragraphs)

## The Bhagavad Gita for Daily Living, Volume 3

349-351 "These verses, with the previous three" – "into an abiding flow of joy."  
(8 paragraphs)

### Conquest of Mind

*Note: The page numbers are from the third revised edition 2010. In earlier editions, please look up the chapter information in italics at the end of each listing.*

105 "Even after almost" – "Let us look at these five obstacles one by one." (3 paragraphs, Chapter 9: Obstacles & Opportunities)

106–107 "'Sensuality,' in the Buddha's language" – "need to enter the world within." (6 paragraphs, Chapter 9: Obstacles & Opportunities)

111-112 "At this juncture" – "onto our liking or disliking." (3 paragraphs, Chapter 9: Obstacles & Opportunities)

113–115 "The second obstacle, ill will" – "not to become unkind in turn." (7 paragraphs, Chapter 9: Obstacles & Opportunities)

119–120 "The third obstacle is easy" – "your choices take you closer to your goal." (5 paragraphs, Chapter 9: Obstacles & Opportunities)

121–123 "The fourth obstacle" – "then throw yourself into it wholeheartedly." (6 paragraphs, Chapter 9: Obstacles & Opportunities)

123–125 "The last obstacle is fear." – "sure route to forgiving and liking oneself." (5 paragraphs, Chapter 9: Obstacles & Opportunities)

154–155 "Young Teresa" – "often the problem is simple lack of determination." (5 paragraphs, Chapter 11: Determination)

165–167 "When scientists began" – "the heights of what a human being can attain." (8 paragraphs, Chapter 12: Detachment)

183–185 “Those who are sensitive” – “find meaning, purpose, and value.” (6 paragraphs, Chapter 13: Discrimination)

## Video Options with Summaries:

### **1: Stages of Desire, Part I:** *Desire: Our Real Wealth*

- \* Desire is our real wealth.
- \* “Meditation is a difficult, demanding discipline for reducing the number of desires.” As we gradually reduce our desires from many to some, and some to few, our meditation will deepen.
- \* By lessening our superficial desires we will gain more equanimity, devotion, greater capacity to love, and increased energy that can be shared with all for the benefit of all.

### **1: Stages of Desire, Part II:** *Meeting the Beloved*

- \* Examples from a number of mystics – St. Theresa of Avila, Kabir, Vasistha, Ravidas, and Jacob Boehme – provide inspiration and tips on what all of us can do to take our meditation to a deeper level.

### **2: St. Francis: Becoming an Instrument of Peace, Part II:** *Instrument of Peace*

- \* Using the St. Francis prayer regularly in meditation over many years will take us to deeper levels of consciousness and make our lives of great benefit to all.

### **6: From Negative to Positive, Part I:** *Ten Aids to Meditation*

- \* Ten aids to meditation as presented by the Compassionate Buddha. The more we identify with the ten positive forces, the less we will notice the five negative forces operating in our lives.
- \* “All these ten attitudes can deepen your meditation as I can testify from my own personal experience.”

**11: Patience Attains the Goal, Part I:** *Putting Meditation First*

\* Just like the sensitiveness and nobility of tamed elephants – if we train our minds and tame ourselves we can have nobility, patience, and ability to be caring and supportive to all.

\* In order to become like elephants, we should remember and practice the Noble Eight Fold Path of the Compassionate Buddha. By following them diligently, we can deepen our meditation.

**15: Great Christian Mystics, Part I:** *St. Anselm: Teach me to seek thee*

\* There are a number of important things we can do to deepen our meditation, including developing patience as we await our readiness for samadhi, using our “bring-back muscle” to aid in minimizing distractions, reducing our desires, and bringing our senses under some measure of control.

\* We need to “remove all the strata” from our minds.

**16: Christian Mystics East & West, Part I:** *The Divine Ascent*

\* Insights and inspiration for the practice of meditation from three mystics – St. John of the Ladder, St. Maximus the Confessor, and Mechtild of Magdeburg.

\* Hearing their perceptions of their mystical experiences and how they attained great heights of mystical union can deepen our confidence in our spiritual disciplines and give us the motivation to persevere to reach our goal.

**17: The Transforming Power of Prayer, Part II:** *To Love Is To Know Is To Act*

\* Gandhi as an exemplar of true devotion.

\* To develop such devotion requires a growing capacity to get absorbed in meditation.

\* If we meditate sincerely and systematically – “with all our might” – we can reach the stage of full absorption in meditation, in which all distractions and selfish desires subside. At this point in our practice, we can become beacons of wisdom, love, and effective action on behalf of the world.

**18: The Spiritual Adventure, Parts I & II:** *Four Stages of Spiritual Growth & Exploring Inner Space*

\* Part 1: Vivid description of the spiritual journey, giving us a good sense of our own progress and offering us insights into the challenges we will face as we continue on the spiritual path.

\* Part II: Useful perspectives on the challenges we will face and inspired encouragement to go as deep as we can so that we will have increasing levels of generosity, compassion, and forgiveness which the world is in dire need of today.

#### **24: When The Mind Is Still, Part I & II:** *When The Mind is Still*

\* Our instrument of observation needs to be fine-tuned if we are to go deeper in meditation.

\* As with the ancient sages, we will be able to observe our own consciousness – to see “how anger can slowly change into compassion, how ill will slowly changes into good will, how hatred can be changed into love.” With these changes in our consciousness, our attention becomes completely focused and we enter *dhyana*.

\* When we deepen our own consciousness through the practice of meditation we are not only elevating our own consciousness we are elevating the consciousness of the whole world.