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~~Vivekananda about
concentration | Swami~~

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This Everyday Before
You Meditate | You Are
The Eternal Witness
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Step by Step Guided
Meditation of Swami
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Explained by Swami
Paramarthananda Can
We Make Our Brain
Like Swami
Vivekananda's Brain
Sadhguru Ramakrishna
Mission | Guided

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yoga | Part 2 2 Most

Powerful Meditation

Techniques Finally

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Gita Swami

Vivekananda on

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Kundalini Awakening -

What Will Really

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~~Swami Vivekananda at~~

~~Ramakrishna Mission~~

~~Porbandar~~

~~Vivekananda's Mantra~~

~~of #Meditation |~~

~~Pravrajika~~

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~~Meditation Methods by~~

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~~Divyanandaprana Om |~~

~~Vedantic | Kriya |~~

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01 Guided Meditation

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Meditation played a very important role in the life and teachings of Vivekananda. He was interested in meditation from his childhood. His

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

He was interested in
meditation from his
childhood. His master
Ramakrishna found him
a dhyana-siddha. On 24
December 1892,
Vivekananda reached

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Vivekanandas

meditated for three days on a large rock and took the resolution to

dedicate his life to serve 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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Swami Vivekananda

and meditation -

Wikipedia

Swami Vivekananda's

quotes on meditation.

First, meditation should be of a negative nature.

Think away everything.

Analyse everything that

comes in the mind by

the sheer action of the

will. Holy meditation

helps to burn out all

mental impurities.

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[Source] "I do not want
to get material life, do
not ...

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was the disciple of the

great saint Sri

Ramakrishna who

imparted spiritual power

and knowledge

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asanas ...

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practice of meditation

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has to proceed with
some one object before
the mind. I used to
concentrate my mind on
some black point.

Ultimately ... □ You
must keep the mind
fixed on one object, like
an unbroken stream of
oil. The ordinary man's
mind is scattered on ...

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techniques. The book consists of 112 meditation scripts which will guide you through entire meditation process.

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Vivekananda's teachings
on meditation

Vivekananda is
considered as the
introducer of meditation
to the Western
countries. He realized

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"concentration is the
essence of all
knowledge" and
meditation plays an
important role in
strengthening one's
concentration.

Swami Vivekananda
and meditation -
Wikipedia Republished

...

I did not have many
expectations before

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picking this book except that I wanted to explore what other techniques of meditation are possible other than the one I've practiced for the past 3 years. However, this book is not more about the technique but about the teachings of Swami Vivekananda who was an entirely different class to have lived and spent time on earth.

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and Traditions of
Meditation in Yoga and
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Adiswarananda. The
complete sourcebook of
Hinduism's two most
time-honored traditions
of meditation. By
exploring the
transformative powers
of meditation, this
inspiring volume shows
us time-tested ways to
refresh our souls and ...

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Jangama dhyana is a
meditation technique
which has been
practiced by various
sages over the centuries.

In recent times, this
technique was widely
taught in India and
around the world by
Shri Shivabalayogi

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Maharaj, who

experienced a spiritual vision in which the manifestation of a

Jangama sage instructed him in this technique of meditation to achieve self-realization.

Jangama means 'eternal existence' and dhyana means 'meditation.'

Hence Jangama dhyana is 'Meditation on the Eternal Existence.' To

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Jangama dhyana -

Wikipedia

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quotes on meditation: in

real meditation you

forget the body. you

may be cut to pieces and

not feel it at all. you feel

such pleasure in it. you

become so light. this

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perfect rest we will get
in meditation.

meditation means the
mind is turned back

upon itself. the mind
stops all the thought-

waves and the world
stops. your

consciousness expands.

every time you meditate

you will keep your

growth. self-realization

is to be attained by

renunciation, by

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