

MEDITATION

Contemplation, Reflection, Self-Examination and Solitude

1. ESSENCE

- 3103 Meditation is the soul's perspective glass...
Owen Feltham (1602-1668)
- 3104 Meditation is the tongue of the soul
and the language of our spirit.
Jeremy Taylor (1613-1667)
- 3105 Meditation has been defined as "the cessation of active
eternal thought."
H. P. Blavatsky (1831-1891)
- 3106 Meditation is the dissolution of thoughts in Eternal
awareness or Pure consciousness without objectification,
knowing without thinking, merging finitude in infinity.
Sivananda (born 1887)
- 3107 Meditation consists in conducting consciousness beyond the
point where it is the consciousness of a finite body or a
finite mind, transferring the focus from level to level
without losing its continuity or form.
Pir Vilayat Inayat Khan (born 1916)

2. OPPOSITES

- 3108 Whosoever is delighted in solitude,
is either a wild beast or a god.
Plato (B.C. 427?-347?)
- 3109 As rain breaks through an ill-thatched house,
passion will break through an unreflecting mind.
As rain does not break through a well-thatched house,
passion will not break through a well-reflecting mind.
The Dhammapada (c. B.C. 300)
- 3110 That he was never less at leisure than when at leisure;
nor that he was never less alone than when alone.
Cicero (B.C. 106-43)
- 3111 In solitude, be a multitude to thyself.
Tibullus (B.C. 49-19)
- 3112 Eagles we see fly alone; and they are but sheep which
always herd together.
Philip Sidney (1554-1586)

- 3113 If from society we learn to live,
it is solitude should teach us how to die.
Byron (1788-1824)
- 3114 Reflection is a flower of the mind, giving out wholesome
fragrance; but revelry is the same flower, when rank and
running to seed.
Tupper (1810-1889)

3. INSIGHT

- 3115 The sage, who is living outside the routine of the world,
contemplates his own character, not as an isolated ego
manifestation, but in relation to the laws of life.
He judges freedom from blame to be the highest good.
I Ching (B.C. 1150?)
- 3116 When the mind is silent, beyond weakness or non-
concentration, then it can enter into a world which is far
beyond the mind: the highest End.
Upanishads (c. B.C. 800)
- 3117 The mind is restless, turbulent, obstinate, and very strong.
To subdue it is more difficult than controlling the wind,
but it is possible by constant practice and attachment.
He who strives by right means is assured of success.
Bhagavad Gita (c. B.C. 400)
- 3118 If an eye never falls asleep,
All dreams will by themselves cease:
If the mind retains its absoluteness,
The ten thousand things are of one suchness.
Seng-T'San (540?-606 A.D.)
- 3119 If the thoughts are absolutely tranquil the heavenly heart
can be seen. The heavenly heart lies between sun and moon
(i.e. between the two eyes). It is the home of the inner
light. To make light circulate is the deepest and most
wonderful secret. The light is easy to move, but difficult
to fix. If it is made to circulate long enough, then it
crystallizes itself; that is the natural spirit body...
Lu Yen (fl. 800 A.D.)
- 3120 Meditation is the life of the soul; action is the soul of
meditation; honor is the reward of action: so meditate,
that thou mayst do; so do, that thou mayst purchase honor;
for which purchase, give God the glory.
Quarles (1592-1644)

- 3121 A drop of water has the tastes of the water of the seven seas: there is no need to experience all the ways of worldly life. The reflections of the moon on one thousand rivers are from the same moon: the mind must be full of light.
Hung Tzu-ch'eng (1593-1665)
- 3122 Leisure and solitude are the best effect of riches, because the mother of thought. Both are avoided by most rich men, who seek company and business, which are signs of being weary of themselves.
William Temple (1628-1699)
- 3123 One can acquire everything in solitude but character.
Stendhal (1783-1842)
- 3124 Solitude, though it may be silent as light, is like light, the mightiest of agencies; for solitude is essential to man. All men come into this world alone; all leave it alone.
Thomas De Quincey (1785-1859)
- 3125 In solitude, where we are least alone.
Byron (1788-1824)
- 3126 It is easy in the world to live after the world's opinion- it is easy in solitude to live after your own; but the great man is he who, in the midst of the world, keeps with perfect sweetness the independence of solitude.
Emerson (1803-1882)
- 3127 Adoration is an activity of the loving, but still separate, individuality. Contemplation is the state of union with the divine Ground of all being. The highest prayer is the most passive...For the less there is of self, the more there is of God.
Aldous Huxley (1894-1963)
- 3128 It is a matter of incorporating higher dimensions of awareness into a total picture without blacking out the lower levels.
Pir Vilayat Inayat Khan (born 1916)

4. POSITIVE

- 3129 The quiet and solitary man apprehends the inscrutable. He seeks nothing, holds to the mean, and remains free from entanglements.
I Ching (B.C. 1150?)

- 3130 Meditation is in truth higher than thought. The earth seems to rest in silent meditation; and the waters and the mountains and the sky and the heavens seem all to be in meditation. Whenever a man attains greatness on this earth, he has his reward according to his meditation.
Upanishads (c. B.C. 800)
- 3131 The sun makes the day bright, the moon makes the night beautiful, as armament adds to the dignity of a soldier; so the quiet meditation distinguishes the seeker for Enlightenment.
Buddha (B.C. 568-488)
- 3132 By meditation upon light and upon radiance, knowledge of the spirit can be reached and thus peace can be achieved.
Patanjali (B.C. 500?)
- 3133 The soul who meditates on the Self is content to serve the Self and rests satisfied within the Self; there remains nothing more for him to accomplish.
Bhagavad Gita (c. B.C. 400)
- 3134 The reflections on a day well spent furnish us with joys more pleasing than ten thousand triumphs.
Thomas A. Kempis (1380-1471)
- 3135 When holy and devout religious men
Are at their beads, 'tis hard to draw them thence;
So sweet is zealous contemplation.
Shakespeare (1564-1616)
- 3136 Solitude is sometimes best society, and short retirement urges sweet return.
Milton (1608-1674)
- 3137 One self-approving hour whole years out-weighs
Of stupid starers of loud huzzas.
Pope (1688-1744)
- 3138 Solitude is the best nurse of wisdom.
Sterne (1713-1768)
- 3139 Conversation enriches the understanding,
but solitude is the school of the genius.
Gibbon (1737-1794)
- 3140 The contemplation of truth and beauty is the proper object for which we were created, which calls forth the most intense desires of the soul, and of which it never tires.
Hazlitt (1778-1830)

- 3141 The attachment to solitude is the surest preservative
from the ills of life.
Albert Pike (1809-1891)
- 3142 I love to be alone. I never found the companion that was so
companionable as solitude.
Thoreau (1817-1862)
- 3143 Solitude is as needful to the imagination
as society is wholesome for the character.
James Lowell (1819-1891)
- 3144 When he has ceased to hear the many, he may discern the
One - the inner sound which kills the outer.
H. P. Blavatsky (1831-1891)
- 3145 Solitude is the most comprehensive of rights, and the right
most valued by civilized men.
Louis D. Brandeis (1856-1941)
- 3146 Solitude is the beginning of all freedom.
William O. Douglas (1898-1980)

5. NEGATIVE

- 3147 It is not good that the man should be alone.
Genesis (B.C. 1200?)
- 3148 I used to spend whole days without food and whole nights
without sleep in order to meditate. But I made no progress.
Study, I found, was better.
Confucius (B.C. 551-479)
- 3149 The life that is unexamined is not worth living.
Plato (B.C. 427?-347?)
- 3150 Meditation is not for him who eats too much, nor for him who
eats not at all; not for him who is overmuch addicted to
sleep, nor for him who is always awake.
Bhagavad Gita (c. B.C. 400)
- 3151 As a grass-blade, if badly grasped, cuts the arm,
badly-practised asceticism leads to hell.
The Dhammapada (c. B.C. 300)
- 3152 Hardly one man in ten knows himself.
Plautus (B.C. 254-184)

- 3153 A soul without reflection, like a pile
Without inhabitant, to ruin runs.
Young (1683-1765) 6 of 10
- 3154 Solitude excludes pleasure, and does not always secure
peace.
Johnson (1709-1784)
- 3155 O solitude, where are the charms
That sages have seen in thy face?
Better dwell in the midst of alarms,
Than reign in this horrible place.
Cowper (1731-1800)
- 3156 They only babble who practise not reflection.
I shall think; and thought is silence.
Richard Sheridan (1751-1816)
- 3157 That which happens to the soil when it ceases to be
cultivated, happens to man himself when he foolishly
forsakes society for solitude; the brambles grow up
in his desert heart.
Antoine de Rivaroli (1753-1801)

6. ADVICE

- 3158 Listen within yourself and look into the infinitude of
Space and Time. There can be heard the songs of the
Constellations, the voices of the Numbers, and the
harmonies of the Spheres.
The Divine Pymander (BC 2500?-200 AD?)
- 3159 Contemplate thy powers, contemplate thy wants and thy
connections; so shalt thou discover the duties of life,
and be directed in all thy ways.
Akhenaton? (c. B.C. 1375)
- 3160 Taking as a bow the great weapon of this Scripture,
One should put upon it an arrow sharpened by meditation.
Stretching it with a thought directed to the essence of
That,
Penetrate the Imperishable as the mark, my friend.
Upanishads (c. B.C. 800)
- 3161 Let no sleep fall upon thy eyes till thou hast thrice re-
viewed the transactions of the past day. Where have I turn-
ed aside from rectitude? What have I been doing? What have
I left undone, which I ought to have done? Begin thus from
the first act, and proceed; and, in conclusion, at the ill
which thou hast done, be troubled, and rejoice for the good.
Pythagoras (B.C. 582-507)

- 3162 The point of the teachings is to control your own mind. Restrain your mind from greed, and you will keep your body right, your mind pure and your words faithful. Always thinking of the transiency of your life, you will be able to desist from greed and anger and will be able to avoid all evils.
Buddha (B.C. 568-488)
- 3163 The superior man will watch over himself when he is alone. He examines his heart that there may be nothing wrong there, and that he may have no cause of dissatisfaction with himself.
Confucius (B.C. 551-479)
- 3164 Man, know thyself.
Socrates (B.C. 469-399)
- 3165 Those who are interested in self-realization, in terms of mind and sense control, offer the functions of all the senses, as well as the vital force (breath), as oblations into the fire of the controlled mind.
Bhagavad Gita (c. B.C. 400)
- 3166 We should every night call ourselves to an account: What infirmity have I mastered to-day? what passions opposed? what temptation resisted? what virtue acquired? Our vices will abate of themselves if they be brought every day to the shrift.
Seneca (B.C. 3-65 A.D.)
- 3167 Forget not on every occasion to ask thyself, is this not one of the unnecessary things?
Marcus Aurelius (121-180 A.D.)
- 3168 Abandon the crowd of distractions and confusions, and rest in the boundless state without grasping or disturbance; firm in two practices: visualization and complete, at this time of meditation, one-pointed, free from activity. Fall not into the power of confused emotions.
Tibetan Book of the Dead (c. 780 A.D.)
- 3169 To concentrate the seed flower (spiritual embryo formed by light) of the human body above in the eyes, that is the great key of the human body. Children take heed! If for a day you do not practice meditation, this light streams out, who knows wither? If you only meditate for a quarter of an hour, by it you can do away with the ten thousand eons and a thousand births. All methods end in quietness. This marvelous magic cannot be fathomed.
Lu Yen (fl. 800 A.D.)

- 3170 Seated in a desert place, exempt from passion, master of his senses, let man represent to himself this spirit, one and infinite, without allowing his thoughts to stray elsewhere. Considering the visible universe as annihilated in spirit, let a man, pure through intelligence, constantly contemplate the One Spirit, as he might contemplate luminous ether.
Sankara (c. 900 A.D.)
- 3171 Make it thy business to know thyself,
which is the most difficult lesson in the world.
Cervantes (1547-1616)
- 3172 Go to your bosom;
Knock there, and ask your heart what it doth know.
Shakespeare (1564-1616)
- 3173 By all means use some time to be alone.
Herbert (1593-1632)
- 3174 'Tis greatly wise to talk with our past hours;
And ask them what report they bore to heaven:
And how they might have borne more welcome news.
Young (1683-1765)
- 3175 There is one art of which man should be master,
the art of reflection.
Samuel Coleridge (1772-1834)
- 3176 Thou hast to reach that fixity of mind in which no breeze, however strong, can waft an earthly thought within. "Ere the gold flame can burn with steady light, the lamp must stand well guarded in a spot free from all wind." Exposed to shifting breeze, the jet will flicker and the quivering flame cast shades deceptive, dark and everchanging, on the Soul's white shrine.
H. P. Blavatsky (1831-1891)
- 3177 Make no violent effort to control the mind, but rather allow it to run along for a while, and exhaust its efforts. It will take advantage of the opportunity and will jump around like an unchained monkey at first, until it gradually slows down and looks to you for orders. It may take some time to tame the mind, but each time you try it will come round to you in a shorter time.
Sivananda (born 1887)

7. POTPOURRI

- 3178 Wake up with one mind, my friends, and kindle the fire,
you many who share the same nest. Make your thoughts
harmonious; stretch them on the loom; make a ship whose
oars will carry us across...
Rig Veda (B.C. 1200-900?)
- 3179 The wind blows over the earth:
The image of CONTEMPLATION.
Thus the kings of old visited the regions of the world,
Contemplated the people,
And gave them instruction.
I Ching (B.C. 1150?)
- 3180 Though one sits in meditation in a particular place,
the Self in him can exercise its influence far away.
Though still, it moves everywhere...
The Self cannot be known by anyone who desists not
from unrighteous ways, controls not his senses,
stills not his mind, and practices not meditation.
Upanishads (c. B.C. 800)
- 3181 The method used by the ancients for escaping from the world
consisted in melting out completely the slag of darkness in
order to return to the purely creative. This is nothing
more than a reduction of the anima (consciousness) and a
completion of the animus (spirit). And the circulation of
the inner light is the magical means of reducing the dark,
and gaining mastery over the anima (consciousness).
Lu Yen (fl. 800 A.D.)
- 3182 I study myself more than any other subject;
it is my metaphysic, and my physic.
Montaigne (1533-1592)
- 3183 Thrice happy he, who by some shady grove,
Far from the clamorous world, doth live his own;
Though solitary, who is not alone,
But doth converse with that eternal love.
William Drummond (1585-1649)
- 3184 Far in a wild, unknown to public view,
From youth to age a reverend hermit grew;
The moss his bed, the cave his humble cell,
His food the fruits, his drink the crystal well,
Remote from man, with God he pass'd the days;
Prayer all his business, all his pleasure praise.
Thomas Parnell (1679-1717)

- 3185 O sacred solitude! divine retreat!
Choice of the prudent! envy of the great!
By thy pure stream, or in thy waving shade,
We court fair wisdom, that celestial maid.
Young (1683-1765)
- 3186 They flash upon that inward eye
Which is the bliss of solitude.
Wordsworth (1770-1850)
- 3187 She dwelt among the untrodden ways
Beside the springs of Dove,
A maid whom there were none to praise
And very few to love.
Wordsworth (1770-1850)
- 3188 I love tranquil solitude
And such society
As is quiet, wise, and good.
Shelley (1792-1822)
- 3189 We must certainly acknowledge that solitude is a fine thing;
but it is a pleasure to have some one who can answer,
and to whom we can say, from time to time,
that solitude is a fine thing.
Balzac (1799-1850)