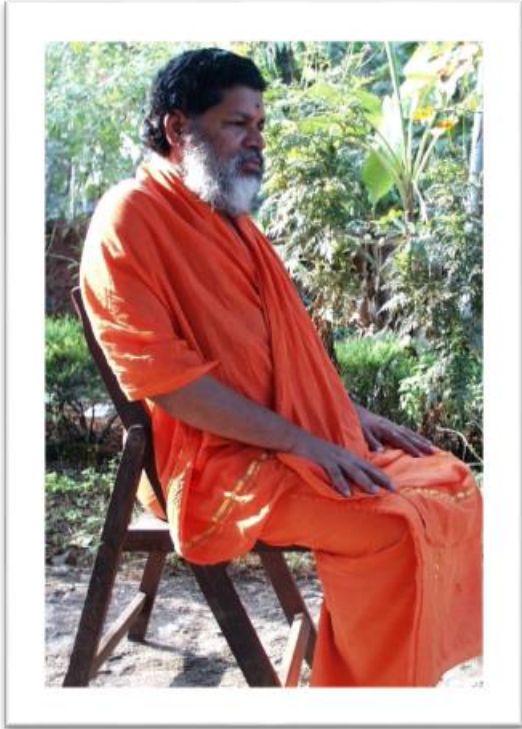


# MEDITATION

SWAMI BODHANANDA  
1981



Meditation is seeing What 'is'.

To see 'is' involves seeing 'is not'.

Seeing 'is' and 'is-not' is the vision of the whole.

Seeing is when the blind is desire-free.

Desire is always for the other.

The other is not-seeing.

And not-seeing is agitation.

Not-seeing is seeing what one projects.

What one projects is different from what 'is'.

Projection is an act of the desiring mind, and  
non-projection is a state of non-desire.

A non-projecting mind is ever in meditation.

It alone sees. Others see not.

There seem to be two things -'is' and 'is-not'.

'Is-not' is never away from and adds nothing to 'is'.

Hence there is only 'is'. Meditation is seeing 'is'.

Source: Chinmaya Jyoti, Vol.3, No.1, July 1981,  
'Meditation for the Month', pg.4

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