

# Concentration and Meditation

*excerpted from the writings of Sri Chinmoy*

Why do we concentrate? We concentrate because we want to reach the Goal. Why do we meditate? We meditate because we want to live in the heart of the Goal. Why do we contemplate? We contemplate because we want to become the Goal.

How do we concentrate? We concentrate with the mind's illumining one-pointedness. How do we meditate? We meditate with the heart's expanding vastness. How do we contemplate? We contemplate with the soul's fulfilling oneness."

Concentration is the Arrow. Meditation is the Bow.

When you concentrate, you focus all your energies upon the chosen phenomenon in order to unveil its mysteries. When you meditate, you rise into a higher consciousness.

Concentration wants to penetrate into the object it strives for. Meditation wants to live in the vastness of Silence.

In concentration, you endeavour to bring the consciousness of your object right into your own awareness. In meditation, you rise from your limited consciousness into a higher and wider domain.

If you want to sharpen your faculties, concentrate. If you want to lose yourself, meditate.

It is the work of concentration to clear the roads when meditation wants to go either deep within or high above.

Concentration wants to seize the knowledge it aims at. Meditation wants to identify itself with the knowledge it seeks for.

An aspirant has two genuine teachers: Concentration and Meditation. Concentration is always strict with the student; Meditation is strict at times. But both of them are solemnly interested in their students' progress.

The mind that is incapable of concentration is as changeable as the wind and as elusive as moonlight.

Concentration and meditation are two totally different things. One can easily know whether one is doing concentration or meditation. When it is concentration, there is tremendous intensity; it is like an arrow entering into the target. But in meditation, there is peace all around, especially in the mind. Intensity is there, but the intensity is flooded with luminosity. In concentration there need not be, and at times there is not, the highest luminosity. Concentration wants immediate results. It is ready to do anything, by hook or by crook, to achieve its goal. But meditation won't do that. Meditation feels that it has infinite time at its disposal. That doesn't mean that meditation neglects fleeting time. No! It appreciates fleeting time, but inside fleeting time it sees endless time. That is why meditation has infinite Peace inside it.

Concentration is one-pointed; it is one-pointed awareness. It does not look forward or backward or sideways. Inner concentration tries to penetrate the veil of ignorance, so that ignorance is totally conquered.

In meditation, you have to feel that you are consciously trying to enter into the infinite expanse of consciousness. Everything here is finite. Everything there is Eternal, Immortal. When you are in a high meditation, you do not concentrate on anything. At that time, you only throw yourself into the Infinite vast of light, peace and bliss. You throw yourself into Infinity, Eternity and Immortality. Concentration is one-pointed. If concentration is aimed at ignorance, it tries to destroy ignorance. If it is aimed at knowledge, it tries to enter into the very breath of knowledge.

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