



Our Quality for the month March 2017:

FOCUS

*Focus not on the dire problem, but on the easy solution.
Live not on an empty promise, but be a true man of action.*



Age does not matter, Unless we refuse to focus on the true Reality of life.

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The mind and the mind's greed Focus only on one thing: Achievement.

The heart and the heart's service Focus only on one thing: Self-offering.

My soul asks my heart To stay focused Only on one thing: God-surrender.

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The doubting mind Focuses on ignorance-night. The aspiring heart Focuses on wisdom-delight.

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This world of darkness Is helping me immensely To urgently focus On my aspiration-heart And dedication-life.

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May my powerful promises Be fruitful.

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My eyes are focused only on the constant Victory of our Lord Supreme.

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We must focus always on the path of soulfulness.

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I must focus only on my destination, And not on my mind-hesitation.

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Every day, At least for fifteen minutes, Focus on your own Life-perfection.

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If your concentrated will-power Is focused on your destination, You will definitely reach the goal.

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In the 21st Century, To our greatest joy And satisfaction, Mankind's readiness, Willingness and eagerness, And all its other divine virtues, Shall focus only on God.

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We must never lose Our focus on The Goal of the Beyond.

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God wants each and everyone To love and enjoy A God-focused life.

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Selflessly, I must keep focusing my heart On my Lord's Compassion-Eye.

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Do not focus on your weaknesses.

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Focus only on your God-loving Strengths.

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Your life is out of focus Precisely because you have kept God Infinitely, infinitely farther away Than you can ever imagine.

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My heart is focused only on one thing: God-obedience.

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How to conquer the mind's doubt?

Just love your heart more. When you focus your entire being On the heart at every moment, The doubts of the mind starve to death.

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Only a God-focused mind Can challenge all doubt-storms And all jealousy-trains.

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Every day God sends His supreme Message-Light to me Through my friends, But alas, quite often My mind is focused elsewhere.

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Oneness-satisfaction is a zoom lens which we can focus at our sweet will.

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FOCUS



Question: How can we have a free access to the higher worlds?

Sri Chinmoy: In order to have a free access to the higher worlds, you have to cry inwardly. Your mind has to be focused twenty-four hours a day on the Supreme. You should cherish the feeling that the Supreme is all for you and He is all for everyone. Always feel that you can keep Him as your very own. Don't try to take anybody else; only catch the person who is eager to be caught, and that is the Supreme.

Question: Thank you very much for your message. Would you be so kind as to give us further explanation about concentration and meditation?

Sri Chinmoy: When we concentrate, we focus all our attention on a particular object or subject. Concentration is one-pointed attention, focusing on the tiniest particle. When we concentrate, we do not have the need to have any thought inside the mind. We want to run the fastest, like a deer; we want only to reach our goal. When we meditate, we want to see the vastness, not only inside our mind but also inside our entire being. We meditate in order to feel within ourselves the vastness of the sky, the ocean.

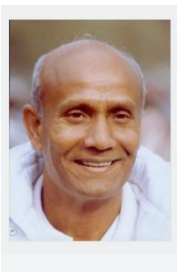
So, we can say that concentration deals with the smallest reality and meditation deals with the largest reality. But both realities are equally important at a particular stage of our evolution. Concentration paves the way for proper meditation. Suppose right now I want to meditate but there are thousands of ideas entering into my mind. How am I going to meditate? If I want to meditate with these thoughts, then I will never get any peace of mind or vastness inside of me. In the spiritual life there are three stages. Concentration is the first stage, then comes meditation and finally contemplation.

Exercise to practice “Focus”

Question: Would you explain how we can get one-pointedness and stillness of mind when we have chaos in our thoughts.

Sri Chinmoy: In order to get a vacant mind, a calm mind, you have to focus your concentrated power on a particular subject or object. We feel that the heart is the safest spot. So if you can concentrate on your heart, if you can focus all your concentrated power on your heart, then you will be able to enjoy the calmness, the quietude and the tranquility of the mind.

Artwork by Sri Chinmoy



Sri Chinmoy (1931 – 2007)

Author of over 1.600 published books on spiritual topics. For more information visit: <http://www.SriChinmoyLibrary.com/>

Excerpted from the writings of Sri Chinmoy
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