

Excerpts on contemplation from Sri Chinmoy's writings.

Source: srichinmoylibrary.com

The student has learned how to pray, how to concentrate and how to meditate. Then the teacher says, "Are you getting joy in what you are doing?"

The student says, "Definitely I am getting joy. From my prayer I am getting joy, from my meditation I am getting joy, from my concentration I am getting joy."

Then the teacher says, "Now I wish to teach you another subject. It is the most important subject. From this subject you will get utmost joy, ever-transcending joy.

Here the joy is limitless and, at the same time, it is transcending its own Infinity. This subject is called contemplation."

Here the student becomes the divine lover and God is the supreme Beloved. In each second of his earthly life, the seeker feels he is inundated with his Beloved's Presence. He sees a continuous growth of his receptivity. In each act, in each thought of his, in everything that he has, in everything that he does and everything that he has become, he feels the glowing Presence of his Beloved in the inmost recesses of his heart.

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Contemplation is required before God-realisation. It cannot be ignored or avoided.

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In contemplation we are merging into the Supreme Reality and becoming inseparably one with that Reality. God the Creator and God the creation are becoming one in contemplation.

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I teach my students concentration, meditation and contemplation.

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When I contemplate,
God does not use
Either His regular line
Or His private line —
He just flies down
From the highest level
To speak to me.

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When we contemplate our Beloved Supreme, we see Him face to face. At one moment

we are loving God with all our heart and soul. The next moment we ourselves have become the object of contemplation, and He whom we were adoring is now looking upon us with affection, love and adoration. In contemplation, the God-lover becomes inseparably one with God the Supreme Beloved, and the two exchange identities back and forth.

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The reality-existence of contemplation needs no explanation, no manifestation. It needs only satisfaction — oneness-satisfaction with the Absolute Supreme.

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Contemplation is the divine enjoyment of one's higher self.

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Our path is the path of concentration, meditation and contemplation.

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We now think of God, pray to God,
Meditate on God and contemplate on God.
But the day shall come
When we shall feel and realise
That it is God Himself
Who is doing everything
In and through us.

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When you are contemplating, you are holding within yourself the entire universe with all its infinite Light, Peace, Bliss and Truth. There is no thought, no form, no idea, nothing. Everything is merged in contemplation; all is one. In your highest contemplation, you are one with the Absolute.

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Now we are seeking the Reality, thinking that it is something other than ourselves. But when we contemplate, we will see that what we considered Reality is running after us, because we are the Reality itself.

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If you are a seeker and you want to learn the art of contemplation, you need three important things: sweetness, fondness and oneness. Sweetness-capacity, fondness-capacity and oneness-capacity you have to develop.

When we contemplate, we have to feel our entire existence — body, vital, mind, heart and soul — as inseparably one. Again, we have to feel that we are not the body, and that we don't have to be bound by the limitations of the body.

What we have seen and felt in meditation, we grow into and unite with totally in contemplation. At that time, when we look at our own existence, we don't see a human being; we see something like a dynamo of light, peace and bliss.

"I am now contemplating. I can vividly see my Lord Beloved Supreme right in front of my vision-eye, and He is telling me that He is eager to play with me the hide-and-seek game."

Kindly try to imagine a golden being or figure. Try to feel that this golden being is infinitely more beautiful than the most beautiful child that you have ever seen on earth. This being is our beloved Lord Supreme. We are divine lovers, supreme lovers, and the golden being is our beloved Lord Supreme.

Now we shall try to imagine the presence of our Beloved on the top of a mountain in the Himalayas or at the very bottom of the Pacific Ocean, whichever is easier for us. Please try to feel your existence and the Presence of your Supreme Beloved Lord at the top of the highest mountain or at the very bottom of the ocean. Once you feel this, then in silence you smile.

Then, after a few seconds, please feel that you are the Beloved Supreme and that the golden being is the Supreme Lover. It is like divine hide-and-seek. When you become the Supreme Beloved, the divine lover seeks you. When you become the divine lover, you seek the Supreme Beloved. When you are the Supreme Beloved, the divine lover searches for you; and when you are the divine lover, you search for the Beloved Supreme. So one moment you are the supreme lover and the next moment you are the Supreme Beloved Lord.

In contemplation we become totally identified with our soul and go to the highest and spread our wings. From the finite we enter into the infinite; we enter into the world of Peace, Light and Bliss, where there is direct oneness with Infinity, Eternity and Immortality.