

YOGA MEDITATION OF THE SOUL

Concentration Meditation

Yoga or (union) means the union of the soul and the transcendent. The word yoga is often associated with yoga postures, although there are many kinds of yoga. Integral or Purna yoga, the full yoga, is lesser known. It is a fourfold path of yoga: knowledge for the mind, devotion for the heart, works for the will, and transformation of the whole nature.

In Integral Yoga, Concentration Meditation increases contemplation, self-reflection and observation to direct consciousness inward for deepening and widening. Concentration trains the will to fade outer distractions. The connection to higher and inner forces brings an infilling of peace and light. Concentrating awareness above the head awakens a universal connection of oneness.

Concentration Meditation also focuses inward to the soul. Deep within the heart center a flame or spark of being is revealed: an eternal or universal Shakti (energy). This twofold experience brings a union with this eternal part of self and its source. As you connect with your soul, guidance and ongoing inspiration is given. Continuous soul reflection aids transformation and a realization of true potential. Part of our nature is willing to awaken to this new soul alignment, while other parts need a process of refinement to reveal their true nature.

Concentration Meditation brings light and peace to uplift the nature and the soul guides, inspires, and transforms the life. The surface life gives way to an inner life as a deeper, truer understanding comes forward. This truer self and consciousness begins to shape the quality of our life and the fulfillment of our life purpose.