

INVOKING ONENESS

Margaret Astrid Phanes

Tratak is a visual meditation that develops the power of concentration. Vision is concentrated on an object, preferably a luminous object or image. Concentrating on a luminous image, one thinks firmly on the object of concentration. Concentrating consciousness on an image, allows your whole consciousness to be centered. Repeating this meditation can become easy and normal and bring a feeling of oneness.

“He in whom the self has become all existences, how shall he have delusion, whence shall he have grief who knows entirely and sees in all things oneness.” (*Isha Upanishad, The Life Divine*) Volume: 18-19 [SABCL] (*The Life Divine*), p. 150

Meditating on the concept of sachchidananda also inspires this experience. “The principle of transcendent and infinite Existence (*sat*), Consciousness (*cit*) and Bliss (*ananda*) which is the nature of divine being”...“the consciousness of unity dominates; the soul lives in its awareness of eternity, universality, unity, and whatever diversity there is, ...is only a multitudinous aspect of oneness.” Volume: 23-24 [CWSA] (*The Synthesis of Yoga*), Page: 629

And finally, meditating on a poem which reveals the direct experience of oneness.

Divine Sight

“Each sight is now immortal with Thy Bliss:
My soul through the rapt eyes has come to see;
A veil is rent and they no more can miss
The miracle of Thy world-epiphany.

Into an ecstasy of vision caught
Each natural object is of Thee a part,
A rapture-symbol from Thy substance wrought,
A poem shaped in Beauty’s living heart,

A master-work of colour and design,
A mighty sweetness borne on grandeur’s wings;
A burdened wonder of significant line
Reveals itself in even commonest things.

All forms are Thy dream-dialect of delight,
O Absolute, O vivid Infinite.” *

(Sri Aurobindo Collected Poems, *The Complete Poetical Works*), p. 155

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