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Meditation calms the mind, brings self-composure, and enables one to concentrate one's mental powers. This is a great blessing on humanity that such a life is possible. Swami Vivekananda has been acclaimed as a dhyana-siddha, one perfected in meditation, by Sri Ramakrishna himself, who had personally tried out with incredible rigorousness the diverse modes of meditation laid down in different paths and faiths.

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Vivekananda defined meditation, first as a process of self-appraisal of all thoughts to the mind. He then defined the next step as to "Assert what we really are - existence, knowledge and bliss - being, knowing, and loving," which would result in "Unification of the subject and object."

[Swami Vivekananda and meditation - Wikipedia](#)

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Vivekananda's method of meditation and advice on dealing with obstacles along the path. Right to the point easy to understand. If you want more methods I would advise Lawrence LeShan How to Meditate: A Guide to Self-Discovery. Good luck on your journey.

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