

From PB essay “*Adventure of Meditation*”

The soul is most certainly there but if we do not turn inwards and attend to it, then it is not there for us. But, really, it is always there. The failure to recognise its existence is really the failure to turn attention away from the endless multitude of things which continuously extrovert it. This is why meditation, which is the art of introverting attention, is so needful. By means of our own mind, we can discover the soul. The introverted consciousness, turned away from five-sense activity to contemplate itself, first feels the presence and later becomes aware of the divine mind behind it. Therefore the practice of mental introversion, or meditation, is quite essential on this quest.

... no interior training can give you what you already possess, but a suitable training can help to give you the consciousness of what you possess. No practical system can develop a soul for you, for it is already there, but an adequate system can lead you into the awareness of it. And among the meditation exercises which must necessarily stand foremost in such a system, no single one is absolute and indispensable. There is no universal formula for the practice of meditation suited to all people at all times. It is not advantageous to the aspirant to repose in the bed of one formula during the whole lifetime. The philosophic ideals of a balanced development and an equilibrated personality would alone forbid it. On the contrary, we will find it necessary to use different exercises at different periods of our mystical career.

...What we have most to learn at this stage is, in one sense, easy and simple. Yet in practice, it turns out to be hard and elusive. It is to let go, to cease from striving, to let your will relax, to stop thinking that the Overself is something you must grasp and to let yourself be grasped by it. Moreover, you are not to limit this attitude to the meditation period only, but to bring it into your ordinary life briefly several times a day...