

# Concentration: Extract from India Times:

---

Concentration is a tremendous force in society. Through its right use, one is successful in whatever one chooses to do.

But concentration should not be consciously practiced only during times of need; one should constantly keep developing the powers of the mind at all times

**Each of us is born with a certain degree of latent developed concentration, but the more we are aware of the existence of this power, and the more we seek to consciously use it, the more will we actually develop it.** People who succeed are people who concentrate. Nothing of essence in life is achieved without concentration.

**As one advances in one's realisation and experiences the benefits of concentration,** one hardly wants to abandon its practice.

Spiritual techniques in concentration take one to the threshold of supreme joy, divine strength, deeper knowledge, and high levels of intuition.

Ultimately success in profound concentration is a pre-requisite for success in communion with the omniscient Spirit.

**Through concentration, one can draw to the surface, the repository of experiences submerged in the subconscious mind.**

The subconscious mind is our most obedient serf and carries experiences not only of this life but also of the entire past.

Swami Sivananda explained "when we are unable to solve a problem, be it personal or scientific, we should tell our subconscious mind to do it for us.

Approached with trust and confidence, it will provide the right answer.

The command must be couched in very clear, explicit terms with no ambiguity.

If the solution is not elicited after a night's sleep, we may repeat the command at the same time each day, until the response is forthcoming."

**Concentration implies great self-control**

Especially over one's emotions and true concentration endows great strength-of mind and of character.

It awakens within us an innate capability to withstand life's sudden and unexpected shocks, be it depression, chaos or other uncertainties

**A mind that becomes concentrated enters a new province.**

Like a musician wholly absorbed in his notes forgets all about food, drink and bodily needs, a man of single focus is able to harness all his energy to the one most essential objective.