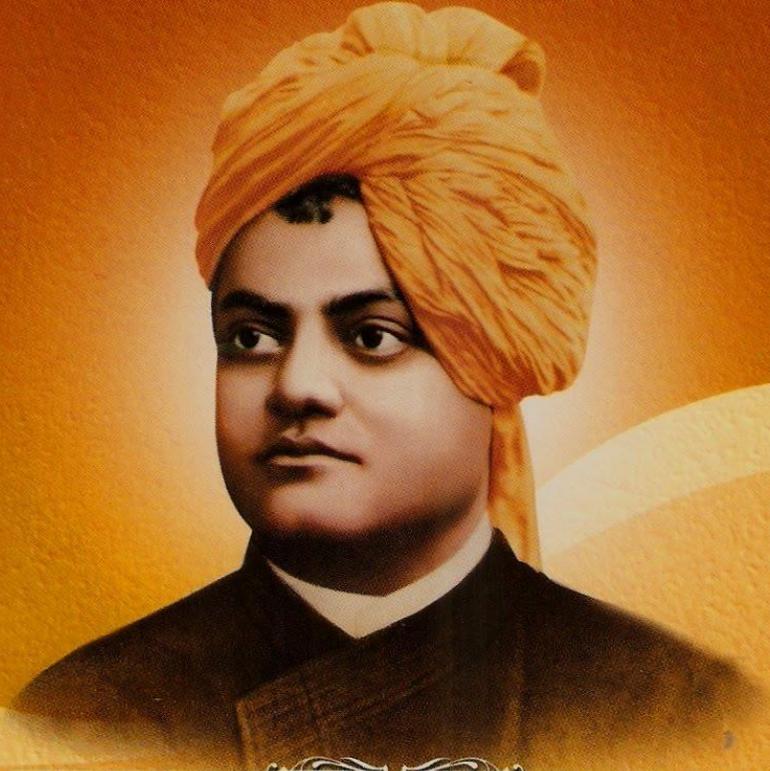


# Secret of Concentration



Concentration is the essence of all Knowledge; nothing can be done without it. Ninety per cent of thought force is wasted by the ordinary human being, and therefore he is constantly committing blunders; the trained man or mind never makes a mistake.

- *Swami Vivekananda*

Concentration



Not concentration

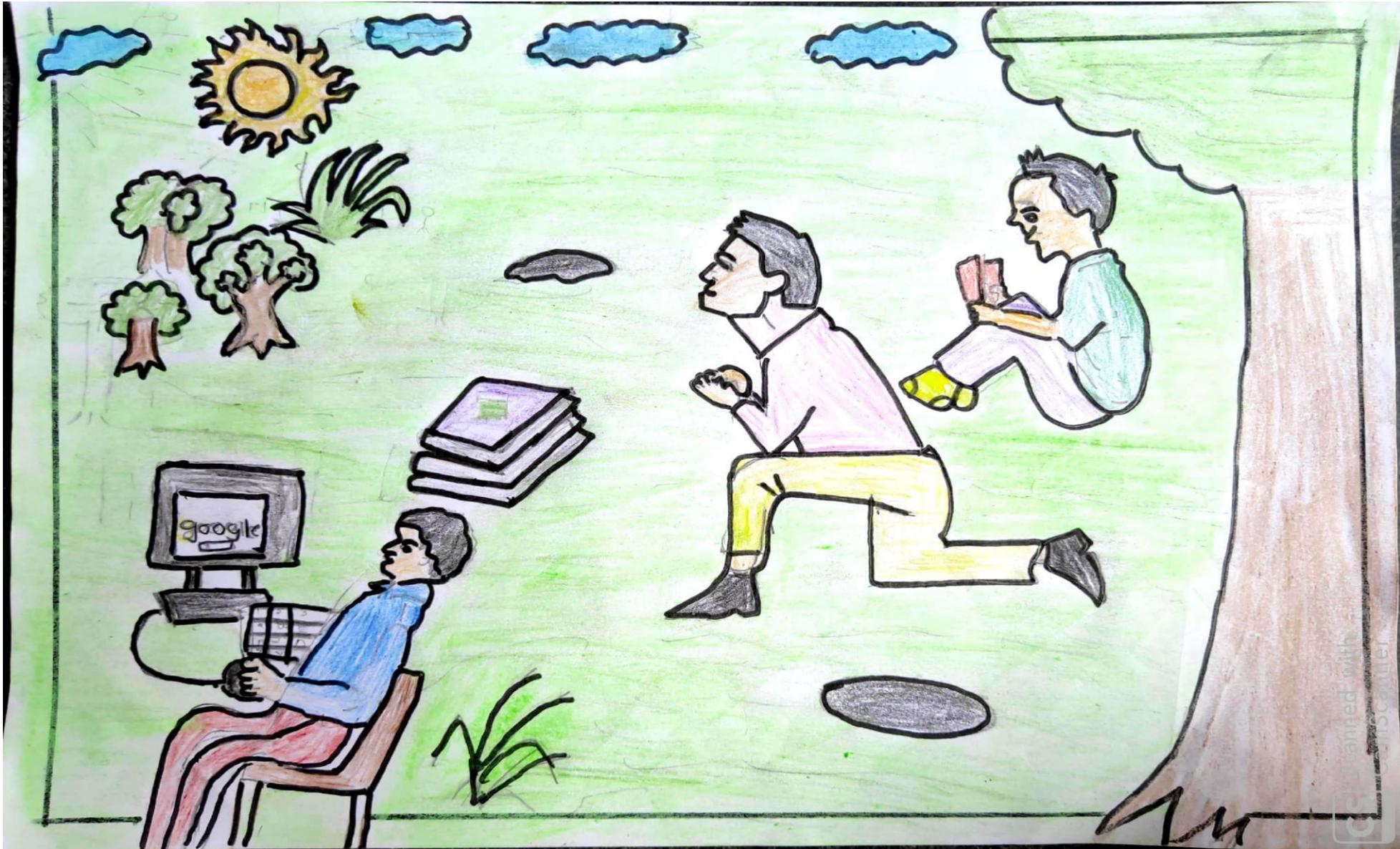




To me the very essence of education is Concentration of mind, not the collecting of facts. If I had to do my education over again and had any voice in the matter, I would not study facts at all. I would develop the power of concentration and detachment, and then with a perfect instrument I could collect facts at all.



How has all the knowledge in the world been gained but by the concentration of the powers of the mind? The world is ready to give up its secrets if we only know how to knock, how to give it the necessary blow. The strength and force of the blow come through concentration. There is no limit to the power of the human mind. The more concentrated it is, the more power is brought to bear on one point; that is the secret.



Do you see, simply by the observance of strict brahmacharya(continenence)all learning can be mastered in a very short time-one has an unfailing memory of what one hears or knows but once. It is owing to this want of continence that everything is on the brink of ruin in our country.



Bramacharya



Entertainment

Family

Home

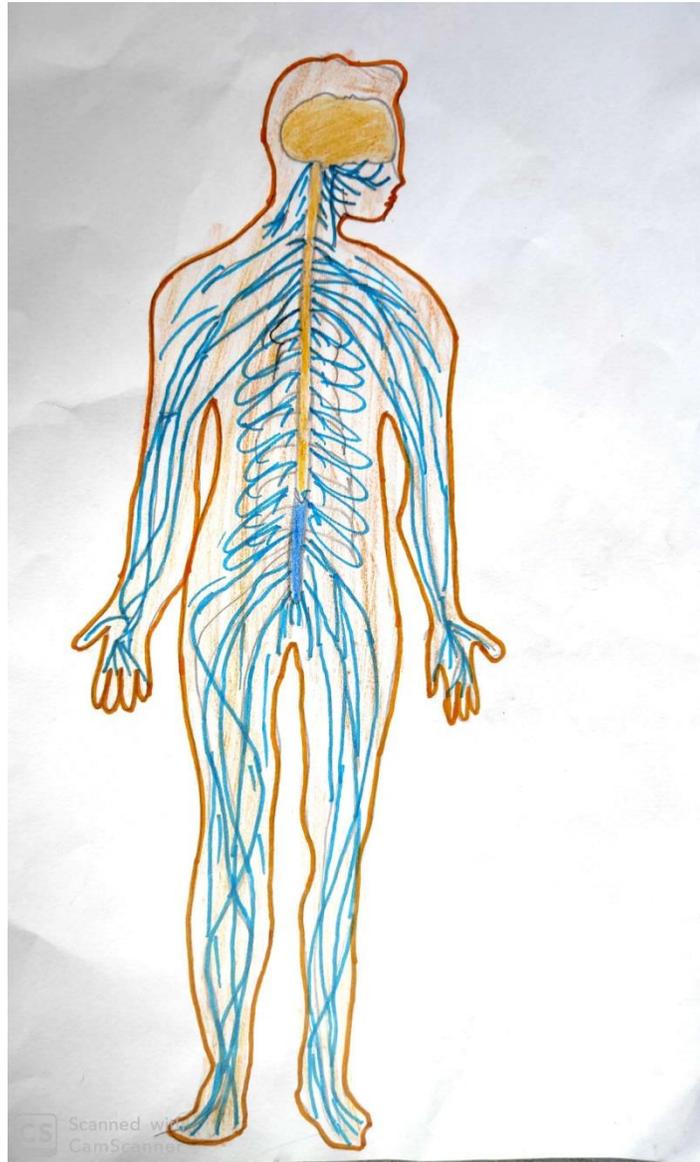
Corner

Herein is the different between the man and the animals. Man has the greater power of concentration. The different in their power of concentration also constitutes the difference between man and man. Compare the lowest with the highest man. The difference is in the degree of concentration. This is the only difference.

# Level of Concentration



Take up one idea, make that one idea your life; think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success, and this is the way great spiritual giants are produced. Others are mere talking machines.



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How are we to know that the mind has become concentrated? Because the idea of time will vanish. The more time pass unnoticed the more concentrated we are. In common life we see that when we are interested in a book we do not note the time at all; and when we leave the book, we are often surprised to find how many hours have passed.

