

## Peace through meditation: A study from the standpoint of Ramakrishna movement

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### Abstract

Peace is one of the important issues on global, national and regional agenda. We expect peace from the external world, but peace comes from inner world. Who wears green glass, sees green; who wears yellow glass sees yellow; and like this who feels peace in heart, he can see the world peaceful and can help to others to be peaceful. According to Swami Vivekananda, "It is our own attitude which makes the world what it is for us. ... The whole world is in our own minds." (Complete Works, vol.1, p. 450) So at first, individual has to fill peaceful to be peaceful and to make peaceful world. The Ramakrishna movement, which is led by Sri Ramakrishna Math, Belur Math and was introduced by Swami Vivekananda, suggests that the internal peace could be realized through meditation. They applied the idea and successfully got the result that the students, teachers and devotees who accept and practice meditation, they realise peace and become helpful to make the environment and the society peaceful. Basically we can categorise two types of meditation in this movement- one is general or simple process and the another is special type of meditation guided by Guru.

**Keywords:** peace, Ramakrishna movement, meditation, students, teachers, devotees, guru

### Introduction

This is the modern age. People believe in modern science, follow western culture and western life, they have no ideal goal of life, they run behind worldly pleasures, their goal is to earn money and wealth and to be happy with worldly possessions and they laugh at the spiritual ideas and religious practices, although they follow the religious cultures something only for social affairs and social adjustment. But they have no trust on them. But after getting a lot and lot luxury or worldly materials one can or will understand that worldly possessions can't give happiness, the materialistic happiness is momentary and ultimately the worldly enjoyments lead the people to misery. They seek peace. According to the Ramakrishna movement the meditation is a process by practice of what people can realize peace.

### Ramakrishna Movement

Swami Vivekananda, the eminent philosopher and educationist of India, founded Ramakrishna Mission in 1st May, 1897. The headquarters of the Mission is existing at Belur Math, Belur, Howrah, India. The ideals, ideas and works of Ramakrishna Mission is called Ramakrishna movement. The ideal of the movement is the ideas preached by Sri Ramakrishna Paramhansa. The ideas were explained and disseminated by Swami Vivekananda. In this movement, also there is a great place of Sri Sarada Devi who was the 'sahadharmini' (it is Bengali term. In English, it means the right and appropriate wife who is helpful in the path of spirituality) of Sri Ramakrishna Paramhansa. She is regarded as the ideal woman to the followers of Ramakrishna mission. She has contribution to nourish and strengthen the movement. The movement preaches that the goal of the life is realisation of God. Mainly there are four paths to realise..... Yan yoga, Raj yoga, Karma yoga and Bhakti yoga. Yan yoga is the path of knowledge, Raj yoga is the path of meditation, Karma yoga is the path of

unattached work and Vakti yoga is the path of worship. Through one of the paths or through combination of them one can realise the God. The movement teaches that all religions are truth and they are the different paths to realize the God. It is claimed that spiritualism is not unscientific but it is the advanced than science which is based on realisation and feelings. The movement teaches the ideal of universal brotherhood.

### Peace

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### Meditation

By which process we can concentrate that is called meditation. Basically we can categorise two types of meditation in this movement— one is general or simple process and another is special type of meditation guided by Guru.

In the general type of meditation the teachers teach to concentrate on something good symbol such as daity, good picture, flower etc. daily in early morning and evening. The practitioner has to sit in a good, comfortable and silent place in little light with close wearing. First the individual has to sit for sometimes to fresh the mind and then has to concentrate. Other hand the Gurus of Ramakrishna Math and Mission preaches special meditation process to selected peoples. This

process is called 'initiation' which is holy and personal in nature.

### **Peace through meditation**

The Ramakrishna movement suggests that the peace can be realized through meditation. They applied the idea to their institutions and educational institutions. They devotees got good success. The teachers and students got success. The restless students or absent minded students can get concentration in study through meditation. The persons who did not get peace any way and suffered in mental problems, they can realize peace through meditation. One can control his mind through this practice and can realize peace.

### **Conclusion**

As meditation is helpful to realize peace, therefore it could be taught in educational institutions so that the students, teachers and guardians can acquire peace through the practice. Teachers for meditation could be arranged or teachers might be offered training on meditation in educational institutions so that they can teach it to their students, subordinates, guardians and people of the society. Also special classes could be arranged on meditation for theoretical teachings and practical practices.

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