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Vivekananda. He was interested in meditation from his childhood. His master Ramakrishna found him a dhyana-siddha. On 24 December 1892, Vivekananda reached Kanyakumari and meditated for three days on a large rock and took the resolution to dedicate his life to serve

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humanity. The event is known as the Kanyakumari resolve of 1892. He reportedly also meditated for a long time on the day of his death. Vivekananda is consider

~~Swami Vivekananda and meditation~~
Wikipedia

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In Chapter 6, “A Program for Progress in Meditation” of Meditation and Its Practice, Swami Rama succinctly describes the inward journey, along with some approximate time frames. For the first month (or two): • Sit at the same time every day, allowing this to become a habit. Learn to ignore

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shakes, perspiration, numbness, or twitching.

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(Chapter 6) by Swami Rama Home .
This program is the result of thorough
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sincere students of meditation have
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~~Rama~~ meditation, you should commit yourself to following this system, which is very simple:

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Swami J~~

Meditation and its Practice Paperback
– 9 November 1999 by Swami Rama

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~~Rama~~ turbulence of our ordinary thought processes into an infinite reservoir of consciousness.

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Swami Rama, from Meditation and Its Practice . Typical Daily Schedule. 6:00

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a.m., Hot lemon water, chai. 6:45,
Joints & glands exercises/systematic
relaxation/meditation. 8-9:00,
Breakfast. 9:30-10:00, Walking &
breathing (weather permitting) 10-12
noon, Half-hour video, followed by
practicum and guided meditation. 1:00
pm, Lunch

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