



## ॥ भगवद् गीता ॥

... Bhagavad Gītā ...

### Chapter 6

#### AI Summary - Class 204

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Jan 27, 2026.

#### Summary

#### The Three Stages of Meditation: A Comprehensive Explanation

##### Stage 1: dhāraṇā (Concentration)

dhāraṇā represents the foundational stage of meditation practice:

- **Definition:** The practice of focusing the mind on a single object or point of attention
- **Purpose:** To train the mind to remain steady and prevent it from wandering
- **Practice:** Involves repeatedly bringing the attention back to the chosen object whenever the mind drifts
- **Challenge:** The mind naturally tends to jump from thought to thought, making sustained focus difficult initially

##### Stage 2: dhyāna (Meditation)

dhyāna emerges as concentration deepens and stabilizes:

- **Definition:** A continuous, unbroken flow of similar thoughts directed toward the object of meditation
- **Characteristic:** The mind maintains a steady stream of awareness without interruption
- **Development:** Achieved through consistent practice of dhāraṇā over time

##### The Bicycle Analogy:

Acharya Tadany used a powerful metaphor to explain how dhyāna develops: Just as a bicycle continues to move forward even after you stop pedaling (due to momentum), the mind develops a natural flow of meditation through repeated practice. The habit created through consistent



dhāraṇā allows thoughts to flow spontaneously in the direction of meditation, even without conscious effort.

### Stage 3: samādhi (Total Absorption)

samādhi represents the culmination of the meditation process:

- **Definition:** A state of complete absorption where the distinction between the meditator (subject) and the object of meditation dissolves
- **Characteristic:** The subject-object division becomes unmanifest or imperceptible
- **Experience:** Pure awareness without the sense of separation between observer and observed

#### The Salt-Water Analogy:

Acharya Tadany illustrated samādhi with a vivid example: When salt dissolves completely in water, you can no longer distinguish the salt from the water—they become one unified substance. Similarly, in samādhi, the meditator becomes one with the object of meditation, losing the sense of separate identity while maintaining full awareness.

### The Progressive Nature of Meditation

These three stages form a natural progression:

1. Begin with **dhāraṇā** to develop the ability to focus
2. Progress to **dhyāna** as concentration becomes effortless and continuous
3. Culminate in **samādhi** where duality dissolves into unity

### Krishna's Upcoming Teaching

Acharya Tadany concluded by noting that Lord Krishna would provide more detailed explanations about dhyāna svarupam in the subsequent verses of the Bhagavad Gita, indicating that this profound state deserves deeper exploration and understanding.

#### Key Takeaways

- Understanding meditation as a progressive journey through three distinct yet interconnected stages
- Recognizing the importance of consistent practice in developing meditation habits
- Preparing for deeper teachings on samādhi in upcoming Bhagavad Gita verses



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advaita vedānta

ācārya Tadany