



॥ भगवद् गीता ॥

... Bhagavad Gītā ...

Chapter 6

AI Summary - Class 206

By Acharya Tadany Cargnin dos Santos
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Summary

Understanding samādhi - Detailed Exploration

Introduction to samādhi

samādhi represents a state of deep meditation and absorption as described in the Bhagavad Gītā. This profound state of consciousness is not mystical or unexplainable, but rather a natural faculty that every human being possesses. The teaching explores how this innate ability can be cultivated and directed towards understanding one's true nature as witness consciousness.

Two Divisions of samādhi

Savikalpa samādhi: The Path of Effort

Savikalpa samādhi is characterized by conscious effort and individual willpower. Key aspects include:

- Presupposes an individual making deliberate effort
- Involves the ego and is tied to individuality and personal action
- Comparable to learning to ride a bicycle - initial effort gradually becomes effortless with practice
- Represents the preliminary stage where the practitioner actively engages in meditation

Nirvikalpa samādhi: The State of Effortless Absorption

Nirvikalpa samādhi represents the peak state of meditation, characterized by:

- Effortless absorption without conscious individual effort
- The culmination of aṣṭāṅga Yoga practice
- A result of disciplined practice that can be achieved in any field



- Seven distinct definitions to be explored in future classes

The Flickering Flame Analogy

Understanding the Restless Mind

Acharya Tadany employed the powerful analogy of a flickering lamp to illustrate the nature of the mind during meditation:

The Unprotected Flame

A lamp flame exposed to breeze constantly moves and flickers, representing the restless mind disturbed by thoughts and distractions. Without additional effort or protection, this flickering continues indefinitely. (Acharya Tadany)

Types of Mental Disturbances

Various thoughts intrude and divert attention from the meditation object:

- Future plans and aspirations
- Family responsibilities and relationships
- Work-related concerns and professional challenges
- External influences from daily life
- Worries about unpredictable futures

The Protected Flame: Steady Consciousness

When a flame is protected by a glass enclosure, it remains steady and undisturbed despite external breezes. This represents:

- **ātmā vṛttih** - undisturbed thoughts that remain constant despite external influences
- A well-disciplined and restrained mind engaged in ātmā dhyānam (meditation on the Self)
- The state of practicing true yoga and achieving samādhi

Spiritual Protection: vairāgyam and Bhakti

Beyond Physical Protection

The mind, being a subtle instrument, cannot be protected by physical means. Instead, spiritual protection is required:

- **vairāgyam** - spiritual enclosure that shields the mind
- **Bhakti** - divine protection through surrender to God
- These spiritual shields protect consciousness from external disturbances and worries



Understanding Worry and the Future

Acharya Tadany distinguished between two types of futures that affect the mind:

The Actual Future

Real events that will unfold, such as falling sick or facing challenges. These generate natural concern but are manageable.

The Imaginary Future

Fearful scenarios created by the mind that often cause more disturbance than reality. This stems from inability to face an unpredictable future.

Surrender as Protection

By surrendering to God, one can:

- Protect the mind from worries and attachments
- Find peace regarding concerns about family members
- Shield oneself from modern anxieties (such as AI's impact on jobs)
- Achieve mental stability and protection for loved ones

Balancing Life and Spiritual Practice

The Challenge of Modern Life

Practitioners face the challenge of balancing multiple responsibilities:

- Family responsibilities and relationships
- Professional work and career demands
- Personal growth and development
- Spiritual pursuits and meditation practice

Transition to Spiritual Focus

The teaching emphasizes transitioning to a life focused on:

- Spiritual pursuits as primary focus
- Meditation as a process of quiet reflection
- Protecting the mind from external distractions
- Achieving deeper meditation and clearer thinking

The Natural Faculty of Absorption



Innate Concentration in Children

Acharya Tadany highlighted how absorption is a natural human state:

Complete Concentration in Babies and Children

Young children demonstrate complete concentration on objects or activities without distraction. They become fully absorbed in their play, exploration, or observation, showing the natural human capacity for deep focus.

The Decline of Natural Focus

As people grow older, this natural ability diminishes:

- Replaced by worry and anxiety
- Imagination of fearful futures takes over
- Mind becomes scattered across multiple concerns
- Physical presence without mental presence

The Power of Concentration (Shakti)

Universal Application

The power of concentration can be directed towards any field:

- Sports and games (complete engagement while watching or playing)
- Professional work and career development
- Creative pursuits and artistic expression
- Academic study and intellectual pursuits

Vedāntic Application

In Vedāntic meditation, this concentration power (Shakti) is specifically directed towards:

- Exploring one's true nature
- Understanding oneself as the consciousness principle
- Recognizing distinction from the body and senses
- Realizing oneself as witness consciousness

Practical Understanding of Meditation

Maintaining Focus on the Meditation Object

The challenge in meditation practice involves:

- Recognizing when thoughts drift from the meditation object
- Understanding that thoughts are like flames, constantly disturbed by external influences



- Managing rapid shifts in mental focus
- Maintaining consistent practice despite distractions

The Discipline Required

Achieving samādhi requires:

- Consistent practice and effort (initially)
- Disciplined restraint of the mind
- Protection from external disturbances
- Gradual transition from effort to effortlessness

Key Insights and Principles

samādhi is Not Mystical

Nirvikalpa samādhi is not mystical or unexplainable. It is a result of disciplined practice that can be achieved in any field through proper application of concentration and focus.

Everyone Possesses This Faculty

The state of meditation and absorption is a natural faculty that everyone possesses. It is demonstrated clearly in children and can be recultivated through proper practice.

Protection Through Surrender

The ultimate protection for the mind comes not from physical means but from spiritual surrender to God (Bhagavan) and the development of spiritual wisdom (vairāgyam).

Future Exploration

The teaching concluded with the promise of exploring the seven definitions of Nirvikalpa samādhi in future classes, providing a comprehensive framework for understanding this profound state of consciousness.

Practical Application

For practitioners, this teaching offers:

- Understanding that meditation is a natural human capacity
- Recognition of the need for mental protection through spiritual means
- Awareness of how worries and imaginary futures disturb practice
- Hope that disciplined practice leads to effortless absorption
- Knowledge that this concentration can reveal one's true nature as consciousness



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ācārya Tadany