



## Resonate with Stillness: Daily Contemplations

*By Swami Muktananda, Gurumayi Chidvilasananda*

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### Editorial Review

About the Author

**Swami Muktananda** introduced the Siddha Yoga path all over the world, creating what he called a "meditation revolution." He is the author of *Play of Consciousness*, his spiritual autobiography.

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March 10

In the realized state the mind doesn't function as mere mind; it functions with all the power of pure Consciousness. It becomes stable and free of thoughts; it becomes still. Unhappiness is nothing but the net of thoughts, and when we go beyond thoughts, we experience supreme bliss. Moreover, as the mind becomes one with the Self, it acquires the power of the Self.

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