

# Concentration is not meditation

**Concentration is focussing your mind on one particular topic and even a trivial noise can affect it. But, says Amrit Sadhana, meditation is relaxed awareness and therefore all inclusive**

It is commonly believed that concentration is meditation. This notion has created lot of misunderstanding about meditation like it cannot be done at home or one has to renounce the world and go to the mountains or a lonely place to meditate. Actually these circumstances are needed for concentration for it mind is disturbed by any small distraction. The mind gets irritated because you are trying to focus it in one direction which creates tension.

Osho always emphasised that concentration and meditation are not synonymous. If you are engaged in some intellectual work you need to channelize your mind and concentrate on one point. But meditation is relaxed awareness and therefore is all inclusive. All the noises and distractions fall into the space of meditation and dissolve into it. Meditation is simply watchfulness and acceptance of everything. A relaxed awareness.

Meditation is all-inclusive. If a car passes, the mind in meditation is fully aware of the horn. If the birds start

singing, the mind is fully aware of their singing. Distraction comes only when you try to concentrate. Then a small ant crawling up your leg will be enough to distract you. But when you are in meditation, you simply know that the ant is crawling up your leg. If you like it, you allow it; if you don't like it, you throw it away. But there is no distraction —your silence remains unscratched.

Osho explains: "How can the noises on the street distract you? You simply listen to them — they don't make any impact on you. They come and go, and you remain just a witness. Meditation is possible in the hubbub of a marketplace. Concentration is a faculty of the mind. Meditation is the absence of mind. Mind simply does not know meditation, and there is no intrinsic possibility for the mind to come in contact with meditation. Just as darkness cannot come in contact with light because darkness is only an absence, so is the mind."

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