

## **Meditation on Non-Stealing**

*Non-stealing implies another attitude that is essential to right meditation. It signifies a realization that one can never truly possess what is not one's own, and that one's own will surely come to him (a favorite saying of Sister Gyanamata's, Paramhansa Yogananda's chief woman disciple). This is not to say that one should not work hard, but only that one ought not to be anxious about anything. Whose world is this, anyway? God can work best to bring human hopes to fruition through the instrumentality of those persons who keep their minds open to Him by an attitude of perfect trust. When you meditate, offer all of your anxieties up to Him. Tell yourself: "Whatever comes of itself, let it come." Only a trusting, divinely receptive attitude can prepare you to receive, in all their subtlety, the highest states of consciousness.*

- Swami Kriyananda from the Art and Science of Raja Yoga