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been acclaimed as a dhyana-
siddha, one perfected in
meditation, by Sri Ramakrishna
himself, who had personally tried
out with incredible rigorousness
the diverse modes of meditation
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Vivekananda defined meditation, first as a process of self-appraisal of all thoughts to the mind. He then defined the next step as to “Assert what we really are — existence, knowledge and bliss —

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being, knowing, and loving,"
which would result in "Unification
of the subject and object."

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