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Meditation played a very important role in the life and teachings of Swami Vivekananda. He was interested in meditation from his childhood. His master Ramakrishna found him a dhyana-siddha. On 24 December 1892, Vivekananda reached Kanyakumari and meditated for three days on a large rock and took the resolution to dedicate his life to serve humanity. The event is known as the Kanyakumari resolve of 1892. He

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~~Swami Rama~~ reportedly also meditated for a long time on the day of his death. Vivekananda is consider

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a.m., Hot lemon water, chai. 6:45, Joints & glands exercises/systematic relaxation/meditation. 8-9:00, Breakfast. 9:30-10:00, Walking & breathing (weather permitting) 10-12 noon, Half-hour video, followed by practicum and guided meditation. 1:00 pm, Lunch

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